

# NCATA Update

A Publication of the North Carolina Athletic Trainers' Association

# NCATA

The North Carolina Athletic  
Trainers' Association

December 2010

## President's Update

The end of another calendar year means the NCATA is gearing up in preparation for the 2011 Spring Clinical Symposium and Business Meeting. This year's meeting, the organization's 34th annual conference, is in a new location at the Village Inn & Suites in Clemmons and is scheduled for March 4-6, 2011.

The NCATA Education Committee is reviewing members' abstract submissions and recruiting additional speakers for this year's meeting. We are particularly excited about having Dr. Doug Casa, from the University of Connecticut, as this year's keynote speaker. For those who have not heard Dr. Casa speak regarding heat illness, he is one of the foremost authorities in the country on the subject and always delivers an outstanding educational session. In addition, numerous other outstanding speakers from across the state and region will be on hand to educate members of the association. This year's meeting agenda and location promise high quality education and plenty of value for attendees. Registration materials are posted on the NCATA [website](#).



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



It is also time to make nominations for upcoming NCATA elections and awards presentations. This year, the NCATA Vice President, Treasurer position, District 1, 3, 5 and 7 Representative positions are open for nominations. Serving on the NCATA Board of Directors helps shape the future direction of the organization and the profession in the state and the region. Please consider nominating yourself or a deserving colleague for one of these important positions in the organization. Nominations for these positions can be forwarded via electronic mail to [Bill Griffin](#).

Also, NCATA Awards nominations are also open. The list of honors and awards includes Athletic Trainer of the Year, Sports Medicine Person of the Year, the Corporate Service Award and the NCATA Hall of Fame. More details regarding eligibility requirements and nominating procedures for NCATA awards can be found on page 3 of this edition of the *Update* and also on the NCATA [website](#).

2011 promises to be another busy and exciting year for the organization. The Executive Board is working with physicians and experts in athletic training to draft an Athlete Safety Bill aimed at proper identification and care for athletic-related concussions. We hope to introduce this bill in the House and Senate in 2011. Additionally, the NCATA will continue to advocate for improved access to athletic healthcare through a funded-mandate to place a licensed athletic trainer in every public high school in the state.

A Governmental Affairs Update can be found on Page 5 of the newsletter.

*continued...*

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

P.O. Box 10769  
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 to update. Please be assured your information is secure. It will only be used for NATA membership communication.

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**District 8**

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[lmount@email.wcu.edu](mailto:lmount@email.wcu.edu)

Please take the time to get informed and involved with these and other exciting legislative initiatives. We need everyone's active involvement as we continue to advance the profession of athletic training in North Carolina.

In closing, I want to thank everyone who sent well-wishes and prayers during my son's recent illness and hospitalization. My family was very appreciative of the strong support shown to us during our time of need. Jacob is still recovering from his illness and is making slow progress back toward a normal routine for an active eighth-grader.

I want to wish everyone a happy and safe holiday season. Please enjoy some well-deserved time with family and friends during the holidays. I look forward to seeing everyone in Clemmons in 2011.

*Jay Scifers*

**Vice-President's Message**

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

Fellow Members,

Hopefully some of you reached the playoffs in your respective fall sports and survived the fall season. With Thanksgiving behind us and Christmas just around the corner, hopefully you will have some quality time with family and friends.

Our 2011 Annual NCATA Spring Business Meeting will be held at the Village Inn & Suites in Clemmons, NC during the weekend of March 4-6, 2011. Registration forms for the meeting can be found online at [www.ncathletictrainer.org](http://www.ncathletictrainer.org).

Hotel reservations are also available and can be made by calling 1-800-554-6416. Reservations must be completed by February 4, 2011. Group code is **NCAT**, Group rate is \$65.90 plus tax per night. This is a great rate during our struggling economy. Hope to see you there.

Check out the NCATA website calendar for upcoming CEU opportunities near your area. It is also time to submit nominations for various offices in the NCATA and awards. Please take time and nominate deserving members of your profession.

