



**ESSENTIAL TO
HEALTH CARE**



NCATA Honors Essential Workers

See story page 6





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Committee Chairs

Please click [HERE](#) for a complete list of NCATA Committee Chairs.

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.



PRESIDENT'S MESSAGE

Jim Bazluki, MAEd, LAT, ATC, EMT

Greetings NCATA Members -

I hope this newsletter finds you doing well as we are starting to see light at the end of the tunnel in this pandemic. Sports are starting to come back, even if modified. A vaccine is being administered, and ATs are participating in the process. And things are slowly starting to open back up. The past year has certainly been a challenge that no one could have foreseen and how our membership has responded has been amazing. This edition of the newsletter will highlight a few of the things we have been work on and how members have been responding to the crisis.

Due the current state of the pandemic, the decision to move our state meeting to a virtual platform was made. For the spring months, the NCATA is offering free of charge to the membership a monthly CEU opportunity on a variety of topics. In March the topic will be streamed live and preregistration will be required as capacity will be limited to 300 participants. Read more information in this newsletter and on our website about these exciting opportunities we are offering to our membership – for FREE. The MAATA plans on meeting in-person for their annual meeting, but will update any decisions by the end of February. The NATA will be virtual this year again.

I have been noticing a trend of less ATs retaining membership in the NATA. This also impacts the NCATA as the majority of our membership and dues come thru the NATA. The decision on membership is not always an easy one, but the NATA has ways to help with financial hardship if that is the case. We gain strength in numbers when we go to legislative bodies and lobby for things. Please consider encouraging your fellow ATs to join, rejoin or maintain their membership as together we can accomplish more.

Elections were held this past fall and we welcome to the board Meredith Petschauer our incoming VP and Jarrett Friday our incoming Treasurer. With the new officers taking office in March, we say goodbye (for now) to Jason Brafford and Nina Walker from the board. Both have done an outstanding job both serving two terms in their positions. I can't thank them enough for the work they have put in and helping me and the association move forward and reach new heights. We still look forward to seeing your stars rise and how you will impact the NCATA and our profession in the future.

When given the opportunity to receive your vaccine, I certainly hope that you take advantage of it and help be part of the solution. Hoping for better days ahead and that each of you stay safe and return to a more normal time!

Sincerely,

Jim Bazluki, MAEd, LAT, ATC, EMT
NCATA President



Vice President's Message

Nina Walker MA, LAT, ATC

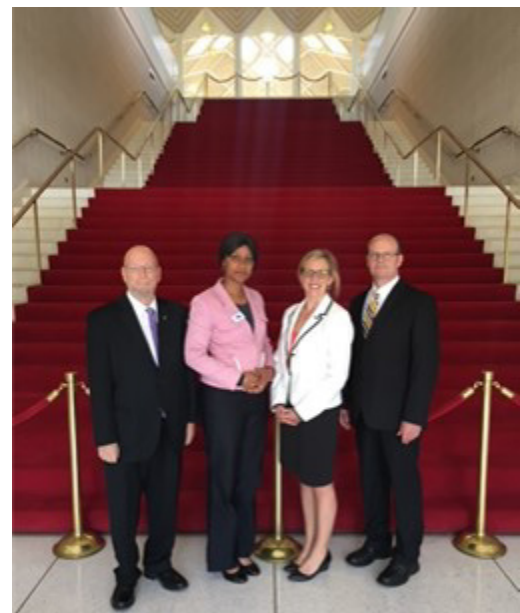
Dearest Colleagues,

Wow, I cannot believe my second term is up. Four years has flown by so quickly, with so many memories and wonderful experiences. It has given me some time to reflect on some of the amazing things that we have been able to accomplish for the membership. I know sometimes it's hard to see the value of being a

member of the NCATA and NATA but in the last 4 years we have had to defend our licensure, help support members after hurricanes, present to the general assembly in support of ATs in college, get a seat at the table with other NC health influencers, support the membership through a pandemic and so much more. We have strengthen relationships with many of our partners particularly the NC Sports Hall of Fame, Omar Carter Foundation, several county EMS departments, NC High School Athletic Association, NC Independent Schools Athletic Association and the NC School Board Association. One of the things that I am so proud of is the development of our Diversity, Equity and Inclusion Committee; as well as the reformulation of the Settings Committee so that we can have ample representation from all aspects of the profession. I am so excited to see what the younger ATs will think up as we develop our Young Professionals Committee. We have increased our member engagement with committees and will be working on increasing new ATs to our Board of Directors positions by having term limits. So please be on the lookout for more frequent openings.

