



# Update

February 2007

A PUBLICATION OF THE NORTH CAROLINA ATHLETIC TRAINERS' ASSOCIATION

Since 1974, the NCATA has served to support athletic trainers, to promote and advance the profession of athletic training in North Carolina. The NCATA is a member of the Mid-Atlantic Athletic Trainers' Association (District 3) and the National Athletic Trainers' Association.

## NC Board of Athletic Training Examiners

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Raleigh, NC 27605  
(919) 821-4980  
[www.ncbate.org](http://www.ncbate.org)

## Change of Address or Email?

To those members who have moved, we need your help! Your corrected contact information is requested. Please go to the NATA website "Members Only" section [www.nata.org/members1/members.cfm](http://www.nata.org/members1/members.cfm) to update. Please be assured your information is secure. It will only be used for NATA membership communication.

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## President's Update

Athletic Trainers of North Carolina,  
As 2007 begins, I feel fortunate to be addressing this association. A potentially fatal accident in which I was involved in on Christmas Day resulted in no injuries to me and my family. The driver of another car fell asleep and crossed the center line and almost hit us head on. For reasons that I do not know I just happened to be paying attention at the time. As we have been told thousands of times, always pay attention and watch out for the other driver. This is something forever embedded in my mind. Reflections of that moment make me truly appreciate the things that I have and that my wife and daughter mean more to me than anything else in this world. The extra things that we are able to do in our lives are just a bonus.



Mark White, LAT, ATC

I first want to congratulate John Polous of Catawba and Amanda Upchurch of East Carolina for being selected as the North Carolina Representatives to the newly formed MAATA Student Senate. You can read more about them in this newsletter.

The NCATA will hold its' Annual Meeting March 2-4 at the Radisson @ RTP in Raleigh. Information can be found in a link below or on our website. Early registration deadline is **February 9**. Confirmed to speak at this years meeting will be Sara Brown, President of the BOC, Marge Albohm, Vice President of the NATA and Ryan Frazier, Para Olympic Gold Medalist. We will continue the popular awards luncheon on Saturday, as we recognize our Athletic Trainers' of the Year. I can say that this year there has been an outstanding group of people selected for the awards that we will present. We will also acknowledge other individuals that have made contributions to and support of Athletic Training in North Carolina.

The NCATA will also hold its' elections at the meeting and you can view their biographies for our open offices beginning on page 3.

Also included in this issue, a note from NATA President Chuck Kimmel regarding his new position at Appalachian State University. Again, I want to welcome President Kimmel to North Carolina.

I want to limit my message in this issue so that you can read continue to read about other things happening in our association. Again, I feel very fortunate to be your President. Events over the past few months have given me new energy and I, along with the NCATABOD, will continue to work to move our agenda forward.

Sincerely, **Mark**

# Message from the Vice-President

Jim Bazluki, ATC, LAT

Well folks - it's that time of year again when we cast our ballots and voice our opinions for who we would like to represent us and lead our association. In this edition of the newsletter, you will find information about each of our candidates who are running for office this election cycle. Please take the time to read about each candidate and give good strong consideration to each candidate. Our entire profession is at a crossroad in our history and strong leadership is a must for us to continue to position ourselves as leaders and practitioners in healthcare.

The process of voting will be done at the annual meeting. If you cannot attend the meeting, you have the option to request an absentee ballot in writing (letter or email) to Eugene Everett, NCATA Secretary (eeverett@wcpss.net). Ballots MUST be returned on or before February 23, 2007 to be counted.

As program chair for this year's annual meeting, I hope that everyone finds at least a few talks that will help them professionally in their area of practice. We tried to offer a few talks specific to various employment settings and interest groups, while others were aimed at the general audience. We have flown in speakers of national prominence as well as found a very accomplished athlete (USA Olympic Gold Medalist, World Record Holder) with a special story as our keynote speaker for our awards luncheon.

On a personal note - Over the past two years, I have had a tremendous amount of changes in my life, personally and professionally. Some of the changes are good, some are bad, but change is a part of life. With all of these changes, I felt it was time that I took a little personal time to tie up some loose ends, and give the newest chapters of my life some devotion so that they will all start off strong and have a hearty foundation. It is for these reasons that I choose not to run for office at this time. I will continue to stay active in athletic training with my high school, the NCATA, and the profession.

