

December 2008

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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[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

James R. Scifers, DScPT, PT, SCS, LAT, ATC

As 2008 winds down, it is a great time to reflect on all the challenges and accomplishments of the last year and to look toward the opportunities that the New Year presents.



The recent economic downturn has certainly created unique challenges for all of us, regardless of work setting. As we are all faced with difficult choices about where to invest our finances in 2009 and beyond, I hope you all

will view your membership in the NATA (and subsequently the NCATA) as one area in your personal budget that must be preserved. Both organizations need strong member involvement in order to continue to work to protect and improve the profession of athletic training.

The NCATA is actively working to improve professional opportunities for athletic trainers across all work settings in North Carolina. Three specific initiatives are underway that directly impact all of our membership. As many of you are aware, this fall, North Carolina experienced three tragic deaths and several other catastrophic injuries which were directly related to student-athletes participating in football. These events have cast the national spotlight on North Carolina and have prompted the NCHSAA to form a task force to investigate ways to improve the health and safety of

*Continued on page 2.*



*The NCATA wishes you and your family the very best during this holiday season!*

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secondary school athletes. This task force is being lead by **Dr. Kevin Guskiewicz** and includes athletic trainers, physicians, coaches and parents. The recommendations of the task force to the NCHSAA are quite broad, but the central focus is the employment of a licensed athletic trainer in every public secondary school in North Carolina.

Implementing this proposal will not be easy and will certainly require the support of numerous key groups in the state. Additionally, funding for such an initiative would likely have to come from the state legislature. This is a massive initiative that will clearly improve the health and safety of all secondary school athletes. Efforts are underway to gather the support of various constituent groups for such an initiative. This will be the main focus of our collective efforts when the legislature reconvenes in January of 2009. This will not be an easy task to complete, but it is a necessary one to address the lack of qualified healthcare coverage that currently exists in over half of our state's public secondary schools. This is a public health initiative that will benefit thousands of student-athletes across the state.

Additionally, the NCATA and our general counsel are paying close attention to proposed legislation that could adversely affect athletic trainers in a variety of work-settings. As an organization, we need to be prepared to defend our right to practice our profession as we have been educated, regardless of the setting or patient population. Protecting these opportunities for our members is paramount to the NCATA.

Finally, your organization is hard at work planning for the spring and summer educational symposia. These events provide an excellent opportunity for our members to reconnect, network and share in professional development. I encourage each of you to plan to attend the 2009 Spring Symposium and Business Meeting in Concord (March 6-8, 2009). The planning committee is developing a fantastic educational experience that you will not want to miss.

In order to continue to work for our members to protect and expand your practice opportunities and offer opportunities to engage in high quality continuing education, the NCATA needs your commitment to continue your membership in the NATA. Please make your personal investment in the profession a top priority as you begin the New Year.

In closing, I want to wish each of you a happy and safe holiday season. Please enjoy some well-deserved time with family and friends during the holidays. I look forward to seeing all of you in 2009.

*Jay Scifers**Call for Nominations for NCATA Elections*

The NCATA is headed into its next election cycle, therefore it is time to submit nominations for various leadership positions. The positions available this term are Representative from Districts 1, 3, 5 & 7. Nominations are also needed for Vice President and Treasurer. Please send nominations to [Jay Scifers](mailto:Jay.Scifers@ncata.org) by January 15, 2009.

All nominees for office are asked to submit a short bio and photo for publication in the February issue of the newsletter. Nominee bios are to be submitted no later than February 1, 2009. Bios and photos should be sent to [david\\_mcallister@caryacademy.org](mailto:david_mcallister@caryacademy.org).

## Vice-President's Message

Scott Barringer, M.Ed., LAT, ATC, CAA

As the fall sports season is beginning to wind down and winter sports are cranking up, I hope everyone has had a successful and productive season.

As many of you may or may not know, there have been three deaths in high school football in North Carolina this year. Due to this, the NCHSAA (North Carolina High School Athletic Association) has stepped up to the plate to make some immediate changes in the management/and return to play guidelines of head injuries at the high school level. The NCATA, along with the NCHSAA Sports Medicine Advisory Committee, is currently involved in pursuing the requirement of having certified/licensed athletic trainers in all high schools in North Carolina. A presentation was made to the NCHSAA Board of Directors on December 3, 2008 with several recommendations to make athletics much safer for high school athletes.

This will be a huge challenge facing our organization and will only become a reality if we all work hard. We will need everyone's help in contacting your local school boards and legislators in soliciting their support to make this a reality in North Carolina. So please get involved in this worthwhile effort.

Also don't forget to make your nominations for the upcoming awards this spring.

Finally, I am looking forward to seeing everyone in Concord for the NCATA Annual Spring Meeting.

If I can be of any assistance, please feel free to contact me via phone or email. Thanks for all your dedication and hard work for the athletes and individuals we as athletic trainers care for each and every day.