This position has given me an opportunity to step out of my comfort zone and represent 1500 of some of the most incredible healthcare professionals! You!! Thank you for trusting me with this honor. I am so excited to hand over the reins to Dr. Meredith Petschauer and see where she takes it. Don't worry this isn't the last you will hear from me. There is much work to do and I have too much passion for this profession to stop fighting to make sure that we are represented in the healthcare space and can continue to advocate for our patients. Thanks everyone and be GreAT!!!

Sincerely,
Nina Walker MA, LAT, ATC
NCATA Vice President



NCATA Leadership Institute

The NCATA Leadership Institute has gone virtual! On December 15, 2020 we hosted a live interview with UNC-Chapel Hill Chancellor, researcher and athletic trainer, Dr. Kevin Guskiewicz. Dr. Guskiewicz answered questions from our leadership fellows which focused on his path into leadership roles, philosophy on leading others, developing input with diverse viewpoints, and making decisions that will not please everyone. Dr. Guskiewicz also answered questions about higher education, athletic training education and where he sees the strengths of our profession translating into changes in healthcare. His honest, sincere, and disarming demeanor allowed an hour of rich conversation and insight. Thank you to our leadership fellows and Dr. Guskiewicz for making this moment happen through the challenges of the COVID-19 pandemic!



Secretary's Message

Nancy Groh, EdD, LAT, ATC

First, I would like to take the opportunity to personally thank both Nina Walker and Jason Brafford for their hard work and commitment to the NCATA as outgoing members of the Executive Board. I know they will continue to do great things in our state and support the NCATA through volunteerism and active participation whether working on committees, initiatives, or events. Thank you Nina and Jason!

Second, I would like to recognize, congratulate, and thank our Black colleagues who are making history through their contributions as leaders in athletic training in their workplace, professional organizations, and as knowledge experts. You elevate our profession through all of your work and efforts, awards, recognitions, and accomplishment, helping us to grow!

Lastly...It's hard to believe we are rapidly approaching a year of facing the COVID-19 pandemic. I applaud and thank all of you who have already received your vaccinations and/or have been giving vaccinations to the many in need. I look forward to my turn in line and the day when we can all return to what will likely be an altered normal. While many have faced personal loss in both life and work, we must continue to do all we can to move forward supporting those in need and doing what we can to make a positive impact for our patients and the world in which we live. Make smart choices as you enjoy the level of openness we are being provided in our home state and in the United States. Across the world, countries are still living life under "lock down" conditions. As healthcare providers, let's continue to lead by example and take opportunities to give back to our athletic training and home communities in need.

NCATA 44th Annual Clinical Symposium Virtual Edition 2021

[CLICK HERE](#)

to view the NCATA Symposium Information Page

Our spring symposium will consist of three-on demand events one in February, April and May and a Live Virtual meeting on the evening of March 15, 2021. There will be no charge for these events- **FREE CEU's**

On-Demand Events (February, April, May)

Pick the month, Click to View Presentation Button, at the conclusion of the presentation slides you will be asked to complete the survey, complete the survey, and it should automatically take you to your CEU page. Please print and save to your computer so you do not lose. The on-demand events will be available for 1 Category A CEU and you must complete in the given month. **(Note: These events will be posted for the duration of the spring, but CEU's will only be available during that corresponding month, see dates posted on the event.)** If you have issues with survey or CEU link please email [Shelley Linens](#).

March 15, 2021 Live Virtual Event (6:45 PM - 9:30 PM)

The Live Virtual Event will start with a presentation by Dr. Dermot Phelan – Covid-19 and the Athlete Heart. 1.5 Category A CEU's will be available for this presentation. Following this presentation, we will offer four 15 minute Virtual Networking Breakout Sessions broken down into Sponsor / Exhibitor rooms, and topic rooms. **Pre-Registration is required for this EVENT, as we are limited to 300 participants.** Priority Registration from February 1 - 22, 2021, will be granted to all NCATA members. If we have not reached our capacity by February 22, 2021, we will open registration to all NATA members nationwide.

