

# NORTHWEST ATHLETIC TRAINERS' ASSOCIATION

## Executive Officers

### District Director

Cari Wood ATC  
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### District Secretary

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### District Treasurer

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### Past Director

Russ Richardson Ed D, ATC/L  
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## From the Director

As I enter my last 9 months as District President/Director, I am starting to reflect on my time in this position. While it has been a blast at times, and overwhelming at other times, I feel like WE have some accomplishments to be proud of!



As the election for the new President/Director is in progress, I thought I would try to explain this position to our membership as they make a decision on who will be in this position starting June 2016. Really, it is two jobs in one! Some districts have a President, who handles the business of the District, AND a District Director, who sits on the NATABOD and represents the membership at the National level. WE in District 10 have decided to continue this with one person in that role. Here are some of the duties:

**District President:** Conducts the District business along with the Board of Directors (Past President, President,



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**Nikki Clark MPE, ATC, LAT**

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Secretary, Treasurer, and the 5 state Presidents). This “business” includes, overseeing the finances (with the Treasurer), multiple District and National committees, member relations, and organizing and running Membership and BOD meetings to keep our members informed. Also, the President oversees the Annual District 10 Symposium, which is traditionally a highlight for our membership.

**District Director:** Attends NATA Board of Director meetings, represents the entire membership and the NATA. This includes traveling to the NATA office for a Spring Board meeting, to the Joint Committee Meetings in January, attending the Annual NATA Symposium BOD meetings and events, supporting our Strategic Alliance (NATA, CAATE, BOC, and the Foundation) at various events and/or meetings. The NATABOD members also travel to represent the NATA membership at events involving many outside health, medical, safety organizations and other stake holders to advocate for the AT Profession and educate the public. I am honored to represent an amazing group of Athletic Training professionals!

As you can imagine, I have relied heavily on our District 10 Board of Directors to advise me and support me in the role of President/Director. I’ve been able to reach out to a large circle of colleagues whom I trust and rely on for their educated voice and advice in areas that I felt like I needed more information. I have always been a delegating leader, so I am forever grateful for the leadership team we have and the amount of diversity, experience and intelligence on our Board of Directors, committees and meetings team. And I don’t want to leave out our student leaders. We have had some amazing students come from ATEP Programs that are unmatched. It has been a pleasure having students reporting to our BOD on the many activities they are involved with. WOW. Our NWATA organization and our profession is in good hands – I assure you!

Our District 10-NWATA continues to be unique from other Districts. I am honored to serve a group of ATs that love their profession, their patients and their colleagues as much as we do. Thank you for supporting me while I’ve been in this role, and thank you for simply being amazing people! - Cheers, Cari

## Treasurer's Report

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Hello District 10! For those of you who have attended the District Meeting, you may know me by my poetry, but I've been asked to tell you just a little more. I'm a born-and-raised Seattle girl and am blessed to be working in the city that I love. I am currently an Associate Athletic Trainer at the University of Washington, working with our volleyball, crew, and women's tennis teams. This is my 14<sup>th</sup> year at UW. I started my path in athletic training at Whitworth College in the mid-late 90's under the tutelage of one Russ Richardson. In addition to athletic training, I played basketball and was involved in music and service organizations. Being of service to others has always

been very important to me, which is one of the reasons I love being an athletic trainer and why I have chosen to be involved in state and district committees and leadership for the past 15 years.

Life outside of athletic training includes my incredible husband of 5 years, Matt. He and I met at Whitworth but it wasn't until 10 years after graduating that we reconnected. In February of this year, we were licensed as foster parents and in May were placed with 2 boys – one is now 5-years old and the other is an 8-month old. We are hoping to be able to adopt both of them. Our family also would not be complete without our 2-year old pup Moses and kitty cat, Dexter. I enjoy sports (go figure!), music & musical theater, camping, hiking, travelling, sunshine and coffee!