Concussion legislation is the hot topic among legislative groups across the United States at this time. The NCATA Board is looking into proposing some form of legislation in North Carolina regarding We wil continue to seek legislation requiring certified/licensed athletic trainers in all high schools in North Carolina. As an organization, we need to continue contacting your local legislators and soliciting their support to make this happen. Through personal contact, emails, etc. we can keep this initiative moving forward. If you speak up you can make a difference for your organization.

I sincerely hope you had a safe, rewarding and productive winter sports season.

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 you as athletic trainers care for each and every day.

**Call for Nominations**

Nominations are now being accepted for the following NCATA Board of Directors positions.

**Open Positions:**

Vice President	Treasurer
District 1 Representative	District 3 Representative
District 5 Representative	District 7 Representative

Nominations should be directed to Bill Griffin at [bgriffin@gsoortho.com](mailto:bgriffin@gsoortho.com)

**Deadline for nomination is January 7, 2011**

## Attention NCATA Membership!

Call for nominations for 2011 Award Recipients

**NOMINATIONS DUE JANUARY 7, 2010**

*-NOTE EARLIER DEADLINE-*

The following awards will be presented at the Annual Spring Symposium and Business Meeting in March 2011 and we are looking for qualified individuals to be nominated.

Please send nominations to Janna Fonseca  
[jfonseca@cfpsm.com](mailto:jfonseca@cfpsm.com) 10 Camberwell Court, Durham, NC 27707 p) 919-810-7450

### **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, [www.ncathletictrainer.org/ncatapublicity/awards.html](http://www.ncathletictrainer.org/ncatapublicity/awards.html)
- 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.
- 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 Janna Fonseca.
- 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.

Please send nominations to Jay Scifers

[jscifers@email.wcu.edu](mailto:jscifers@email.wcu.edu) Western Carolina University 106 Moore Hall Cullowhee, NC 28723 p) 828-227-3511

### **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, President of the NCATA at [jscifers@email.wcu.edu](mailto:jscifers@email.wcu.edu).
- The nomination form should be returned in one mailing to the NCATA President 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.

## Thank You Corporate Sponsors

The North Carolina Athletic Trainers' Association would like to thank the following 2010 corporate sponsors.

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## NATA Foundation Report

Bob Casmus, M.S., ATC

District III Foundation Board Member



TO: NCATA Members,  
With the oncoming Thanksgiving Holiday – I would like to encourage our members to consider making a contribution to the NATA Foundation. What nice way to give “THANKS” that our Foundation is there so to support our NATA membership with scholarships, research and grants. The National Athletic Trainers' Association Research & Education Foundation (NATA Foundation) is the nonprofit organization dedicated to advancing the profession of athletic training through research and education. Noted below are some key dates to keep in mind.

- Feb. 7, 2011 [NATA Foundation Scholarship Applications](#) for 2011 due
- Feb. 15, 2011 [General Research Grant](#) applications due. Pre-Proposal Submission Form required
- Mar. 1, 2011 Annual [Doctoral Grant Applications](#) due
- Apr. 1, 2011 Spring [Master's Grant Applications](#) due
- Apr. 2011 [Athletic Training Student Challenge](#) Contributions due

For more information on the NATA Foundation please go to:

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

Donor forms can be accessed at:

[www.natafoundation.org/development/annual-fund](http://www.natafoundation.org/development/annual-fund)

## NATA College & University Athletic Trainers' Committee Report

Bob Casmus, M.S., ATC

A conference call was held on 10/25/10 and various topics were discussed including head injury and concussion management. The feeling was that still too many spearing or helmet to helmet hits occur with few penalty calls by the football officials. Sickle Cell testing and the use of waivers was also discussed. The CUATC is going to support any NCAA legislative proposal that there can be no “waive out of testing” regarding Sickle Cell for athletes at NCAA D-1 institutions. NCAA Division 2 is currently considering Sickle Cell testing requirements but no action has occurred at this time. The CUATC is also going have informational pieces or short articles in future College Sports Medicine Foundation newsletters to further reach out to collegiate athletic trainers. The focus will be on the NATA-CUATC presentation at the NATA National Convention in New Orleans next June 2011. The NATA-CUATC will have another conference call in either December 2010 or January 2011.