I wrote in one of my last letters to the association: "As time ticks by, we all wonder: "What do we have to show for it. Will tomorrow be better than today? Do I make a difference?" After 13 years of time serving on the board of the NCATA, I feel I have made a difference and that our association is better off today than it was when I joined. I would like to express my appreciation to the current and former board members as well as the membership as a whole for supporting me and allowing me to represent you and the association.

## NATA President Takes Position at Appalachian State

When considering retirement from Austin Peay and the State of Tennessee, I considered what I wanted my next "career" to include and decided on three criteria: 1) I wanted to teach in an ATEC, 2) I wanted to stay active as an athletic trainer, and 3) I wanted it to be scenic and a place for my wife and to enjoy the location.

At Appalachian State University we were able to find a position that fills all three wishes. I am half time Instructor and half time Director of the Injury Clinic at the Mary S. Shook Student Health Services and it is in a beautiful part of our country. It has been an exciting time and I am enjoying the job even more than I could have hoped for.

Having had the opportunity to attend the North Carolina Athletic Trainers' Association annual meeting two years ago, I am excited to join a progressive and very friendly athletic trainer state. I look forward to contributing in any way possible to the Association and its athletic trainers.

## 2006 NCATA

### Board of Representatives

#### Officers

##### President

Mark White, LAT, ATC  
tee2green4201@bellsouth.net

##### Vice-President

Jim Bazluki, LAT, ATC  
jbazluki@nc.rr.com

##### Secretary

Eugene Everett, LAT, ATC  
eeverett@wcpss.net

##### Treasurer

Ray Davis, LAT, ATC  
lrdavisjr@hotmail.com

### At-Large College/University

Katie Walsh, EdD, LAT, ATC  
WalshK@ecu.edu

### At-Large Clinical/Industrial

Bill Griffin, MA, LAT, ATC, CEAS  
bgriffin@gsoortho.com

### At-Large High School

Jerri Sigmon, MAEd, ATC, LAT  
jerri\_sigmon@yahoo.com

### District Representatives

#### District 1

Lynn Bundy, AT  
lbundy@ecps.k12.nc.us

#### District 2

Dan Duffy, LAT, ATC  
danduffyatc@aol.com

#### District 3

Kathy Hollomon, LAT, ATC

#### District 4

Zach McNeill, AT-L  
zmcneill@scsnc.org

#### District 5

Erik Stubblefield, MS, LAT, ATC  
stubbatac@hotmail.com

#### District 6

Bret Wood, MS, LAT, ATC  
bawood@email.uncc.edu

#### District 7

Tracy Hefner, LAT, ATC  
thefner@burke.k12.nc.us

#### District 8

Jay Scifers, LAT, ATC  
jscifers@email.wcu.edu

# NCATA Election Profiles

## Candidates for NCATA Vice President

### Bill Griffin

As the current NCATA At-Large CIC Representative, I consider it an honor to serve our organization, and would like your support this year for the position of Vice President.



A certified Athletic Trainer since 1993, I have worked in the high school, Olympic, and clinical settings; and I understand the unique challenges that our profession faces. I am a team player at national, state, and district meetings, where I work to build consensus and help the athletic training profession continue to improve.

I and the rest of the current board of directors have spent a great deal of time planning for the future. Our association, while cognizant and respectful of our past, must continue to move forward. We take our lead from the NATA, but we deal with our local issues that best suits our membership.

This past year, we have completed a strategic plan; a living document to provide overall guidance for our goals and objectives. I am very proud of this plan as I headed up the task force that developed it. It is a template for what we want to do in the future, and your responses to our survey helped in its development. Not only does it provide a framework for us to follow, but it assigns tasks to the committees and establishes a means of accountability upon our committees. It allows us to focus on the educational, legislative, administrative, and public relations tasks that we must accomplish to be successful as an organization.

2007 is going to be a critical year for our profession, and the NCATA needs your help. I urge each and every one of you to first read the strategic plan, and then contact your district representative or your work-setting at-large representative to offer your suggestions, opinions and your services to help us reach our goals.