I'm now in my last little stint before my term comes to an end and a new District Treasurer will take the reigns. During my time in office, we have seen the budget grow thanks to the dues increase. We have been able to do some really great things with the funds that we now have!!! We have increased the amount of our Bobby Gunn Award, given our Quiz Bowl team some funds to travel to NATA, partially funded our Winning Student presentation to travel to NATA to present, purchased an incredible Hall of Fame Display (which you will see at Tacoma 2017), created the Safe School Grant, and in 2017 will implement the Family Scholarship, Professional Advocacy Grant, and the Young Investigator Research Grant. We are also looking to start endowment on another scholarship. Thanks to YOU, the members, for voting for this increase and for allowing your Board of Directors to create such amazing things that will benefit you and the profession! I have learned a great deal in this position and have had a great deal of fun serving you. Thank you for trusting me to do so. I hope to see you in Tacoma in March - Jenn



## SHOW US YOUR LOYALTY!

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The NATA Foundation is pleased to announce our AT Loyal Giving Society. This giving society recognizes all donors to the NATA Foundation. We will reveal our charter members on Oct. 1 in continued celebration of our 25th Anniversary. An important part of the program is recognizing all of our donors at any dollar amount.

Charter membership includes any individual who has made a contribution of any amount to the NATA Foundation from 2011 to present. Any additional donations received by Dec. 31 will establish your donor level for charter membership!

As we continue to celebrate the 25th Anniversary of the NATA Foundation, we ask that all of our members consider a contribution to the NATA Foundation.

Any amount of support is appreciated, and our goal during this special year is to have each and every member donate to the NATA Foundation.

You can view membership benefits at <http://natafoundation.org/the-shoe-box-society-for-planned-giving>.



## **NATA Foundation 2016-2017 Athletic Training Student Challenge!**

We are so grateful for your interest in supporting the NATA Foundation and our mission of supporting and advancing the athletic training profession through research and education.

### **GOAL OF THE PROGRAM**

To provide an avenue for athletic training students to actively support the NATA Foundation while engaging with other schools in a “friendly competition.”

### **HISTORY OF THE PROGRAM**

The AT Student Challenge was established in 2005 between Boston University and Sacred Heart University. Over the last eleven years, 50 schools have participated and raised over \$80,000 to support the NATA Foundation.

### **WHY PARTICIPATE?**

The NATA Foundation was incorporated in 1991; established and funded with grants from NATA and Johnson & Johnson. During these past 25 years, **the NATA Foundation has awarded more than 260 research grants totaling over \$4 million dollars and awarded almost \$3 million to 1,490 students through our scholarship program.** Additionally almost 5,000 presentations (oral and poster) have been provided through the Free Communications program.

The NATA Foundation supports athletic training education by creating building blocks, position statements and other educational resources; recognizing outstanding researchers and educators with the Distinguished Educator Award and other honors of achievement; and awarding over \$250,000 annually in grants and scholarships to students and researchers who will transform the future of the profession.

Your participation will educate your students about how the NATA Foundation supports them and helps to develop them as leaders in the profession, as well as bringing in needed funds for your own program and others.

**Each school that participates and fundraises above \$500** will have the option to receive a check for 10% of its total contribution for the student organization to use for local programs and activities.

### **Top Fundraising Team Prizes**

- Recognition on the NATA Foundation website with a story on the participants
- Recognition in an issue of the NATA News

- Dedicated Facebook and Twitter post through the NATA Foundation
- Recognition at NATA2017 during the Pinky Newell Student Leadership Breakfast
- Four complimentary conference registrations to any state, district, or national athletic training meeting for student members of NATA, not to exceed \$500 total for the group (can be used for the student leadership to attend NATA Convention to accept the award, this will be reimbursed)

### **CHALLENGE TIMELINE**

The 2016-2017 NATSC will run from August 8, 2016-May 31, 2017. Fundraising reporting is due by 5:00pm CST on May 31, 2017.

### **SUPPORT FROM THE NATA FOUNDATION**

After registering with the NATA Foundation, you will be granted access to use our donation platform for event management and to quickly and easily broadcast your event thru social media outlets. The platform will allow you to organize your team page and will enable individual members join your team.

