

NORTHWEST ATHLETIC TRAINERS' ASSOCIATION

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From the Director

Dear Colleagues,

On behalf of the Board of Directors of the NWATA District 10, I am excited to take this opportunity to invite you to our Annual Meeting and Clinical Symposium in Tacoma, WA on March 16-19, 2017. Our District meeting coordinator, Suzette Nynas, along with the local organizing committee has been working very hard putting together another exceptional program for your professional growth and development. This year, we will be offering 6 Pre-Conference CEUs, 12 CEU's during the regular Clinical Symposium (4 Evidence Base Practice available) and an additional 4 CEUs from elective Sunday workshops (choose from 1 EBP workshop, or 2 Category A workshops).



I am so excited about the variety of topics and presentations available at our conference. Our team has done a fantastic job of offering quality education with a little something for everyone's interests! We are doing a

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few fun networking events- Friday night is our annual Awards Social, Saturday morning, members can attend the continental breakfast with the vendors, and Saturday evening will be a NATAPAC fundraiser and brew-off.

Do not miss our Keynote presentation this year!!!! With the launch of NATA's ATs Care Program, we have invited former NWATA President and former NATA President, Mark Smaha to speak. Mark will be sharing his story of the tragedy that occurred when he was an Athletic Trainer on staff at Marshall University in 1970. An airplane carrying the football team and staff crashed, killing all 75 people on board. This life-changing event was made into a movie. Mark will speak to the importance of having a support system similar to AT Cares available when we suffer a traumatic event, and how he coped with the aftermath of the Marshall tragedy.

Our student members will bring back the NATIONAL QUIZ BOWL CHAMPIONSHIP and celebrate with an all-day student session on Thursday. We are proud of our students and are looking forward to having them be able to participate in the general sessions at conference by moving their student activities to Thursday. This is the second year of this set-up, after last year's extremely successful day!! Be sure to engage in conversation with our student members - they are sharp! :)

And of course, don't forget to attend our annual state and membership meetings to keep caught up on the happenings in our profession and organization! GET INVOLVED!!!

I am looking forward to seeing you in Tacoma in March! Register early to avoid late fees.

Cheers!

Cari Wood, ATC

D10 - NWATA District Director

Meet your new Board of Directors Members!!!

Director Elect - Tony Fitzpatrick

When Ben, our NWATA Secretary, asked for a submission for this edition of the NWATA Newsletter, telling a bit about myself to you all, I have to admit my Irish predisposition to tell stories failed me! It's not easy for me to talk about myself, but I don't want to fail my first assignment, so here goes.

Before I begin, I want to THANK YOU for affording me the opportunity to serve all of you as your NWATA President and District 10 Director. It is very much a humbling position to be placed in, but one that I'm excited and eager to embark on to see what new heights we can take the NWATA!

I have been a part of this wonderful organization for 29 years. During this time, I never could separate the professional medical practice side of athletic training with the professional association of athletic trainers; it made sense to me that one strengthened the other, so I've approached each new endeavor within the profession and association with Passion, Commitment and a strong Work Ethic.

Most of you know me as being from Idaho with the BSU Bronco Blue and Orange coursing through me; that is where my Passion for Athletic Training and the NWATA became engrained in me through my work with and mentoring by Gary Craner. His enthusiasm and commitment to both our profession and association was contagious! I began my professional career as an athletic trainer and my work within the association my 1st Year on the job at Boise High School. I saw how the association strengthened my passion and resolve for athletic training.

Though Boise is where I call home, my heart and roots are buried deep in the Big Sky Country of Montana. Being a proud alum of the University of Great Falls and the Argonauts I learned a lot about character, competence and commitment. Back in the early 1980's The Argonauts had no athletic trainer, but the head coach's father, Jack Aggers, who was the Head Athletic Trainer for the University of Wyoming, inspired me every time I saw him and was eager to learn something "new." He sparked my commitment to further my education at BSU to become an athletic trainer.

Everything that I am and who I am as a professional, comes from living in the copper mining town of Anaconda, Montana, in the shadow of the Anaconda Copper Company Smoke Stack and the pride of being a Copperhead. Being raised by blue collar parents was and is the greatest education I ever received! My parents taught me the meaning of hard work and the importance of a strong work ethic; doing anything that was less than what I was capable of was never accepted.

