

# NORTHWEST ATHLETIC TRAINERS' ASSOCIATION

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## From the Director



Here we are again, another autumn season upon us here in the Pacific Northwest. I'm biased, but I think the change in seasons, especially summer to autumn is unparalleled with anyplace else: leaves changing color, the first frost, the first snow, salmon runs, and waterfowl migrating. With each autumn comes a change to the landscape and a farewell to our summer.

Change and farewell are not exclusive to the seasons, however. As all of you are aware, we said goodbye to one of our own with the passing of NWATA Past-Director/President Jimmy Whitesel. I know that Jimmy's passing hit many of us hard as it is never easy to say goodbye to a family member. As in the first part of the saying "Death leaves a heartache no one can heal," we struggled to remember all of the "last times" with Jimmy as his leadership, his wisdom, his stories and especially his humor are all something we did not want to lose or to forget. But the final words in that same saying "Love leaves a memory no one can steal," remind us that it is those stories and humor that will forever be with us. And so it is with Jimmy; we have our memories.

Soon after Jimmy's funeral his family and friends established a



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scholarship in Jimmy's name with the NATA Foundation. This scholarship will be awarded to an NWATA-D10 student, forever honoring the good works and deeds Jimmy did on behalf of our association and athletic trainers here in District 10. **We have some work to do though!** There is a deadline of June 30, 2019 to have \$30,000 raised to endow the Jimmy Whitesel Scholarship. As of this writing, we have 246 days to reach that goal. To date \$6,634.93 has been raised. I hope you can find a way to donate and help us reach the goal to honor Jimmy! If you have any questions or want more information on how to donate, please drop me an email.



### *Notes from the Boardroom*

From our monthly BOD Conference Calls in August and September, the following items were approved by the NATA Board of Directors

- Approved the new mission statement for the Council on Practice Advancement (COPA). The new statement reflects the desire of the council to provide long-term assistance to all settings within the profession
- Approved the "Guidelines and Consideration for Athletic Trainer regulatory language" document. This document came out of the Model Language Workgroup and focused on language used in statutes, rules and/or regulations used in states.
- Approved the NATA Official Statement on Public Injury in Sports
- Approved the NATA Position Statement "Immediate Management of Appendicular Joint Dislocations"
- Approved funding to have a member of the ATs Care committee attend and present at the ICISF World Congress.
- Approved new liaison affiliations with the International Association of Firefighters, Alliance of Social Workers in Sports, and USA Baseball

### *Governmental Affairs*

As I know many of you are aware by now, the Sports Medicine Licensure Clarity act was signed into law October 5, 2018. As was stated in the NATA Press Release upon the bill becoming law:

- *Athletic trainers can engage in the treatment of injured athletes across state lines without fear of great professional harm, such as loss of license to practice, while protected from monetary loss with professional liability insurance.*
- *Health care services provided by a covered sports medicine professional to an athlete, an athletic team, or a staff member of the team outside of his or her home state would be deemed to have occurred in the professional's primary state of licensure.*
- *This legislation treats medical services rendered in the secondary state as*

*occurred in the primary state if the secondary state's licensure requirements are substantially similar to the primary state.*

I have noticed, with the passage, that many of you have reached out with questions on how it will or may impact your practice. I may not know all of the answers, but I have been sending them on to NATA Staff and/or to the BOC for clarification. I'm glad it has sparked an interest for questions and clarification of your own state's individual practice act. Having this new and growing understanding can only make our state and district associations as well as our profession stronger. So please keep sending me your questions.

### *Notes from our Strategic Partners*

The information, from our Strategic Partners, that is important for the NWATA Membership, our profession and association.

- BOC Update - Athletic Trainers elected a new BOC Director, Mary Kirkland.
- CAATE Update - Danielle Baron, CAE was hired as the new executive director.
- NATA Foundation Update - The NATA BOD approved the request from the NATA Foundation to develop and host a webinar series based on NATA Position Statements. The Webinar series will be recorded and become part of the Professional Development Center on-demand content.