### **OTHER WAYS TO FUNDRAISE**

- **Promote Athletic Training Month in March** - Provide donation locations throughout the community, on campus and athletic events during the month of March.
- **Contest between teachers/schools/class years** - Challenge students, professors or class years to raise money; you could also challenge a rival school participating In the ATSC. Include a fun wager; i.e. the losing school's Head Athletic Trainer will wear the rival schools color for one week. The student group who raises the most money gets some sort of perk depending on the timing of your event.
- **Ticket Sales/Program Sales/Concession Sales** - Ask your school athletic programs to donate a percentage of ticket sales from a game to the ATSC. Another option is to sell programs for the sporting events. You provide the volunteers; they provide a % of the total sales to the ATSC. Lastly, ask about working concession booths at your school or at major league events. Most arenas look for volunteers to sell concessions and you receive a portion of the sales.
- **Partner with Restaurants, Movie Theaters, Coffee Shops, Retailers or Car Washes** - Host a give back event. Ask local businesses to donate a percentage of sales on a certain day or during a specified time. This works great for jewelry stores, local clothing stores, restaurants and bars and allows you to promote their business to your network and in most cases they will promote your event to their patrons as well.
- **Host a Sports Tournament** - Register teams in a golf tournament, volleyball, softball or flag football tournament on a Saturday and then coordinate with a local restaurant to host an after party. Give a percentage of the proceeds to the event and have them provide drink and food specials. You could also partner with intermural teams and have them participate or support. Have a chance drawing and sell tickets at the event, \$5 each or 5 for \$20 for the chance to win.
- **Talent Show** - Host a talent show auction and get the participants to partner up and put together auction packages. All groups do a performance and then the audience can bid on the auction packages. Local brewery spaces are great location and you can advertise to the public. Have a chance drawing and sell tickets at the event, \$5 each or 5 for \$20 for the chance to win.

- **Chili Cook-off, BBQ tasting or any Food Festival** - Encourage anyone to come participate by bringing their top “flavor dish”. Invite local chefs, school “celebrities” or other high profile individuals in the community (mayor etc.) to judge the finalist. Finalist can be determined by the crowd favorites. Charge admission, give each attendee 3 tickets to vote for their favorites and have it at a fun location.

Make sure you recognize your top volunteers and thank each donor. By using the donation platform provided by the NATA Foundation, all reporting for donor acknowledgement can be directly handled via the NATA Foundation Athletic Training Student Challenge staff liaison, Katie Scott.

**Ready to join??** Go to <https://donate.natafoundation.org/events/2017-nata-foundation-at-student-challenge/e89476> and create a team today! Don't have a team? You can also create an individual page too! Contact Katie Scott for more assistance with getting started!

### **STAFF LIAISON CONTACT INFORMATION**

For any questions or assistance, please contact Katie Scott, MS, ATC, LAT, Athletic Trainer in Residence at [katies@nata.org](mailto:katies@nata.org) or 972-532-8821

## **2016 NATA Salary Survey and District Contest**

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The NATA Salary Survey is conducted every two years with the goal of providing NATA members with the data they need in negotiating with current and prospective employers. The survey results provide a snapshot of the profession as a whole from an earnings standpoint but are also searchable and show how specific variables affect the average salary. We are currently collecting data for the next version of the salary survey. NATA encourages all members to complete the survey.

NATA is hosting a contest between districts for the 2016 Salary Survey. The district with the highest percentage of members who complete the salary survey will enter their participants into a random raffle to win a \$500 Visa gift card.

The 2016 NATA Salary Survey questionnaire and contest is open from October 17, 2016 to November 14, 2016. The district and raffle winner will be announced shortly thereafter.

Head on over to the NATA website for more information: <https://www.nata.org/career-education/career-center/salary-survey>

## **NATA Executive Committee for Education (ECE)**

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The NATA Executive Committee for Education (ECE) is a district-based committee whose mission is to inform and assist the profession in setting the direction for athletic

training education. The ECE proactively influences the best educational practices. The committee is responsible for not only professional and post-professional education, but also continuing education/professional development.

Your district representative to the ECE is Suzette Nynas, EdD, ATC.