### Get Your Message Out Advertise with NCATA

#### Key Facts:

- Over 1000 ATCs and Students Receive Each Issue.
- Four Issues Annually.
- Posted on the NCATA Web Site.

Contact:

Update Editor and NCATA member:

**David McAllister, LAT, ATC**

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

## REMINDER FROM THE NCBATE

North Carolina Board of Athletic Trainer Examiners

### NEW LICENSURE FEES IN EFFECT IMMEDIATELY FOR ALL ATHLETIC TRAINERS AND APPLICANTS!

NO Renewal forms OR licensure cards will be mailed.  
Renewal notifications will be sent via email.

Please understand the NCBATE will deposit your check; however this does not guarantee nor imply license renewal.

Please call the NCBATE office if you feel there is a problem with your renewal.  
NCBATE Phone Number: 919-821-4980

Please ensure the NCBATE has your current email address.

**The renewal form can be found at**  
[www.ncbate.org](http://www.ncbate.org)

**\*ALL BOC CERTIFIED LATs only need to submit  
PAGE 1 of the renewal form\***

## District III Young Professional Committee

Ashley Long, PhD, LAT, ATC

I am asking NCATA members to actively participate in the nomination process for the Young Professional Committee's National Award of Distinction. This award will be presented to a young professional who has made an immediate and definitive impact on the athletic training profession at the national, district, or state level. We have many noteworthy athletic trainers in North Carolina, so if you work alongside of an exceptional young professional, please consider nominating this individual to receive this honor. Please see the Honors and Awards section of the NATA website for more details and a nomination form.

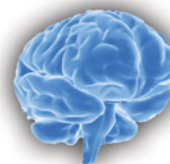
Are you a young professional looking to become engaged in our profession and network with other athletic trainers? The Young Professionals Committee is looking for certified members under the age of 35 to become actively engaged in our group. If you are interested in learning more about the initiatives and activities of the YPC please email me, Ashley Long, at [aslong@email.wcu.edu](mailto:aslong@email.wcu.edu). We would love to have you become involved!

## NCATA Governmental Affairs Update

**Athletic Trainers of NC Political Action Committee**  
Bill Griffin, MA, LAT, ATC

As everyone has heard there were major changes in the NC legislature. The control of both the NC House and Senate is now in the hands of the Republican Party for the first time in over 100 years. We are currently evaluating our legislative strategy for 2011 and we are considering a couple of pieces of legislation that will impact the health and welfare of secondary school student athletes and athletic trainers across the state. If you personally know or acquainted with any member of the NC Legislature please let me know. We will be planning our second Cruise to the Capitol Legislative Action Day and we will get that information out as soon as we can pick a day.

The Athletic Trainers of North Carolina PAC made our first campaign contributions this year and all of the candidates we supported won their elections. We will be having a fundraiser at the annual meeting so please contact me if you would like to make a monetary contribution (accepted year round) or if you have something you would like to donate. Sports memorabilia, sports tickets, weekend gift packages, nearly anything is accepted.



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## Athletic Training Group Completes Mountain Jug Run for Research

Randall Holcombe



Catamounts were prowling around the Blue Ridge Parkway over the weekend of Oct. 30-31 as 15 runners from Western Carolina University's athletic training program completed the third annual Mountain Jug Run for Research, a 175-mile relay from Boone to Cullowhee.

The fundraising effort began in the early morning Oct. 30 on the campus of Appalachian State University and ended on WCU's campus in Cullowhee on the morning of Oct. 31.

Named in honor of the annual

football rivalry involving the two universities, the Jug Run is organized each year to raise money for the National Athletic Trainers' Association's Research and Education Foundation, a nonprofit corporation that awards research grants and academic scholarships in the field of sports medicine, said James Scifers, director of WCU's School of Health Sciences and associate professor of athletic training.

The course was run as a continuous relay, with a set of two or three runners on the road at any given time, Scifers said. Each runner covered 25 miles of the 175-mile course in five-mile segments.