Questions or Concerns:

Please email [Michael Guerrero](#)

Secondary Schools

Jon Schner - Board Of Director - Secondary Schools-Independent

Working through a pandemic, something I never even thought any of us would do, has allowed me to think about all "we" have had to do this year.

With that in mind, I feel it is relevant to note that Independent or Private Schools across the state have not only been successful in returning students to classes, they have also provided complete three season Athletic programs.

The NCISAA (North Carolina Independent School Athletic Association) with the guidance of the SMAC (Sports Medicine Advisory Committee) was able to provide;

- A complete Fall sports season with State Championships in all sports
- A complete Winter Sports season with upcoming State Championships in all sports
- ...and is now preparing for a full Spring Sports season with future State Championships in all sports

Of course, significant Health and Safety modifications have been in place and Minimum Standards are observed at each school and each contest. The NCISAA and the SMAC group is proud to have been able to provide our High School athletes with the ability to compete and learn through athletics even in these trying times of a pandemic. Although Middle School sports are not overseen by the NCISAA, many NC Independent Schools have also provided complete Middle School athletic participation as well.

I feel it is important for the NCATA to recognize the Secondary School Athletic Trainers and First Responders at the nearly 100 NCISAA schools across the state. They have pursued 'normalcy' for athletes and families while continuing to provide for the Health and Safety of the NCISAA athletes. It certainly has not been easy, and it has required a lot of additional time, work, and energy. I am proud of the NCISAA Athletic Trainers and First Responders across our state and hope we can all look back and say we have been successful.

NCISAA SPORTS MEDICINE ADVISORY COMMITTEE

Region	Name	School
Chair	Monica Erb	Charlotte Country Day School
Region 1	Heidi Pieper	Asheville Christian Academy
Region 2	Holly Pente	Cannon School
Region 3	Tim Kelly	Charlotte Latin School
Region 4	Meghan Fulton	Durham Academy
Region 5	Mikko Ablan	St. David's School
Region 6	Christine Sappington	Fayetteville Academy
Region 7	Molly Youssef	Greenfield School
Board of Advisors	Jon Schner	Greensboro Day School
Physician	Dr. James Starman	OrthoCarolina



NCATA Honors Essential Workers

The NCATA is celebrating first responders and essential workers by donating cases of Gatorade to various agencies to show our appreciation for the work they do for us and our communities. Starting in February and going thru the month of March President Jim Bazluki has been visiting local Fire, Police and EMS stations delivering donated Gatorade. Most of the product will be used for scene rehabilitation to help the workers replenish and rehydrate during and after calls. Firefighters face between 200-500 degrees while fighting a fire. This can take a great deal out of someone, not to mention the protective gear they must wear. Police and EMS crews wear ballistic vests and in the summers that can create heat related issues as well.

Use this project idea as your own and consider doing the same in your local community, stopping by your local public safety agency and showing your appreciation and starting the conversation about what you do and now you could cross paths and work together. This could open the doors to cooperative training sessions, ride a-longs and stronger relationships. Donate drinks, snacks, invite them to an "appreciation" night at a game, concession stand tickets for free meal/drink etc. Be creative and show them you care and appreciate them. Take pictures and share your successes!

Save the Date

**NCATA 45th Annual
Clinical Symposium &
Awards Ceremony**

**Holiday Inn Sunspree & Resort
Wrightsville Beach, NC
March 4 - 6, 2022**



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Showing Your Worth!

Traditional athletic training has been few and far between during the past year with the pandemic. Even with the challenges that the pandemic had brought to us, many in our profession have been able to successfully pivot and face the new challenges head on and have thrived. During the past year, I have been one of many athletic trainers who have been able to pivot my role as an outreach AT to one of many hats. For our hospital system, the athletic trainers were reassigned to a variety of roles including Covid-19 screeners at physician offices, clinics, and hospitals. Some were redeployed as Covid-19 testers on mobile units. And recently our system ATs received additional training and updated their practice act protocols to include administering the Covid-19 vaccines. All of these opportunities allowed us as ATs to show the public that we are more than just athletic healthcare. We interacted with the general public in ways they have never seen and allowed us the opportunity to have brief conversations about who we are.

Never pass up an opportunity to tell someone about what you do. These unusual times have created unusual opportunities. Let's do our best to seize the opportunity!