### *From the NWATA Home Front*

Over the summer we had numerous NWATA-D10 Chairs and NATA Committee Representative positions open with 20 applications. We will take the time this March to properly thank our outgoing chairs and representatives. It is never an easy decision, and I'd like to thank all who applied to serve our association, but in the end, only one member can be selected. I'd like to introduce the following members and their committee assignments.

- Athletic Training Service Award – Tim Nicoletto
- Committee on Professional Ethics – Kaylee Barth
- Convention Programming Committee – Kasee Hildenbrand
- Specialty Awards – Valerie Moody
- Young Professionals – JT Yancy

### *Mark Your Calendars*

With the 2019 Holiday Season fast upon us, so approaches NWATA2019 in Spokane, Washington, in 153 days. Please keep an eye out for announcements letting you know with housing and registration opens. I know our NWATA Meetings Team is working hard to present an amazing symposium for all of you.

### *Some Closing Thoughts*

As I opened, it is hard to believe that autumn is already here in what seems like a blink of the eye and before you know it Thanksgiving, Chanukah, and Christmas will be upon us as well. I hope that as the year winds down you all are able to be with those who put a smile on your face, warmth in your heart and that you are able to hold your loved ones close. Our family and friends keep us grounded.

“A light heart lives longest” Irish Proverb

Respectfully,  
Tony Fitzpatrick, ATC, NWATA President / District Director

## NATA Foundation - Bill Drake

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On behalf of the NATA Foundation I am excited to share a huge opportunity to honor Jimmy Whitesel and his family. Jimmy recently passed away, and what better way to create a lasting memory of him than donating to his newly created endowment. Please see the link below and thank you all for considering a donation in his memory.



Jimmy was a very inspirational part of so many members lives in District 10. I recall him as someone that would stop and talk with you and get to know you no matter your status or experience in

the profession, he was genuinely interested in others. As a leader and mentor, he inspired and encouraged us all to be proud Athletic Trainers and be involved with D-10 and the NATA. This Endowment gives us all in D-10 something to rally behind and get funded! We will provide periodic updates on our progress, but I am confident and certain that we can come together as a district and fully fund this endowment in his name. Please feel free to contact me directly at [drakeb@gonzaga.edu](mailto:drakeb@gonzaga.edu) or call/text at 509-432-6792 with any questions or ideas to add to our efforts honoring Jimmy Whitesel! Thank you all!

Bill Drake  
District Ten Chair NATA Foundation

<https://www.natafoundation.org/endowment-program/jim-whitesel-memorial-athletic-trainer-scholarship-district-10/>

## Professional Education Committee - Dana Bates

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**Preceptor Development Forum, being held prior to the Athletic Training Education Conference February 15, 2019 in Dallas, TX**

The Preceptor Development Forum presented by the NATA Professional Education Committee is designed as an educational opportunity for preceptors, by preceptors, to cultivate the identity of clinicians as educators due to their impactful role in clinical education. Educational content is aimed at enhancing aspects of clinical practice, leadership, assessment, and communication to improve educational and clinical outcomes. Attending this forum will also offer a collaborative opportunity to develop a community of practice within clinical education.

- Audience – Athletic Trainers that serve as preceptors for professional and/or residency education
- Level – Advanced
- CEUs/Contact Hours – 4
- Cost: \$99 for members/\$149 for non-members

## NWATA Research Committee - Cynthia Wright

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### 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 20th annually. See full award details and instructions [HERE](#). Questions can be directed to Dr. Cynthia Wright at [cwright@whitworth.edu](mailto:cwright@whitworth.edu).

### Call for Free Communications Abstracts for NWATA Annual Meeting

The Research Committee is calling for research abstracts for the NWATA Free Communications program. The Free Communication program provides a forum for the 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 (participants do not need to be from D10). The deadline for submission is December 15<sup>th</sup> annually. See full submission details and instructions [HERE](#).