The running contingent included students Brandi Anders, Heather Brown, Kayla Jones, Alessa Lennon, Aaron Marshall, Sarah McNamara, Jeremiah Nichols and Brittany Rodden; clinical instructors Emily Martin, Jon Mitzel and Tom Tisdale; and athletic training faculty members Doug Branch, Ashley Long, Jill Manners and Scifers. The runners trained for 10 weeks to get ready for the Jug Run, logging more than 3,000 miles collectively since August, Scifers said. Many of the runners had never run more than one mile at a time before signing up for the event, and they met four mornings each week to complete training runs ranging from three to 12 miles. "In addition to teaching the students about the value of philanthropy, the event provides an excellent service-learning opportunity in the areas of injury prevention, proper nutrition and hydration, as well as management of environmental conditions in athletics," Scifers said.

This year's Jug Run was held one week after the WCU-ASU football game to give the runners additional training

time. "Selecting a date for the run is especially challenging given the time needed to prepare participants and the always-present threat of snow that could close the course on the parkway," Scifers said. "The timing of this year's event proved fortuitous, as the runners avoided the snow that closed the parkway just a few days after the event was completed."

WCU's athletic training program has won the NATA-REF's Student Challenge Award the past two years as a result of fundraising associated with the Jug Run. The award is given annually to the accredited program that raises the most money to support the foundation's grant and scholarship program.

This year's Jug Run has raised more than \$4,000 so far for the Research and Education Foundation.

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## Ortho Carolina Foundation

### Athletic Trainer Initiative

#### Grant: First year licensing fee for certified athletic trainers in Mecklenburg County

The state of North Carolina including Mecklenburg County is severely understaffed in regards to Licensed/Certified Athletic Trainers. Currently NC High Schools are not required to employ or have available Licensed/Certified Athletic Trainers. Though legislation has been proposed it has not been passed. And many area High Schools are without one.

The Ortho Carolina Foundation has committed funds in the form of a Grant in an effort to facilitate the recruitment of Licensed/Certified Athletic Trainers to the state of North Carolina and our region.

The current Grant is available to pay the first year licensing fee of 200 dollars for any Athletic Trainer employed in Mecklenburg County.

The Ortho Carolina Foundation has received the endorsement of the following in our effort:

#### **The Sports Medicine Committee for the North Carolina Medical Society**

#### **North Carolina Board of Athletic Trainer Examiners**

*Submitted by Roy A Majors*

*Board member Ortho Carolina Foundation*

*Vice President Sports Medicine Committee of the NC Medical Society*

*Board member of the NC Board of Athletic Trainer Examiners*

## Secondary School Update

Ken "Doc" Brown, MHDL, LAT, ATC

I recently received an email from John Reynolds, District 3 Representative NATA Secondary School Committee, asking that I remind you of several issues specific to Secondary School Athletic Trainers.

First, I would like to encourage you to nominate a colleague or a high school student for either the Gatorade Award or Cramer Scholarship. Please keep in mind that the deadline for nominations for the Gatorade Secondary School Service Award is December 31, 2010. If you know someone who is deserving and eligible, nominate them. Our goal is to recognize those individuals that go above and beyond the call of duty at the secondary school level. Go to the NATA website, sign in and on the left hand side click on honors and awards or go [here](#). If you have an athletic training student aide (ATSA) that is interested in pursuing a career in athletic training don't forget to have them apply for the Jack Cramer Scholarship. You can get all of the information by [clicking here](#). The deadline for this is also **December 31, 2010**.

Second, the role of the student within the high school athletic training program continues to be a "hot" topic nationally in our profession. You are encouraged to refer to the Proper [Supervision of High School Athletic Training Student Aides](#) statement published by the NATA last spring. The statement provides guidelines within which the (ATSA) is to function.

Lastly, it is my hope that you will have an enjoyable Thanksgiving and an equally enjoyable Christmas season. Use the time to reflect, recharge, and renew both personally and professionally.

*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 at:

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



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