Passion, Commitment and Work Ethic are what I will continue to bring to the table, as our past presidents and district directors have done in the past, to work for all of you within the NWATA. I'm ready to continue on with the good work that Cari Wood, our current President/District Director has done over the past 4 years in moving the NWATA forward and



representing us at the NATA BOD Table. I'm eager and excited to work alongside our Secretary, Ben Henry and newly elected Treasurer, Craig Bennett, as well as Cari Wood, to see what new and fresh ideas can come out of our collaboration to take the NWATA even further. I'm also ready to represent our profession at the table of the NATA Board of Directors to take on the challenges that face our profession as well as to strengthen our association.

In closing, I would be remiss without recognizing the amazing work and leadership of Cari Wood. I've been reminded often from within the NWATA and from other National Leaders what "Big Shoes" I will be filling and what a "force of nature" Cari has been in regards to her work as our District Director and President. After working alongside Cari during our time as Secretary and Treasurer, I know first hand what a positive force Cari is in regards to athletic training and our association; her excitement and energy can fill up a room quickly and I'm up to that challenge. However, being a gentleman, I would never suggest that Cari has big feet, but rather I have big strides to meet if I'm to match what Cari has done for the NWATA and I look forward to that work. I look forward to meeting you all in Tacoma for NWATA2017 and again in Houston for NATA2017, so please don't be shy and come up and say hello.

Once Again...Thank You for this Opportunity to Serve! - Tony

Treasurer Elect - Craig Bennett

Craig is the Director of Sports Medicine at the University of Puget Sound where he has worked since 2005. Craig has worked as an athletic trainer in the collegiate setting for 21 years and has also worked in youth sports, high school, professional sports and clinical settings. He has served as the WSATA President for the past six years which has also included representing Washington on the NATA State Association Advisory Committee and NWATA Board of Directors. Prior to arriving in District 10 he served as the District 8 Ethics Committee Chair.

Craig feels that his most proud moment representing WSATA members was being a part of the WSATA leadership group that helped WSATA earn the NATA Dan Campbell Legislative Award for its work on practice act legislation that led to athletic trainers being able to treat injured workers in the state of Washington. He enjoys serving his colleagues and advocating for the profession whenever the opportunity arises and is eager to continue to work with the NWATA Board of Directors the next three years as Treasurer.

Craig has been the recipient of professional awards at the state, district and national meetings but is most proud of being a husband to his wife Tiffany for 21 years and father to his son Cade (17 yrs) and daughter Riley (9 yrs).



NWATA Conference: Tacoma, Washington - March 17-19, 2017



Best New Year Wishes to all NWATA members! On behalf of the Board of Directors, the local planning committee and myself, I am excited to invite you to our Annual Meeting and Clinical Symposium at the Hotel Murano in Tacoma, WA, March 17-19, 2017. The local planning committee has recruited great local talent and speakers for our conference and I believe we have presentations and speakers to appeal to a diverse group of athletic trainers!

We will be offering 8 Category A CEUs and we have applied for 4 EBP CEUs as well. In addition to our regular programming March 17-18, we will be offering a 6 CEU pre-conference workshop on March 16, 9:00-4:00 on Functional Return to Play: Testing and Rehabilitation as well as a choice of three, 4 CEU post-conference workshops, March 19th on Wound Care, Cupping and an NATA Sponsored EBP Concussion workshop. Do not miss out on this great opportunity for CEU's and networking!

Stay tuned for registration information. An blast with registration information will be sent out soon along with updates on the NWATA website!

Social Media

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

Hey Young Professionals: Be sure to also check out the NWATA

NWATA Family Scholarship

The Northwest Athletic Trainers' Association would like to announce a new annual \$500 scholarship created for a student of an active NWATA member attending college.

- Applicant must be a non-married, dependent son or daughter of a member in good standing of the National Athletic Trainers' Association (NATA)/Northwest Athletic Trainers' Association (NWATA) prior to the application deadline.
- Applicant must be accepted or enrolled full-time at a college/university undergraduate course of study the same year of application.

For more information, please visit the NWATA homepage at <http://NWATA.org>

Deadline: February 1st (must be postmarked by this date)

NWATA Professional Advocacy Grant

The Northwest Athletic Trainers' Association would also like to announce the NWATA Professional Advocacy Grant. The Northwest Athletic Trainers' Association offers an annual grant of up to \$500 to support a member Athletic Trainer in support of an activity or event that promotes the profession of Athletic Training, provides professional enrichment for members, or increases awareness or safety amongst those we serve.

For more information, please visit the NWATA homepage at <http://NWATA.org>

Deadline: February 1st (must be postmarked by this date)

College and University Committee

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. Awards will be presented during the 2017 Annual Meeting & Clinical Symposia in Houston, TX. Visit the NATA website at <http://www.nata.org/membership/honors-and-awards/cuatc-awards> for more information.