## NATA International Committee - Cynthia Wright

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The NATA International Committee (IC) is working to translate our infographics into multiple languages. Translations of the Concussion, Mental Health and Heat Illness infographics are available on the [IC website](#). We have rough translations of many more but need NATA members who are native speakers of the targeted languages to critically review them. If you speak another language and would like to serve in this way, please contact Cynthia Wright ([cwright@whitworth.edu](mailto:cwright@whitworth.edu)) and she'll get you connected.

The [International Speakers Grant](#) program provides funding support to athletic training scientists and clinicians who wish to present their research or intellectual content at conferences or symposia outside of the United States. The financial assistance provided by this program will increase global recognition of the profession and the role athletic trainers play in prevention and rehabilitation.

Want to lead or participate in a study abroad program related to athletic training? This summer the IC website added several new and updated [toolkits](#) and [resources](#) for both educators and students.

## LGBTQ+ Committee - Dani Moffit

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The committee is working hard to bring information to the members. We are currently working on a page for the NATA website and looking at creating a Professional Interest Group (similar to what you see for high school ATs, YPs, EDAC, etc). Additionally, the committee is starting to look at educational resources for the members. There will be speakers at ATEC discussing SafeSpace training. Our district conference will have a presentation on transgendered students in the high schools in District 10 and discuss health conditions this population face. There will be a Town Hall meeting in Las Vegas, so if you're not following the committee on Twitter (@LGBTQNATA), please do so you can get more information. We are still looking for members for the D10 committee from the states of Oregon and Alaska. If you identify as, or are an ally to, the LGBTQ+ community and would like to be involved, please contact me ([moffdani@isu.edu](mailto:moffdani@isu.edu)).

## History and Archives Report

### By Ken Kladnik

With the completion of the new Hall of Fame Display, this committee has started working on a new project. We are in the process of collecting unique, interesting and even humorous stories from NWATA Hall of Fame members and other “seasoned” veterans. We calling the book *NWATA Tales*. Currently there are 19 submissions and we are awaiting approximately another 20 others, who have agreed to supply stories. It is hoped to have the collection finished by year’s end and hopefully available for distribution at our meeting next March in Spokane.

Mark Smaha has supplied the forward and a couple of very interesting experiences from his past. I also have a few of my own from my 40+ years as a NATA member. Other contributions are from Byron Shrenk, Dale Blair, Jackie Smaha Dennis Murphy, Lonnie Lyon, Dani Moffit, Pat Archer, Bill Drake, Dick Melhart and Cari Wood. I have very much enjoyed reading each of these stories myself and I know you will to. I have included Mark’s forward and a couple of stories to whet your appetite for the final product. Enjoy!!

#### Preface - By Mark Smaha



For 32 years I spent my life in a unique world filled with the extreme emotions of life. From winning and losing, violence and tranquility, happiness and sadness, love and hate, pain and healing, laughing and crying, camaraderie and tragedy. A violent world of large people and strong athletes colliding at speeds delivering forces over 6,000 lbs., the weight of a pickup truck. All in the snap of a finger.

Each of us who shared some of their stories emulate these emotions within their own journeys. Some are funny. Some are tragic and everything in between. They become part of the legacy of the NWATA as well as our own. We have been given gifts as caregivers. We are blessed with passion, perseverance, sense of urgency and a responsibility to the care of those we serve.

Life is about relationships. Our journey is spent chasing our dreams. Sometimes we don’t achieve them. It’s not so much about achieving your dream as it is about relationships. The people you meet along the way and the relationships you develop. Success is not always measured by what we achieve as much as it is about what we overcome.

These stories are a reflection of those relationships, the NWATA and its members. They reflect our heritage and our destiny that needs to be shared with others.