In closing, I invite you to please vote, either by coming to this year's annual meeting or by requesting an absentee ballot from the secretary, Eugene Everett, LAT, ATC. I hope that you will elect me Vice President, so I may continue to work at both the state and national levels to guarantee our rights as health care professionals. I would proudly serve alongside the other Executive

Committee members, making sure that your voice is heard and that the NCATA becomes a great organization where the leadership looks to the future to fulfill the mission of the NCATA.

### Scott Barringer



I have been involved in athletic training since 1975. I currently serve as the Director of Sports Medicine/ Athletics for the Cabarrus County Schools. In addition, I serve as a member of the faculty of the Cabarrus Family Medicine Residence Program and Cabarrus Family Medicine Sports Medicine Fellowship.

I graduated with a degree in science from Appalachian State University in 1973. I then obtained my Masters in Education from the University of North Carolina at Charlotte in 1977. I completed the TATIP sports medicine program at Bowman Gray School of Medicine in 1988. Obtained NATA BOC certification in 1988.

I have been a member of the NCATA since 1975 and was chosen as the NCATA Athletic Trainer of the Year in 1992. I have been involved in the NCATA in various capacities serving as Chairman of the Secondary Schools committee and the Site Selection Committee. I presently serve on the NCHSAA Sports Medicine Advisory Board. I have served as Vice President of the NCATA 1989-1993. I have also served as District 6 Director for many years. I was elected to the NCATA Hall of Fame in 2001.

I am interested in serving the NCATA as Vice President because of a compassion I have for improving athletic training in North Carolina. I have worked very closely with NC Dept. of Public Instruction and NC legislatures to try to improve the quality of athletic training in NC. I feel my 33 years experience in education and athletic training will be very beneficial in providing leadership to the NCATA organization in the growing years ahead.

## Candidates for NCATA Treasurer

### Ray Davis

Ray is a native of Greensboro and currently resides in Chapel Hill. He has been a member of the NATA since 1981 and the NCATA since 1988. He has served the NCATA membership as treasurer by election in 1997. Ray has had extensive experience in managing budgets



and financial expenditures through previous employed positions and now as an Athletic Director at West Lake Middle School in the Wake County Public School System.

It is my feeling that the NCATA must maintain its goals in representing all members. The treasurer's position has evolved into a vital relationship with the NATA and District 3 through its billing and Governmental Affairs influences. As treasurer, I will continue to maintain the interests of all NCATA membership as I have since 1997. Thank you for supporting me with your vote.

#### **Rita A. Smith**

Rita Smith is the Director of Athletic Training Education Program at Lees-McRae College in Banner Elk, NC. She is also an assistant professor and Senior Woman Administrator for Athletics.



Rita came to Lees-McRae in 1983 as an athletic trainer, assistant basketball and assistant tennis coach as well as associate dormitory director. Over the years, she has guided the growth of the athletic training program from just herself, to its current level as an CAATE accredited program with four additional certified athletic trainers. In addition to teaching, her responsibilities include maintaining the budget for both the academic and service areas of the Athletic Training Program, serving the College through committee work and as an administrative representative in the Carolinas-Virginia Athletic Conference. Prior to her full-time position as Program Director, Rita was the Head Athletic Trainer for Lees-McRae. She has also worked numerous camps and special events from Dave Cowens Basketball Schools to Special Olympic World Games and an NCAA Division II Track & Field Championship. Rita earned her Bachelor of Science from University North Carolina Greensboro and her Master of Arts from Appalachian State University.

## **Candidates for District 5 Representative**

### **Robert 'BC' Charles-Liscombe**

I welcome the nomination to serve as District 5 Representative for the NCATA and would appreciate your vote. I have been a member of the NCATA since 1997. From 1997 to 2001, I worked at Lenoir-Rhyne College as an assistant athletic trainer and instructor. Since 2001, I have been working as the Clinical Coordinator and an Assistant Professor of Athletic Training at Greensboro College in Greensboro, NC. My responsibilities as clinical coordinator include overseeing clinical placements for students in a CAATE accredited entry-level program and collaborating with clinical instructors at area high schools and clinics.