One of the most common questions about the ECE is in regards to the structure. So, here's a very brief tutorial.

- The ECE is chaired by MaryBeth Horodyski, EdD, LAT, ATC, FNATA ([horodmb@ortho.ufl.edu](mailto:horodmb@ortho.ufl.edu).) The ECE is made up of ten district-based members and the chairs of each of the following committees:
  - ♦ Professional Education Committee focused on education at the professional level which is currently bachelor's level and moving towards master's level.
  - ♦ Post-Professional Education Committee focused on doctoral education, residencies, fellowships and specialty certifications.
  - ♦ Professional Development Committee focused on continuing education and professional development for clinicians and educators.
  - ♦ Education Advancement Committee focused on athletic training education research.
  - ♦ Education Journal Committee is the editorial board for the *Athletic Training Education Journal*.

If you have questions or suggestions related to any aspects of athletic training education or just want to know more about the ECE and its' committees, reach out to Suzette Nynas at [snynas@msubillings.edu](mailto:snynas@msubillings.edu)

## Committee on Practice Advancement

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For those seeking to advance the practice of athletic training, follow the Committee on Practice Advancement on Facebook, Twitter, and LinkedIn for great discussions and resources. The Committee continues to work on models and resources that document the value of athletic trainers in many different settings. Though most of the work groups within COPA are considered "emerging" settings, there are work groups also focused on athletic training from a global perspective. Look for new documents from COPA being published on the NATA website, including a recent document highlighting the role of athletic trainers in a hospital-based concussion clinic. For those looking for information on emerging settings, or those already in an emerging setting looking for practice advancement resources, make sure to connect with COPA via the NATA website, social media, and through the Emerging Setting Quarterly eBlast.

Don't forget to contact your state COPA representative, or myself, with any questions, concerns, or ideas regarding athletic training practice advancement. There are exciting things coming soon from COPA, so stay tuned!

## Hall of Fame/Awards

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I hope you are all surviving the fall season!! I know things are still very busy for everyone, but it is time to give some recognition to athletic trainers who are doing great things in District 10. Consider taking a few minutes to nominate a colleague who has given their time to contribute to the advancement of the NWATA. - Greg Mitchell

NWATA AWARDS Nomination Forms can be found on the NWATA website and are due to Greg Mitchell at [greg.mitchell@boiseschools.org](mailto:greg.mitchell@boiseschools.org) by December 1, 2016.

Two NWATA awards are open for nominations.

- **NWATA Outstanding Service Award:** This award recognizes those athletic trainers whose outstanding contributions and dedicated service has furthered the advancement of the NWATA and the athletic training profession.
- **NWATA New Horizons Award:** This award recognizes those athletic trainers who are relatively new to the profession and are making a significant contribution at the district level. The intent is to recognize members who are new to the profession (having been ATCs fewer than 15 years) but are making a very positive impact on the profession while still fairly early in their athletic training careers.

Also consider nominating a colleague for the NWATA Hall of Fame. Directions and additional information is located on the NWATA website.

## Ethnic Diversity Advisory Committee

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### *Community Service Project - Save the Date*

The Ethnic Diversity Advisory Committee in conjunction with the Student Committee is planning a service project during the 2017 NWATA Conference. We will be volunteering at Emergency Food Network's Mother Earth Farm on Thursday, March 16, 2016, from 12:00-2:00pm. The farm is located in Puyallup and there are 70 volunteer positions reserved for NWATA members. This is NOT just for the students or EDAC folks, this is for anyone who wants to give back! We will be sending out more information as we get closer to our conference, including information on signing-up, so keep the date in mind. If you have any questions, please contact Dani Moffit ([moffdani@isu.edu](mailto:moffdani@isu.edu)).

## Research Committee

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### *New Research Grant Request for Proposals*

The NWATA Research Committee is calling for research proposals for a new D10 research grant. This award of \$1000 aims to provide financial support for quality research that advances the discipline of athletic training. This award prioritizes graduate student and new investigators within D10. The deadline for application is January 20, 2017. See full award details & instructions at: [NWATA Research Grant Application](#). Questions can be directed to Dr. Cynthia Wright at [cwright@whitworth.edu](mailto:cwright@whitworth.edu).