## Who got Speared? - By Ken Kladnik

It was the spring of 1981 and I was working at the University of Idaho as the Head Athletic Trainer. At the time of the incident, I was in the Kibbie Dome, covering spring football practice, when one of the track athletes called me from the top of the bleachers that they needed me right away, one of the track athletes was just speared with a javelin. My endorphins kicked in and I ran up the stairs two at a time, thinking the worst-case scenario, such as impaled through the head or chest and what I was going to do.

As the track was just west of the Dome, I exited the door onto the rise above the track. Once I had a visual on the track, my eyes panned the javelin throwing area for my potentially life threatening injury. To my surprise, I could not see a collection of people around the “body” or anything that looked like someone was even injured. My next thought was that someone was playing a trick on me and that it was April 1st, which it wasn’t. I continued my way down to the field and was pointed over to North side of the track to the injured athlete.



As I arrived to the site of the injury, I found a javelin thrower just standing there just holding a javelin, which happened to have pierced his lower leg and exited, sticking the point into the ground. Surprisingly, he was calm and had no signs of shock and there wasn’t any blood. Knowing that I shouldn’t remove the javelin, one of the athletes told me that he had a truck I could use to drive the impaled athlete to the Gritman Hospital. While waiting the pickup, I used my scissors to dig out the spear from the ground, cleaned it as best I could and used towel and an elastic wrap to secure the javelin.

Prior to moving the athlete into the truck, our Sport Information Director, Dave Kellogg, who happened to be at practice that day told me to “hold up?” I thought to myself, what could he mean, thinking I was doing something wrong. He jokingly said “did anyone measure the throw yet?”

I sat in the back of the pickup stabilizing the javelin until we arrived at the Emergency Room. Attendants emerged, checked pedal pulse, vitals and motor response. After determining that there were no neurological or circulatory problems proceeded to clean the exited portion of the javelin with saline and then removed it prior to placing the athlete on the gurney for further examination and X-rays.

Remarkably, the javelin only split the gastroc and missed the bones or anything vital. After suturing, he was treated and released and actually competed two weeks later.

## Adventures in Breast Pumping with a HS Football team - By Cari Wood

So.... for those who don’t know, breast pumping is something that new mothers do when they go back to work and want to continue to feed their newborn babies healthy breast milk. When our breasts became full, and the baby is not around to nurse, we “pump” our breast milk into bottles to send with the baby to daycare for feedings. The process for most people is to use an electric pump that is held up to each breast and literally sucks

the milk out. Or, the “pure gold” as we moms like to call it, because of the time, effort and sometimes pain taken to extract it for our lovely babies.



Anyway- During the 1999-2000 season, I had the “pleasure” of travelling with my HS football team during the time when I needed to pump for my daughter, Bradi. My breast pump was a fairly nice one. It looked like a large briefcase, so none of the boys ever asked what it was. I don’t know what I would have done if they ever did ask. Explaining breast pumping to a HS boy would have been traumatizing to him no doubt! Every time we went on a road trip, I would be away from my daughter for around 12 hours, so I had to pump to relieve the buildup of milk. It was a challenging task being on the team’s schedule, and performing this in private while being the only woman traveling with the team...

while the boys ate lunch. The first thing I realized, however, is that the bus driver was usually a man, and would NEVER leave the bus! Finally, when I got the courage to ask for privacy, I found out that the 12- volt did not generate enough power to “do the job” and it would take WAY too long to pump. So, that trip, needless to say, that trip was painful for me and my “girls”.

For my first trip, I was excited to try out my new travel pump. I special ordered the car jack thinking I could plug into the 12-volt outlet on the busses, and pump in private

The next trip, I was prepared with an electrical plug in. I just needed to use the girl’s bathroom at the school when we arrived. Well, new problem... I forgot that the visiting team uses the girl’s locker room to dress in!