During the past 5 1/2 years in Greensboro, I have been actively involved in the NCATA as a member of the Public Relations Committee, as a guest instructor at the NCATA's summer Sports Medicine Symposium, and as a presenter at the NCATA annual meeting. As part of my responsibilities on the PR committee, I have represented the NCATA at the North Carolina Health Occupation Students Association annual meeting. As part of that relationship, the NCATA is now the official sponsor of the Sports Medicine Competition at the NC-HOSA state meeting. For the past 9 years, I have also been a BOC model/examiner. I also serve as the NC representative to the NATA Research and Education Foundation. I would welcome the opportunity to represent District 3 on the Board of Directors of the NCATA and assist the association in meeting its mission to "promote and advance the profession of athletic training in North Carolina".

A 1994 graduate of Guilford College with a BS in Sports Medicine, I completed my masters degree with a specialization in athletic training from Indiana University in 1998. I am currently completing my Doctor of Education in Exercise and Sports Science at UNC-G. Until this year, I held a dual appointment within the Department of Kinesiology and the Department of Athletics as an assistant athletic trainer working with women's soccer and softball. My wife, Jaychele Charles, MS, ATC, LAT, and I live in McLeansville, NC with our two daughters, Sabra and Teagan.



**Jeff Guffey**  
 I have been involved in Sports Medicine for 5 years and have been a Certified Athletic Trainer since 2003. I attended East Carolina University and earned an undergraduate degree in Exercise and Sports Science and a Master's Degree in Science Education. Upon graduation I

began working in the Alamance-Burlington School System at Eastern Alamance High School. In 2005, I accepted a position where I am currently employed as the Head Athletic Trainer at Southern Guilford High School in Greensboro. At Southern, I teach Sports Medicine and anatomy classes within the medical careers academy, as well as, earth science.

I have worked as an Athletic Trainer for the North Carolina East-West All Star Games for three years. I have attended clinics and workshops across the state, as well as national meetings. I have been able to serve my community using my athletic training knowledge.

For District 5, I would like to see more interaction among the Athletic Trainers. I would also like to see the Athletic Trainers partner with the local Universities to allow interaction among local Athletic trainers and students. This could hopefully encourage some of these highly qualified graduates to stay in the area and work.

If elected as your representative, I would be willing to listen to any of your concerns and I would take those to the board. I want to be active in the state organization. I want to be involved in what happens both at the state level, as well as, the district level. I want to be able to provide a voice for the members of District 5. I want to serve the members of District 5 and the members of the NCATA.

**Candidate for District 3 Representative**  
**Janna Fonseca (Unopposed)**

Janna Fonseca ATC/L is in her first year as Head Athletic Trainer/Director of Sports Medicine for Carolina Family Practice and



Sports Medicine. Her responsibilities include working as a physician extender by providing quality sports medicine care through development of policies and procedures, patient education, and by keeping up-to-date on advances in athletic training. She also coordinates sports medicine coverage with key groups in the community such as the Carolina Ballet, USA Baseball, the NCHSAA, and the Raleigh Rugby Football Club.

Originally from Nebraska, Janna earned her Bachelor's Degree in Sports Medicine and Athletic Training from Southwest Missouri State University and her Master's Degree in Educational Administration from the University of Nebraska-Lincoln.

Prior to moving to North Carolina, Janna spent one year at Creighton University as an assistant athletic trainer. She is also a qualified examiner for the NATA-BOC.

**Candidate for District 7 Representative**

**Marcus Osborne (Unopposed)**

Marcus Osborne has been a certified athletic trainer for 5 years. He graduated with a Bachelor of Science degree in Athletic Training from Appalachian State University in Dec. 2001. After graduation, Marcus was hired on staff at ASU, for the winter and spring sport seasons; covering women's basketball and softball. He then took a job as an athletic trainer at Catawba Valley Medical Center in Hickory, NC, assisting the work hardening program, working in the hospital fitness center, and providing athletic training services to all sports at Newton-Conover High School. Marcus became the Coordinator of Sports Medicine for Catawba Valley Medical Center in the spring of 2004. Since then, he has been working to build a sports medicine program for the communities of Newton and Conover. Marcus is excited about becoming involved with our state organization and looks forward to creating a closer athletic training community in District 7.



Marcus and his wife, Kara, live in Conover