Student Leadership Committee

For the student seminar in Houston the theme is “A Closer Look into the Emerging Setting.” The Keynote speaker is Kathy Dieringer. We will also have speakers from the industrial setting, military, NASA and performing arts.

We are also giving out the Chuck Kimmel Award for first-time NATA Conference attendee. The award will provide a total of \$2000. We will be awarding 2-4 students. We are working on an application deadline.

We have just finished our application process for the new Student Leadership Committee. We had to fill all ten committee positions. We are putting together Welcome Packet for the new committee member. The packet will include: contact information, descriptions of the committee positions, roles and responsibilities and ongoing goals and projects.

Throughout the month of March the SLC will be holding the NATM Video Contest. Videos will be posted on the SLC Facebook page and the top 3 with the most likes will be judged by the SLC. The winners will be announced at the Cramer Student Lounge in Houston.

The new district 10 representative for the Student Leadership Committee is Mackenzie Holman from the University of Idaho. She is in her first year of the Master program.

ATs Care

The NATA has formed the ATs Care committee, which is comprised of athletic trainers from each district who have been (or will be) trained in Crisis Intervention and Stress Management techniques (CISM) to aid athletic trainers in the aftermath of a catastrophic incident or death occurring to one or more of our athletes or colleagues. We are establishing a peer-to-peer system to assist, monitor, and encourage these individuals to seek initial support through state or regional athletic training care teams. The committee is currently in the initial stages of getting the members trained in CISM and planning educational sessions for the District meetings. Look for the ATs Care session during the NWATA meeting in March.



We are in process of writing policies and procedures, developing our structure and finding the best way to help our members that need it. After many conference calls, the committee will meet as a whole for the first time in person during the Joint Committee Meeting in January in

Dallas. As the representative to ATs Care for District 10, feel free to contact me with any questions you have about what we are doing, and stay tuned for more info about ATs Care!

Lisa Kenney - lkenney@pugetsound.edu

Ethnic Diversity Advisory Committee

The EDAC Committee created a new grant opportunity for ethnically diverse students to attend the iLead conference. This year, John Sunchild, from the University of Montana was one of the students who received the grant and will be attending the iLead conference in February. Congratulations to John!

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 75 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).

Safe Sports School Awards

I am happy to announce that that Arlee High School (Arlee, MT) has been named a Safe Sports School 1st Team!

Remember, 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>

Student Leadership Committee

The DIO BOD has selected **Mackenzie Holman** as our next representative to the SLC! Mackenzie is earning her Masters of Science in Athletic Training at the University of Idaho

Congrats Mackenzie!!

2017 Quiz Bowl - Help Wanted

We are looking for anyone looking to get involved in the NWATA Conference on-goings. We are looking for three Quiz Bowl judges to help out in Tacoma during the 2017 NWATA Conference.

The judges have 3 roles they will need to play:

- Review the quiz bowl questions for accuracy and clarity
- Attend the quiz bowl and answer any concerns about the questions brought up by the quiz bowl teams.
- Verify the correctness of the teams answer to the final jeopardy question

If you are interested, please contact the Quiz Bowl coordinator, Brittany O'Malley at brittanyomalley@hotmail.com

Public Relations

Check out atyourownrisk.org



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

Josh Holliday - nwatadrop@gmail.com

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

Committee on Practice Advancement

The Committee on Practice Advancement has been busy through the fall and winter. A new series of documents has been published recently on the NATA website. These documents are exceptional resources for athletic trainers interested in learning more about patient care, billing, reimbursement, and revenue generation. Click [here](#) to read more about these resources. These resources are not exhausting or extensive, but provide wonderful information that will affect ATs as healthcare models and priorities continue to change in our country. Hard working athletic trainers from across the country have brought these documents to you. A big thank you to those who contributed to these documents, and to the NATA for posting them on the website. The COPA work groups continue to their work in advancing athletic training in different settings, including physician practice, performing arts, military, and industrial health. Updates from these workgroups can be found on the COPA Facebook and Twitter page, and subscribe to the quarterly newsletters of interest on the NATA website. The Third Party Reimbursement pilot project in the Midwest is having great success with billing for AT services in rehab settings. They continue to collect outcome and patient satisfaction data, and continue to develop relationships with Third Party Payers across the country. For more information about this, contact your state COPA representative, or Luke Bahnmaier, at lucasbatc@gmail.com

State Updates

Alaska

2016 was another historic year for Alaska's Athletic Trainers. In our second full year of licensure, Alaska saw our licensed members increase to 27 which represents nearly 50% of our Alaska members. Alaska's first cycle of licensure allowed for a two year grace period for Athletic Trainers whom had been established in Alaska practicing for three of the previous five years, so with the next licensure cycle in 2017, we would expect that number to continue to rise. Additionally, many of our members are dual credentialed professionals who are already licensed to practice in their primary occupation, though we continue to encourage all of our members to become licensed within the state.