UGH. So, I did the pre-game preparations on my players for the game, then when they went out to warm up, I found an outlet in the locker room to pump. Of course, the outlet wasn’t close enough to a bathroom stall to be in privacy, so I sat on the benches. Pumping generally takes 10-12 minutes. Warm-ups take about 10-15 minutes. So, there I was sitting in the locker room with my breasts hooked up to my pump, all the while praying that the team didn’t finish the warmups and come back in before I finished pumping! Or worse, if an individual player decided he needed to use the restroom.... Luckily, I made it through with no incident. I can’t even imagine the horror on a young man’s face if he walked in to see me there.

Third trip: I decided trying to pump in the locker room was too stressful. So, this time, we stopped at a mall to eat pre-game meal. I ate as fast as I could and took off into the mall looking for a public bathroom to pump in. THERE ARE NO OUTLETS in public bathrooms. At least in this mall there wasn’t! I frantically looked around for another option. I found a Baby Gap, thinking ‘they sell baby clothes, so surely they would understand my predicament.’ I pleaded to the lady who worked there to use their break room to pump. She was understanding and accommodating! Thank Goodness! But, I didn’t tell the coaches that I was leaving. So, I pumped as fast as I could, and sure enough - the team was on the bus ready to leave waiting for me! The coaches were irritated. They all thought I was busy shopping and lost track of time.

Last and best story was when I couldn’t find anywhere to pump prior to the game. I was so uncomfortable during the whole game and knew I couldn’t possibly last another long trip home without pumping. I really didn’t want to end up explaining why I was leaking milk completely through my shirt to 15-17-year-old boys... So, at the end of the game when the team was showering, I ventured off into the school looking for an outlet.

Because it was so late at night, no doors were unlocked. The only outlet I could find was in the gym, on the





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**DR TIMOTHY UHL** Professor in the Division of Athletic Training, University of Kentucky.

**STEPHANIE LAZARCZUK** Lecturer at St Mary's University

**JAMIE TALLENT** Senior Lecturer in Strength and Conditioning Science at St Mary's University

**JULIA CHURCH** Physiotherapist specialising in elite sports performance, rehabilitation and return to sport

**BILLY SENINGTON** Teaching Fellow in Biomechanics at the University of Surrey.

**LUKE HUGHES BSC, MSC** Exercise Physiologist and Lecturer at St. Mary's University



View full biographies at  
[www.nata.org/international-conference](http://www.nata.org/international-conference)

end wall directly centered under the basket. So, here I sat in a dimly lit gym, vulnerable and exposed for anyone to see, sitting on the center of the baseline, with strange tubes coming from my chest while the electric pump made pumping noises in the quiet gym. It was too funny!

I managed to make it through the whole football season without having to explain to any of my players what breast pumping was. I consider it a success! Ladies! Please plan your pregnancies around football season! Trust me! *(I am a proud mom of a 19-year-old daughter and 17-year-old son. I have been the AT at Redmond HS in Oregon for 23 years. I was blessed to have supportive ADs, coaches, friends and family to help me navigate motherhood and find a good work-life balance!)*

## Professional Development Committee - Jonathan Huwe

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The next topic for the convention session will be on the DAT. This session will address what can it do for you and what opportunities will it offer the recipient. Gary Wilkerson will be one of the presenters. This session will be an educational discussion, not intended to promote the degree or a specific program of study.

For all of those interested, the upper extremity manual therapy certificate should go live in January for the webinar and live lab sessions will occur in Vegas. More information including cost will be announced soon. Stay tuned! We are still working on finalizing the mental health certificate program.

As a committee, we are looking at the 2020 standards and where/when training will occur to bring current practicing clinicians up to speed. We are currently looking for experts in this area to provide educational presentations at ATEC and workshops at the district as well as national meetings.

Upcoming workshops will include EBP lectures and labs and topics covering best practices in concussion management and preventing knee injuries. Stay tuned for more information.

## Public Relations - Kaleb Birney

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The Public Relations committee has numerous new initiatives in the making. First off, we have a brand NEW PR Grant that will approve up to \$10,000 of total grants and up to \$4,000 per application. We are hoping the grant applications will be ready in July but we are still waiting for a few things to be completely approved.