### *2017 Call for Free Communications Abstracts for D10 in Tacoma*

The NWATA Research Committee is calling for research abstracts for the NWATA Free Communications program. The Free Communication program provides a forum for dissemination of research and clinical case studies in poster and oral presentation formats at the NWATA Annual Meeting. All clinicians, students, and faculty are invited to participate. The deadline for submission is December 15, 2016. See full submission details and instructions at: [Call for Abstract](#).

## Public Relations

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The NATA has launched the new public website as a resource for non-athletic trainers to get information on what services athletic trainers provide. Check it out at [atyourownrisk.org](http://atyourownrisk.org), and spread the word. We are also collecting testimonials for the website. If you have something you would like to share - a short story, or a quote from an athlete, parent, coach, administrator, doctor, etc., please send it to me so we can put it online!



If you have any news to share for the NATA News, such as an award, a recognition, a fundraising event, a workshop, etc., please send the information to me, your state rep, or to the NATA News - [beths@nata.org](mailto:beths@nata.org)

Have a great fall and let me know if I can do anything to help you!

Josh Holliday - [nwatad1opr@gmail.com](mailto:nwatad1opr@gmail.com)

## Social Media

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Remember to follow the **NWATA** on Facebook!! Check it out [HERE!](#)

**Hey Young Professionals:** Be sure to also check out the NWATA District 10 Young Professionals Page [HERE!](#)

## College and University Committee

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The NATA College/University Athletic Trainers' Committee has established several awards to recognize collegiate athletic trainers who have demonstrated exceptional performance in their setting.

- Head Athletic Trainer of the Year
- Assistant Athletic Trainer of the Year
- Above and Beyond Award
- New Horizon Award

NATA members may nominate a candidate by downloading and completing the nomination link below and submitting it to the College/University Athletic Trainers' Committee by January 31st. Visit the NATA website at <http://www.nata.org/membership/honors-and-awards/cuatc-awards> for more information.

## Young Professionals

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We have some new YP State Representatives!

Alaska - Alyssa Babcock  
Idaho - Paul Smith  
Montana - Kaleb Birney  
Oregon - Anne Pollard  
Washington - Josh Holliday

Welcome new Young Professionals! Be sure to follow your YP's on Twitter at @NWATA\_YoungProf

If you have any questions or are just interested in getting involved as a NWATA Young Professional, be sure to contact Andrew Hamstra at [andrew.hamstra@wsu.edu](mailto:andrew.hamstra@wsu.edu)

## Safe Sports School Award

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### *Have Your School Nationally Recognized*

The Safe Sports School Award recognizes secondary schools around the country that take the crucial steps to keep their athletes free from injuries.

In order to achieve Safe Sports School status, athletic programs must do the following:

- Create a positive athletic health care administrative system
- Provide or coordinate pre-participation physical examinations
- Promote safe and appropriate practice and competition facilities
- Plan for selection, fit function and proper maintenance of athletic equipment
- Provide a permanent, appropriately equipped area to evaluate and treat injured athletes
- Develop injury and illness prevention strategies, including protocols for environmental conditions
- Create and rehearse venue-specific Emergency Action Plan
- Provide or facilitate psychosocial consultation and nutritional counseling/education
- Be sure athletes and parents are educated of the potential benefits and risks in sports as well as their responsibilities

Any secondary school can apply. Applications, which require a fee, must be signed by the school's principal or athletic director and an athletic trainer or team physician. Schools qualifying for either award will receive a banner and artwork to promote their achievement

**Learn more at: <https://www.nata.org/advocacy/youth-sports-safety/safe-sports-schools>**



# State Updates

## Alaska

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Alaska has been busy gaining licensure and passing legislature for athlete safety, but one of the most exciting things currently going on in is the expansion of athletic trainers into new areas of the state. Since gaining licensure in 2015, the growth of Athletic Trainers has allowed more athletes to gain access to health care on the sidelines. Alaska is a unique setting due to its vast size, rural communities, and geographic location. Athletic Trainer's face distinct challenges in this state, but it is exciting to see new positions become available in new areas and organizations expanding their athletic training services. The addition of athletic training positions within the state represent the amount of growth of the profession within the state. For the fall publication, the AATA wanted to share these new Athletic Trainers' stories and what made them want to come to Alaska.