As Alaska's Legislature enters a new two year cycle, the Alaska Athletic Trainers' Association remains committed to advocating for legislation that increases youth athlete safety and encompasses evidence based medicine, established best practices and seeks to educate all stake holders in athlete safety. Currently, Alaska's concussion legislation only applies to student-athletes participating in public school sports, we wish to update the legislation to encompass all

youth athletes. Additionally, it is our intent to introduce a cardiac, emergency action plan and heat/activity acclimation component to it as well. While we are cautiously optimistic as we move forward, we do enjoy the support of other allied health professions in this endeavor.

As an association, we have been strongly encouraging our members to obtain their NPI number as well as those working in the secondary setting to complete the ATLAS survey. I am excited to share that more secondary schools in Alaska now reap the benefit of having Athletic Trainer services available to their students and this growth appears to be continuing into 2017. Alaska's contingent of Athletic Trainers remains small especially in a state as vast as Alaska. The passion and drive of our members will continue to build momentum and expand Athletic Training services throughout our great state.

Oregon

The OATS' High School Summit that was scheduled to take place on December 17, 2016 was postponed due to weather. A make-up date will be announced once arrangements with speakers and the venue can be confirmed. 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.

OATS has partnered with the Oregon Athletic Coaches Association, the Oregon Athletic Directors Association, and the Oregon School Activities Association to raise awareness of youth suicides. The plan is to spread awareness by providing coaches and athletic trainers youth suicide awareness articles throughout the school year. The month of May will be designated Oregon High School's Youth Suicide Awareness month. Individual schools and communities will provide opportunities for youth suicide awareness to their students and staff. May was chosen as research shows an increase in youth suicide attempts in June and July. The ultimate goal for the OACA, OSAA, OADA, OATS through our 2017 Youth Suicide Campaign is Zero Suicide in Oregon High Schools.

Oregon was one of four states selected to participate in the NFL Foundation's AT Grant Program. The program will provide funding to place ATs in up to 150 schools across the four states. The submission deadline has passed and we are currently waiting to hear if any Oregon high schools will be awarded a grant. More information available here: <http://atgrant.nflfoundation.org/>.

Montana

Montana is ready to thaw out from the deep freeze of winter and is preparing for a busy spring ahead! The State Meeting Planning committee has been busy organizing our state meeting which will be held June 2-3, in Helena, MT.

The Secondary Schools committee continues to work on the ATLAS project with hopes of completion by June. The Public Relations committee is working on several fundraisers for the spring, with the most recent being an MTATA merchandise sale through Universal Athletics.

We are in the midst of this year's legislative session and are currently awaiting two bills to move forward regarding concussion legislation in Montana. The first bill focuses on inclusion of non-sponsored school sports in the current concussion law. The second bill is a request for pilot testing objective/biomechanical assessments for concussion. Our Governmental Affairs committee is working closely with the MTATA executive board and our lobbyist to monitor movement of these bills. The MTATA has selected two students to support to attend iLead in Dallas, TX in February- KeriAnne Richardson from MSU-Billings and Steve Young from UM.

Lastly, the MSU-B and UM Athletic Training Programs are meeting in Bozeman in January to conduct its first annual MT AT Education Leadership Retreat with all students from both programs attending, focusing on communication, problem solving, collaborative practice and leadership. We are looking forward to seeing everyone in Tacoma in March!

Washington

WSATA President Craig Bennett and Secretary Katy Pietz are coming to the end of their second three year terms in their respective positions and we are calling for nominations and applications for the WSATA President and Secretary positions. Please submit letters of interest to Vice President Rick O'Leary at rolearyjr@gmail.com by Friday, February 10th. Feel free to contact any of the WSATA Board of Directors if you have any questions about either position. We have made some great progress as an association the past six years and we hope there are members that want to serve our colleagues and continue to advocate for the profession at the state, district and national levels.

We are accepting nominations for the WSATA Excellence in Service, WSATA Physician Award and WSATA Hall of Fame. Please nominate your professional colleagues by completing nomination forms at www.wsata.org/awards by Friday, February 17th. Winners will be honored at the NWATA Meeting in Tacoma at the WSATA Business Meeting on Friday, March 17th.