At Your Own Risk and the PR committee has hosted 2 Facebook Live events. If you missed them you can go back and watch at your convenience on the At Your Own Risk Facebook page. The first one on October 10<sup>th</sup> featured our very own Cari Wood and her AD Kevin Bryant as they discussed World Mental Health Day. The very next day they hosted a concussion 101 that was focused on what parents need to know. Feel free to watch and share both videos.

Speaking of Cari Wood, if you have not seen the video that Cari and her school put together it is absolutely breathtaking. I have put the link below. It is an amazing video to share with your students, athletes, patients, parents and administration. Feel free to copy the link below and share it on all your social media, you will also be able to find it on NWATA social media accounts.

[https://drive.google.com/a/redmondschools.org/file/d/1XM\\_ce9YJoCc85D5kyXEVkJF3oomJSXuZ/view?usp=drive\\_web](https://drive.google.com/a/redmondschools.org/file/d/1XM_ce9YJoCc85D5kyXEVkJF3oomJSXuZ/view?usp=drive_web)

If you have a story that you would like in the NATA News please send me the information and I will get it into the District 10 News at [kalebbirney@gmail.com](mailto:kalebbirney@gmail.com). And remember to follow us on your social media accounts and to always share or tag us on Facebook or in your tweets. @NWATA10 for both Facebook and twitter.

## Professional Responsibility in Athletic Training - Ciara Ashworth

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Calling all NATA Members!

The NATA Professional Responsibility in Athletic Training Committee is seeking your valuable input to identify shared professional values in athletic training. If you have opted into receiving surveys, please check your inbox for an important survey request! This project will be ongoing until December 1st.

If you did not receive this email, and would like to participate in PRAT's project, please email Katie Scott, MS, ATC at [katies@nata.org](mailto:katies@nata.org) and she will provide you with a link.

## Committee on Professional Ethics - Kaylee Barth

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As many of you know, the Committee on Professional Ethics is doing a yearlong series in the NATA News with the purpose of assisting and empowering you all in navigating the fine lines and muddy waters of ethical practice. In case you didn't get a chance to read last month's addition of "Raising the Standard of Care", I have included the summary in the newsletter. As I hear about these kinds of situations often, you probably do as well. The topic of August/September was, ***"Referral Practices and Appropriate Treatment Billing Professionals"***

The ethical situations discussed included, having an unofficial or official "quota" of referrals to the orthopedic clinic that is expected every month, providing a certain number of referrals to a hospital in order to off-set the cost of the AT, and working for a PT clinic and applying modalities that are not necessary or inappropriate in order to maintain profit margins. There are, of course, many examples where this topic could be addressed but I think these are some of the most common we hear about or experience.

What approaches can the AT take to address potential conflicts in the area of referral practice and appropriate billing practices?

- One measure is to better educate the patient (and parent of an under aged patient) on their injury or health condition and the options in care.
- Another measure is to provide the AT's employer the NATA Code of Ethics and BOC Standards of Professional Practice. These documents outline the ethical standards of practice of the athletic trainer, which can be referenced if there are any questions or concerns regarding referral or billing practices. This action should make it clear to the employer that it is the ethical duty of the athletic trainer not to use their health care position to unnecessarily refer patients for evaluations and overcharge care. There are professional implications for such practices for the AT, and potential insurance fraud on the part of the medical facility or practice.
- It is recommended that the AT consider reviewing federal and state anti-kickback statutes, including the Stark Law, and provide such information to their employer whenever a "quota" or referrals is directly or indirectly discussed as part of employment.