### **Jake Ritter M.Ed, LAT, ATC – Juneau, Alaska**

Jake was born and raised in Juneau but has spent the last 10 years in the Lower 48 for undergraduate and graduate studies and work. Prior to moving back to Juneau, he was working in the collegiate setting at Carroll College in Helena, MT for four years. He is currently working to providing athletic training services in the construction/labor industries found in Alaska through the company he recently founded "Frontier Industrial and Sports Medicine LLC." He chose to move back to Juneau because, according to Jake, it is one of the greatest places in the states. His athletic training interests lie in the niche markets that AT's can take advantage of to not only advance the profession but improve how our profession is viewed by the general population. He looks forward to spending his first Christmas at home in several years and being able to provide care to the community and region that raised him.

### **Tyler Beauregard MS, ATC – Fairbanks, Alaska**

Tyler has come to work in Alaska after growing up in Billings, Montana. He is working in a split position as an athletic trainer part time for the University of Alaska-Fairbanks and Eielson High School. Eielson High School is a 3A high school located on Eielson Air Force Base near Fairbanks, Alaska. He's really enjoyed the opportunities that I've had to live in different places. "I feel like I've grown a lot personally due to my experiences in these different places with their own unique cultures. Alaska seemed like a great opportunity to continue that growth." His unique athletic training interest is research and he has plans to apply for a PhD school. He most looks forward to being out of Missouri's humidity

### **James Berry MS, LAT ATC – Anchorage, Alaska**

James came to Alaska to work in the secondary school setting from Georgia College, and is currently working as an outreach athletic trainer for Orthopedic Physicians Alaska. James has an athletic training interest in injury prevention and sports performance. Since

being in Alaska, he was a Mt. Marathon survivor and looks forward to exploring the outdoors.

### **Nicholas Menietti MS, ATC– Fairbanks, Alaska**

Nicholas is from rural Southern Illinois, about 45 minutes East of St Louis. In Alaska, he took the position of Assistant Athletic Trainer at the University of Alaska Fairbanks. His special interests in athletic training include action sports. He chose Alaska because of the outdoor adventure factor. While in Alaska he would like to climb Denali a bit and hike out to the "Into the Wild" bus in the summer.

### **Savana Craft M.A.Ed., LAT, ATC– Wasilla, Alaska**

Savana was born and raised in Casper, Wyoming and she is currently working as an Athletic Trainer at Advanced Physical Therapy in Wasilla, Alaska. She began her athletic training career as an athletic training student in high school and continued her education at Northern Colorado in 2014 with her Bachelors in Athletic Training. In 2016, she graduated from Nebraska Kearney with a Master's in Sport Administration. She recently moved to Alaska with her fiancé, they most look forward to seeing the northern lights, and exploring the mountains through the adventurous outdoor lifestyle Alaska offers. Advanced Physical Therapy in Wasilla is beginning a new program using Athletic Trainers in an outreach setting to provide services for various community programs. Her athletic training interest is learning more about concussions and using her knowledge to help community programs prevent them in their athletes.

### **Bryan Beachum MS, LAT, ATC – Anchorage, Alaska**

Bryan comes to Alaska after completing his master's degree in Health and Human Movement at Utah State. He is working as an outreach athletic trainer with Orthopedic Physicians Alaska. He has a special athletic training interest in extreme sports like snowboarding, skateboarding, and BMX.

## **Oregon**

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OATS held its first Athletic Training Awareness Week October 13-21. The goal of the campaign was to promote the role of ATs in the health and safety of athletes throughout Oregon. We had several state legislators attend high school games to learn more about the role of the AT. During that week the OATS PR Committee published infographics about ATs and athlete safety on the OATS' social media platforms.