We will be selling WSATA lapel pins and pint glasses at the NWATA Meeting in Tacoma for \$5 each to go toward our legislative funds that are eligible for the NATA Legislative Grant. Be sure to get yours at registration!

We are planning for the third WSATA Concussion Symposium to be held late spring/early summer so be on the lookout for announcements coming soon!

Idaho

Idaho has had a good year. We had a very successful state meeting last July In Boise. This summer, we will be in Lewiston for the first time ever. The planning committee is working on a great agenda for us and we will convene at Lewis-Clark State College on July 21-22.

Also for the first time, we are working on offering a spring CEU event in April. Details will be coming soon in that as well.

Legislatively, we have no news thus far. We are keeping a close eye on our chiropractic association to see if they try to make any moves on the concussion law but since last year's discussion it seems to have died down. We will see what this session brings.

Tracy Collins, MS, LAT, ATC acknowledged by the NAIA Conference

Congratulations to Tracy Collins, MS, LAT, ATC, Head Athletic Trainer at Lewis-Clark State College for receiving the NAIA-ATA Athletic Trainer of the Year Award! An article posted on the LCSC athletics website reflects on the accomplishments of Tracy throughout her career working with LCSC student-athletes.

“Collins has distinguished herself as one of the best Athletic Trainers in the Frontier Conference and the NAIA as a whole. Her leadership has been instrumental in leading the NAIA-ATA to completing and incorporating concussion and medical guidelines for NAIA national championship events. She's very active at the national level and has served as the Head Athletic Trainer for the Avista NAIA World Series since its return to Lewiston in 2000. Collins, in working as the Frontier Conference Athletic Training Chairman and liaison to the Council of Athletic Directors, led the establishment of the first ever Frontier Conference Athletic Training guidelines and policy manual”

Congratulations to Tracy, and click [here](#) to read the full story of Tracy's award.

Idaho State Head Athletic Trainer, Jodi Wotowey, wins annual Trailblazer Award

Congratulations to Jodi for such an incredible acknowledgement. Jodi Wotowey enters her fifth year as the head athletic trainer for Idaho State athletics. She enters her eighth season as an athletic trainer at Idaho State as well as with the ISU women's basketball team. She oversees every sport at Idaho State. In the words of Dani Moffit, PhD, ATC:

“In conjunction with Girls and Women in Sports Day, the 2017 Trailblazer Award will be presented to Jodi Wotowey, who currently serves as the head athletic trainer at Idaho State University. This award, given annually, recognizes a woman with affiliation to Idaho State University who has provided significant leadership and mentorship to women in sport. Jodi has been involved in athletics throughout her life through her own participation, and through advocating for and assisting others with their involvement. Tireless hours have been spent as an athletic trainer at both the high school and college levels. Much of her career was spent at schools in Texas, but in 2004 Jodi joined the Bengal staff where she has worked with every athletic team. Jodi was also a key player in the creation of Spinderella, a women-only cycling event held annually in Pocatello. Congratulations to a most deserving individual!”

Congratulations to Jodi on this incredible accomplishment!

IATA President Nikki Clark-Vega honored with Pesky Award for Inspirational Teaching

Nikki, who is the IATA President, athletic trainer at Boise High School, and Sports Medicine Teacher, was recently awarded the Pesky Award for Inspirational Teaching. Boise State University and Alan and Wendy Pesky, founders of the Pesky Learning Center in Boise, honor K-12 teachers and their schools for playing an inspirational role in their students' lives. Nikki was one of four teachers in the Boise area honored with the Pesky Award this year. Congratulations, Nikki, and read the full story [here](#).

Final Thoughts



Happy January everyone! We are rounding a very exciting corner into 2017 with the Tacoma meeting in our sights. If you are looking for registration information - stay tuned. If you are on the fence about joining us at the conference, please please come. There really is something for everyone. When I first moved to the district, an Athletic Trainer who has been very influential in my career told me that going to these meetings is like a family reunion; I know what he means. To see people you haven't seen in a long time and the ability to connect with new colleagues is exciting. Meeting exhibitors, attending great presentations, and learning about new exciting topics, and the ability to meet fellow Athletic Trainers is exactly why you should consider joining us in Tacoma. And if you do, find me and introduce yourself!

I have a challenge for everyone in 2017: This year, do something to better the profession for yourself and for all Athletic Trainers to come. Make a difference in some way that is outstanding and make a mark for others to see.

See you all in Tacoma!

Contribute to YOUR newsletter!

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

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