The Athletic Trainer has a duty to the primacy of the patient, not only in providing care, but also in the process of referral and billing for services. Appropriate and prudent referrals and treatment billing is a big component in providing high quality healthcare. For the full article and any future or past articles on this ethical series can be found in the NATA News at, <https://www.nata.org/news-publications/publications/nata-news>

Happy Fall everyone,

Kaylee Barth, LAT, ATC

## **NATA-PAC - Dana Gunter**

It is Dues Renewal Season for NATA. Please consider a one-time donation to NATAPAC when you renew your NATA Dues.

### **How can a member Contribute to NATAPAC?**

It's simple, as you scroll down the list of items, there is a line for: **PAC Contribution** and simply add in the dollar amount you wish to contribute then; a new box will pop up asking you to check the agreement box once you review the information. That's it! - Note: any member that donates \$50 or more receives a NATAPAC pin.



### **Why should a member make a PAC Contribution?**

- NATAPAC is positioned well to protect the rights of athletic trainers and to promote the value of the services rendered by us to our elected federal officials.
- Your NATAPAC provides a means to voice our collective opinions to promote the profession of athletic training.
- Your NATAPAC allows the AT profession to build relationships and helps us with increased access to decision makers at the federal level.
- These resources help to influence public opinion and policy in support of athletic trainers and healthcare relating to ours and our patient's needs for services.
- Your NATAPAC gives us a voice to counteract and contradict the many voices trying to limit or even prevent the practice of athletic training.

Imagine...

If every D10 member contributed \$25, we would contribute \$45,000 collectively in D10!

If every D10 member contributed \$10, we would contribute \$18,000 collectively in D10!

If every D10 member contributed \$5, we would contribute \$9,000 collectively in D10!

Contributions are voluntary and you have a right to refuse to contribute without reprisal.

## **Student Leadership Committee - Midge Barton**

Application for the Student Leadership Committee's (SLC) District Ten representative position is now open!

Here is a link to the application, it closes November 26<sup>th</sup>.

- o <https://www.nata.org/professional-interests/students>

NATA Foundation's National Athletic Training Student Challenge is up and running now through May 31<sup>st</sup>. New this year is an additional prize pack for Iota Tau Alpha Chapters that participate as a team. The goal for this year's campaign is 20k. I've attached more information, and the website link to join is below.

<https://www.natafoundation.org/athletic-training-student-challenge/>

iLEAD Registration and Housing is now open for iLEAD 2019.

<https://www.nata.org/career-education/education/events/ilead>

NATA's Research Survey Service is accepting applications for support in data collection of research projects. Student members are eligible to receive up to 1,000 participants (a \$300 value) as a membership benefit.

<https://www.nata.org/research-survey-request>

Check out the SLC's contribution to the NATA Now blog. Here is the link to the latest edition:

<https://www.nata.org/blog/beth-sitzler/slc-ats-cares-future>

On Monday, November 5<sup>th</sup>, 12 CST, we are hosting a **Webinar** entitled, ***When Boundaries Blur*** through the SLC's Adobe Connect website (<http://nata.adobeconnect.com/natsc/>). NATA Hall of Famer, Mike Goldenberg will be speaking to students about professionalism, professional boundaries, and what it looks like when those are crossed.

### Scholarship Committee- Dale Blair

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Just reminder that you can start the application process for Northwest Athletic Trainers Association Scholarships on November 1. All materials (application and letters) are due by February 1. There was some confusion last year with our new application system. Applicants need to remind their recommendation letter writers to have their materials submitted by the deadline.

### NWATA HONORS & AWARDS - Greg Mitchell

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Do you know someone who has done outstanding work to advance the Athletic Training profession locally, state-wide, and in our district? Here is your chance to get them some well-deserved recognition!

There are three (3) NWATA awards open for nominations.

- **NWATA Outstanding Service Award:** This award recognizes those athletic trainers whose outstanding contributions and dedicated service have 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.
- **NWATA Hall of Fame:** Nominees must be a member of the NWATA for at least twenty consecutive years and may not be a current NWATA Elected Officer or Awards Committee Chairperson.