The OATS' High School Summit will take place on December 17, 2016 at the Slocum Center in Eugene, OR. The Summit, program, number of CEUs, and cost will be announced soon. The High School Summit is a continuing education event centered on the secondary school athletic trainer, but all are welcome to attend. If you have questions, please contact OATS Secondary School Committee Chair Marlee Hansen at [brownlie@4j.lane.edu](mailto:brownlie@4j.lane.edu).

Oregon is one of the four states selected to participate in the NFL Foundation's AT Grant Program. The program aims to provide funding to place ATs in up to 150 schools across the four states. Schools that do not have AT services or only have minimal AT services (defined as only having an AT available at home football games) are eligible to apply for funding. The grant awards a school up to \$35,000 over 3 yrs (Year 1 = \$20,000, Yr 2 = \$10,000, and Yr 3 = \$5,000 with at least 60% spent on the AT salary or stipend). If you know of a school that might be interested in applying, please direct them to <http://atgrant.nflfoundation.org/>.

Redmond High School earned a Safe Sports School Award and District 10 Director Cari Wood was interviewed about the recognition by the local media: <http://www.ktvz.com/video/sports/redmond-athletic-trainers-win-national-award/123520720>. Way to go Cari and Redmond HS!

## Montana

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MTATA Committees have been busy this year working on several projects. The MT Public Relations Committee is working on MTATA apparel to sell and the Secondary Schools committee has been working hard to complete the ATLAS project for our state and gain a better understanding of what schools have access to an athletic trainer. The governmental affairs committee and executive board are gearing up for the next legislative session where we anticipate a new draft of the concussion bill moving forward. Honors and awards committee is revamping our nomination and selection/scoring process and the state planning committee has set the date for the next MTATA State Meeting to be June 2-3, 2017 in Helena, MT.

UM Athletic Training held its 2<sup>nd</sup> AT Hall of Fame Celebration themed "Celebrating Women in Athletic Training" over homecoming weekend in which MTATA Hall of Famer Janelle Handlos and NATA Hall of Famer Katie Grove spoke to a crowd of 70 students, clinical preceptors, faculty, staff and administrators about their personal and professional journey in athletic training. It was an amazing day filled with many stories of successes and failures inspiring us all to become better ATs



## Washington

WSATA President Craig Bennett and Secretary Katy Pietz will be finishing their second terms at the 2017 NWATA Meeting in Tacoma. There will be a call for nominations and applications to fill these positions in December. Per current WSATA By-Laws there will be a minimum of a three week nomination period and then a two week election period just prior to the NWATA Meeting in March. Please talk with your colleagues about these leadership opportunities to represent and advocate for our profession. Feel free to contact any of the WSATA Board of Directors with any questions regarding these positions.

Nominations for the WSATA Excellence in Service and WSATA Physician Award and Hall of Fame can be completed on the WSATA web site at [www.wsata.org](http://www.wsata.org) in the Awards section. Ciara Rink is the WSATA Honors and Awards Chair and will be accepting these nominations until January 1, 2017. Please take this opportunity to nominate a deserving colleague or physician that supports our profession!

The 2017 WSATA Annual Meeting and Clinical Symposium was held at the Don James Center in the University of Washington's Husky Stadium in July. With 90+ ATs in attendance for second straight year we enjoyed honoring our new WSATA Hall of Fame inductees Dale Blair, Rick Griffin and Ken Kladnik along with our WSATA Excellence in Service Award recipients Larry Howe and Daren Nystrom. The education program included speaker Will Adams from the Korey Stringer Institute KSI who gave a presentation on heat illness emergency planning and a lab worth 2.5 EBP units. We are currently looking for speakers for 2017 meeting to be held in July. We do not have any legislative action planned at this time but plan to monitor other bills of interest through lobbyist Charlie Brown and GA Chair Dana Gunter.