## NCATA District 6

Steven M. Ashby, MS, LAT, ATC, CSCS

This is an exciting time in Athletic Training. Potentially we could become a premiere state in terms of coverage of athletes in all settings. In order to make this happen we need you! We need your support, your ideas, and your concerns. Please contact me with any information you would like share. I am always looking for new ideas.

We are also in the process of setting up the NCATA Spring Symposium. This year it will be held at the Embassy Suites, Concord Mills in Concord, NC. Scott Barringer and I recently toured the facility, and I have to say it is mighty impressive. Again, we need your help. So, mark your calendar for March 6-8, 2009. At this point the Local committee of Scott Barringer, Elton Hawley, Brett Wood, and I are working with the NCATA board to come up with the agenda. If you have any requests, please contact me. Also, we will need help during the meeting with room facilitators.

I am looking forward to hearing about your ideas, questions and concerns. Feel free to contact me at anytime.

## NATA News

### NATA's 2009 Annual Meeting and Clinical Symposium



June 17-20 in San Antonio Texas.

Press ● for more information!



### March 2009: National Athletic Training Month

March is always National Athletic Training Month – and this time, NATA's tagline is the theme. **“Health Care for Life & Sport”** emphasizes the medical component of the athletic training profession, while recognizing the array of athletic training work settings. Watch the NATA Web site for more information about National Athletic Training Month!

*Update* is a publication of the North Carolina Athletic Trainers' Association. If you have questions regarding this publication, please contact the *Update* Editor and NCATA member **David McAllister, LAT, ATC** at:

[david\\_mcallister@caryacademy.org](mailto:david_mcallister@caryacademy.org)

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## Thank You Corporate Sponsors

The North Carolina Athletic Trainers' Association would like to thank the following corporate sponsors for their generous support of the 2008 NCATA Annual Business Meeting & Symposium and the first annual NCATA Summer Symposium. Thanks to their support, the NCATA was able to provide two outstanding meetings for our membership. Corporate sponsors for this year's meetings were Silver level sponsors **Modern Woodmen Fraternal Financial**, **Sports Health**, Gold level sponsor **ACO Med Supply** and Platinum level sponsor, **Entegriion**.

### Platinum



[Web Site](#)



[Web Site](#)

### Silver



[Web Site](#)



[Web Site](#)

## NATA Research and Education Foundation News

BC Charles-Liscombe, EdD, LAT, ATC NC Representative, NATAREF

The NATAREF wishes to thank the NCATA and its members for its continued commitment to support and advance the athletic training profession through research and education. As the 2008 tax year closes, please consider making a tax-deductible donation to the Annual Fund. Members can contribute to the "Building our Foundation" Annual Fund by visiting the [online donation center](#) or by printing a pledge card and submitting your donation by mail.

### Scholarship and Grant Deadlines

The NATAREF encourages student members to apply for a \$2300 scholarship at the entry-level, masters, or doctoral level. The [online application](#) must be completed by January 9<sup>th</sup>, 2009. The deadline for the General Research Grants program is February 15<sup>th</sup>. The deadline for the Doctoral Grant program is March 1<sup>st</sup>. Specific eligibility requirements and application procedures can be found at the NATAREF website.

### Endowed Research Grant Project

District 3 ATEPs are currently in a fund raising campaign to endow a Master's Level Research Grant. Eighteen of the 34 institutions in District 3 that have signed on to this project are from North Carolina. The athletic training student programs/clubs are raising \$150 per year for the next 5 years. When the research grant is endowed it will first go to a qualifying individual from within District 3. Participating institutions include: Appalachian State University, Gardner-Webb University, High Point University, Lees-McCrae College, Catawba College, Lenoir-Rhyne College, Mars Hill College, UNC-Charlotte, Wingate University, Greensboro College, Barton College, Western Carolina University, Campbell University, East Carolina University, UNC-Chapel Hill, Methodist College, UNC-Greensboro and UNC-Wilmington.

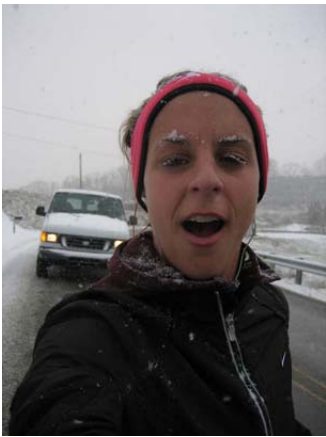
### ATEP Students Run to Raise Money for Research

The Western Carolina University Athletic Training Education Program completed the first annual "Mountain Jug Run for Research" on November 21 and 22. The 175-mile run from Boone to Cullowhee was completed by nine students and three faculty from the ATEP as a coordinated effort to raise funds for the NATA-REF.