NWATA AWARDS Nominations can be found on the NWATA website.

## State Updates

### Montana

Executive Board Elections were held for President and Vice President terms starting June 2019. Paul Capp will serve as the next MTATA President and Maisie Walters was elected as Vice President. The MTATA is excited for Paul and Maisie to continue to advance the association!

The MTATA successfully hired a new lobbyist, Erin Harbaugh, and is working closely with Ms. Harbaugh to plan a lobby day in February 2019 in Helena, MT during the legislative session. Ms. Harbaugh is excited to represent the MTATA and is spending time this fall on the sidelines and in the AT room to

learn more about our profession. (Photo to right – Dustin Burton, Head AT at Sentinel HS, Erin Harbaugh, and Lexie Davis, AT student)- Erin was on the sideline during a Friday night football game to observe our ATs in action)



The UM Athletic Training Program held its 3rd Athletic Training Hall of Fame Celebration and inducted Scott Richter (Retired, University of Montana) and Chris "Jake" Jacobson (Mueller) into the AT Hall of Fame.

### Oregon

#### OATS Athletic Training Awareness Week

From September 21-30, OATS conducted our annual campaign to highlight the important role ATs play in keeping their patients safe, healthy, and active across the state. Some of the highlights during the week were infographics posted on the [OATS Facebook page](#) and [@OregonAT](#) about the importance of ATs in the state of Oregon. Also each day of AT Awareness Week the [OATS Instagram](#) featured a takeover by a different AT to document a day in the life of an AT not only as a clinician, but as a mom, dad, husband, wife, etc.

This week also featured a Safety in Sports Campaign with 20 high school teams and 1 youth football team participating by having their football teams wear Oregon AT stickers on their helmets.

#### **Oregon ATs have been busy promoting collaboration of ATs with other professions.**

On August 11<sup>th</sup>, Cari Wood, ATC, the athletic trainer at Redmond High School gave a presentation at the Oregon Athletic Coaches Association's Coaches Symposium titled Improving Performance with Wellness Surveys. The Coaches Symposium focused on the "non-X's and O's" of being a coach.

On August 21<sup>st</sup>, Sarah McSweeney, MS, ATC the athletic trainer at Tigard High School presented Sports Medicine in the School Setting and Beyond at the Back to School Nurses & Caregivers Conference hosted

by Randall Children's Hospital. The presentation explained the role of the AT and why is it important for the different school-based health care professionals to work together.

On September 19<sup>th</sup>, Ricky Rodriguez, M.Ed, ATC, CSCS, ITAT, athletic trainer at Springfield High School, presented a webinar titled School Based Concussion Management Team: The Athletic Trainer's Perspective for the Center on Brain Injury Research and Training.

On October 10<sup>th</sup>, Cari Wood, ATC and Kevin Bryant, the AD at Redmond High School participated in a Facebook Live event sponsored by the NATA's public awareness campaign – [atyourownrisk.org](http://atyourownrisk.org). The event was held on World Mental Health Day and discussed the collaborative approach Redmond High School is taking to prioritize student-athlete mental health. The event was facilitated by Amanda Rodriguez, aka [The Dude Mom](#), an influencer, mom and sports safety advocate who serves on the NFL's Heads Up Football Advisory Committee.

## Final Thoughts

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Something I find special about the NWATA is the history we've all been a part of. Everyone plays a role in our district, whether it's a committee member sharing information, a presenter at one of our annual meetings, an attendee at a workshop, or a practicing Athletic Trainer within District 10. While our roles may vary, we each have a voice to contribute to the growth and progress of our profession. With new forums like NATA's Gather and the ability to attend Hit the Hill Day, we each have endless opportunities to contribute in new ways. My challenge to you all is to get involved and be a part of creating the history of the NWATA.

Contribute to YOUR newsletter!

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

Ben Henry  
[benjaminhenryatc@gmail.com](mailto:benjaminhenryatc@gmail.com)