Check our State President, Craig Bennett contributing to a news article by ESPN: <http://www.espn.com/espnw/voices/article/17715275/helping-your-athlete-kids-recover-injury-right-way>

## Idaho

Kristen Smith, a third year student in the Boise State University Athletic Training Program has been awarded the inaugural Craner-Wade Athletic Training Scholarship. Gary Craner, founding Head Athletic Trainer at Boise State, and Dr. George Wade, founder of Idaho Sports Medicine and long-time Team Physician were instrumental in creating the comprehensive Sports Medicine program serving Boise State athletes today and passed on their knowledge and passion to hundreds of athletic trainers along the way. The Craner-Wade Athletic Training Scholarship is established to recognize their dedication, passion, and accomplishments as educators and mentors. Mr. Craner and Dr. Wade dedicated their professional careers to translating classroom learning into



practical application for athletic training students for over three decades; teaching both the science and the art of athletic training and sports medicine. Alumni and friends are encouraged to contribute to the fulfillment of this endowment and the legacy of Craner and Wade. Contact Jon Larkin for more information, College of Health Science Development Director, [jonlarkin@boisestate.edu](mailto:jonlarkin@boisestate.edu)

### *Boise Schools Comprehensive Baseline Testing*

Prior to Idaho's first concussion law in 2012, the Boise School District began baseline testing its athletes, grades 9 thru 12 as a tool to help its four high school athletic trainers determine when it was safe and appropriate for athletes to return from a concussion. The initial work of Borah Head Athletic Trainer, Greg Mitchell, ATC, laid the groundwork for the four baseline tests used with student-athletes. Student-athletes were tested using Graded Signs and Symptoms, SAC, BESS and ImPact.

All contact and collision sport athletes were baseline tested. Since the Boise School District is a traditional Junior High (7-9) Senior High (10-12) model, the four head athletic trainers would travel to each of the 8 junior high schools to baseline their freshmen athletes; each high school has two feeder junior highs, with the Head Athletic Trainer responsible for managing concussions for their high school and junior high athletes. The Boise School District plan established that once an athlete was concussed, they would have to pass each successive baseline within 2 points of their baseline before they could move on to the next test. The BSD Athletic Trainers would see athletes daily to assess and test and monitor progress. Once the student-athlete reached the ImPact point, that exam was sent to the Head Athletic Trainer's Supervising Physician to be read and achieve final clearance. Communication was opened by the head athletic trainer with the student-athlete's parents, school nurse, counselor and teachers to help facilitate the accommodations necessary to allow the student-athlete to succeed in the classroom while they were concussed. Once the student athlete was cleared of their concussion, the Head Athletic Trainer would then supervise them as they moved through the NFHS 5-Step Return to Play Protocol.

With the passage of the Idaho Concussion Law, the Boise School District had the 4 High School Athletic Trainers modify the BSD Concussion Plan to include its 7<sup>th</sup> and 8<sup>th</sup> Grade Athletes. To help manage 2000+ Student-Athletes from grades 7-12, athletes are baselined during their 7<sup>th</sup>, 9<sup>th</sup> and 11<sup>th</sup> grade years. Recently, the Boise School District adopted a new concussion management and testing platform; C3Logix is now being used to baseline all athletes. The 4 Head Athletic Trainers, Nikki Clark-Vega, ATC – Boise High, Greg Mitchell, ATC – Borah High, Pam Arriola, ATC – Capital High and Tony Fitzpatrick, ATC – Timberline High, wrote a grant to help purchase 60 iPads and Balance Belts to help them use C3Logix.

## Final Thoughts

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I really can't believe it's almost November. Seems like just yesterday, we were invading Baltimore for the NATA Convention, meeting new NWATA members, seeing some amazing speakers, and talking about all of the amazing things we still wanted to do over the summer. Now that Fall is in full-force and the sights, sounds, and smells of the holiday season are right around the corner, I am really looking forward to what the end of the year and 2017 have in store.

I have a request for the NWATA membership: get involved. There are a ton of opportunities to be a part of the great things this district has to offer. We need new ideas, a fresh set of eyes, and some really passionate Athletic Trainers who want to make a difference. If you are looking for ways to get involved and are having a hard time getting your foot in the door, just ask. Talk to myself, Jenn, Cari, or Russ. Talk to those already involved. There is a place for each member to have a voice.

Contribute to YOUR newsletter!

If you have a good story, news, information or feedback for this newsletter, please send to

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