The runners departed from Kidd Brewer Stadium on the campus of Appalachian State University in a driving snowstorm that produced several inches of snow during their run through the mountains of western North Carolina. The run concluded at EJ Whitmire Stadium on the campus of Western Carolina University just prior to the kick off of the annual football game between ASU and WCU, which is nicknamed the "Battle for the Old Mountain Jug".

Participants in the run logged more than 300 miles each during early morning and weekend training runs which began in August. The students involved in the event learned both personal and professional lessons from their participation. The event served as a wonderful service-learning project for the students involved, teaching them about training and conditioning, injury prevention and care, proper nutrition and hydration, as well as how to deal with adverse environmental conditions.

Continued...



Nikki Kennedy

The 27-hour trek was covered as a continuous relay during which pairs of runners completed five, five-mile legs of the run. All runners completed the final mile onto the campus of WCU, escorted by members of Western's Cross Country and Track teams. The runners were greeted by a cheering crowd as they entered Whitmire Stadium. In total, each of the runners logged 26 miles during the event.



WCU Run Group

Participants in the event included ATEP students **Nikki Kennedy (Sr.)**, **Kelly Robertson (Sr.)**, **Brandy Jones (Jr.)**, **T.J. Moore (Jr.)**, **Casey Shirey (Jr.)**, **Amanda Taylor (Jr.)**, **Ashleigh Wilkes (Jr.)**, and **Jeremiah Nichols (So.)** along with WCU ATEP faculty members **Jay Scifers, LAT, ATC (Program Director)**, **Jill Manners LAT, ATC (Coordinator of Clinical Education)**, **Ashley Long LAT, ATC (Assistant Professor of AT)** and **Tammy May, LAT, ATC (Graduate Assistant)**.



Jeremiah Nichols

The event was a huge success in terms of fund-raising, with over \$2,500 being raised for the NATA-REF. Plans are already underway for next year's run from Cullowhee to Boone.

[www.natafoundation.org](http://www.natafoundation.org)



## *Call for Nominations for 2009 Award Recipients*

The following awards will be presented at the Annual Spring Symposium and Business Meeting in March 2009 and we are looking for qualified individuals to be nominated. **NOMINATIONS DUE JANUARY 5, 2009.**

### **Athletic Trainer of the Year**

#### **High School/Secondary \* College/University \* Clinical/Industrial\*Educator of the Year**

Criteria for nominating an individual for the above awards:

- Must be a member of the NCATA.
- Must be NCBATE licensed.
- Can be nominated by any member of the NCATA.
- No self-nomination.
- Recipients of these awards in the last four years are not eligible. Please see website for [recent recipients](#).
- The President of the NCATA is not eligible for nomination.
- Each sponsor member shall submit or solicit a letter of recommendation for the nominee, along with a resume of vitae for the nominee. The sponsor members may also choose to submit additional letters of support.
- Nominations and supporting resumes and letters will be sent to [Janna Fonseca](#) or to 3700 NW Cary Parkway, Suite 110, Cary, NC 27513 (Phone # if questions 919-238-2009).
- The recipient will be chosen by the Awards Committee.

### **Sports Medicine Person of the Year**

Criteria for nominating an individual for the Sports Medicine Person of the Year award:

- Open to any person dedicated to the health care profession who has made major contributions to the promotion of the Science of Athletic Training.
- Not limited to NCATA membership.
- Not limited to BOC certification.
- May be nominated by any voting member of the NCATA.
- No self-nomination.
- Nominations must be in the form of a written letter stating the reason for the nomination shall be sent to [Bill Griffin](#), NCATA Secretary at and recipient will be chosen by the Awards Committee.
- Cannot be the same person as the NC Athletic Trainer of the Year.

### **Corporate Service Award**

- This award is open to businesses, medical practices, and organizations that have supported healthcare services above and beyond the expected, in support of athletic trainers.
- Business must be service-oriented, not product-oriented.
- Nominations must be in the form of a written letter and submitted to [Janna Fonseca](#).
- Selection will be made by the Awards Committee.

### **Hall of Fame Award**

- Nominee must be a current or retired BOC Certified member of the NCATA.
- Nominee must hold a current NCBATE license (unless retired).
- Nominee must have been certified for a minimum of 20 years and a member of the NCATA for a minimum of 15 years (years do not have to be consecutive).
- The sponsoring member should complete the nomination form. To sponsor a nominee for the HOF, you must be a voting member of the NCATA. To obtain a nomination form, contact [Jay Scifers](#), NCATA President.
- The nomination form should be returned in one mailing to the Honors and Awards Committee (attn: Janna Fonseca, 3700 NW Cary Parkway, Suite 110, Cary, NC 27513) and the Committee reserves the right to identify and nominate worthy candidates who may not meet the above criteria.
- The NCATA BOD will vote on the acceptance to the HOF.
- Criteria to gain entrance is a 75% vote.
- This award is limited to two inductees per year.