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Excellence in Leadership

In honor of Black History Month we wanted to highlight some of the outstanding leaders that reside in NC. We are so lucky to have these game changers in our state, from collegiate leadership, business owners, NCATA committee members, we have it all. Thanks for paving the way for younger ATs of color to achieve and strive for advancement. Representation matters. Take a look at some of these outstanding bios and websites.



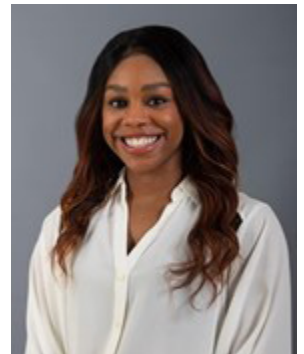
Janah Fletcher (pictured left) Janah serves on our Board of Directors- college and university representative, Diversity, Equity and Inclusion Committee Representative for EDAC and Head Athletic Trainer for NC A & T State University. [READ MORE HERE](#)

Carrie Graham (pictured right) Co-Chair of NCATA Diversity, Equity and Inclusion Committee. Owner of Learning and Solutions, LLC. [READ MORE HERE](#)



Murphy Grant Sr. (pictured left) Associate Athletic Director and Athletics Health Care Administrator at Wake Forest University and first ever executive chair for the NATA Intercollegiate Council for Sports Medicine. [READ MORE HERE](#)

Alisha Grisby (pictured right) Diversity, Equity and Inclusion Committee member and Head Women's Basketball athletic trainer at Western Carolina University. [READ MORE HERE](#)



Phil Horton (pictured left) Director of Athletic Performance for Rev Racing and CEO of Team Horton Foundation. NASCAR PIT (Performance, Instruction, and Training) [READ MORE HERE](#)

Joe Sharpe (pictured right) Director of Healthcare and Sports Performance- Head Athletic Trainer Charlotte Hornets. Chairman of National Basketball Athletic Trainers Association. [READ MORE HERE](#)



MEMBER SPOTLIGHT

Kelsey Divers, MS, LAT ATC, MHI



What is your position and background in AT?

Currently I am serving as the Interim Clinical Operations Manager for the Friday Center COVID Vaccine Clinic at UNC Health in Chapel Hill.

I completed my bachelors at Catawba College in Salisbury, NC and my masters at Ohio University in Athens, OH working with track and field and cross-country. Following grad school I worked at Grand Canyon University in Phoenix, Arizona for 2 years with women's basketball and men & women's tennis. Similar to many others in our profession, my search to be closer to home and find a work-life balance lead me to my career

at UNC Health in Chapel Hill. I spent 3 years working in the Orthopaedics Department as an athletic trainer in physician practice, completed my Masters in Health Informatics through the University of Cincinnati, and am now currently part of the Faculty Physicians Operations team.

My experience working in the clinic then paved my path to join a department dedicated to promoting provider efficiency and patient care by focusing on the electronic medical record and daily clinic workflows. My recent position as an Embedded Epic Professional allowed me to be part of the team responsible for opening UNC Health's first 2 vaccine clinics in Chapel Hill and now managing the clinic at the Friday Center.

What do you do at your current position and how do your AT skills help in it?

What do I do all day or how did I get here? I ask myself this all the time!

My role oversees the vaccination and observation areas while working with our onsite provider and pharmacy team for vaccine prep. Organizing the set-up of a mass vaccination clinic is very similar to building, developing and running an athletic training room or a large track meet. Each clinic day is similar to preparing and packing your AT kit for a basketball road trip, sometimes thinking ahead, having a second plan or just rolling with the punches and regrouping at the end of the day.

What is the most rewarding part of your current job?

The positivity I see in our patients as they leave their appointments every day and the excitement they have to see their families and new grandchildren. After a stressful year, our patients are thankful, our staff is eager to implement new changes and workflow improvements, and we get the job done every day to care for our patients. In the athletics world there is a head coach, assistant coaches, strength coaches, athletic trainers, and athletes. In a mass vaccination clinic we also have a TEAM made up of directors, managers, quality coaches, providers, and clinical staff who show up every day ready to tackle the challenges. None of us could run this clinic alone and all bring value to the operation.

Would you encourage young ATs into this practice setting and is there something to help them get there?

YES! The non-textbook skills we learn as athletic trainers are priceless. There are numerous professional opportunities within the healthcare system where athletic trainers would excel with their experience and skills. Be a sponge, learn how to sell your experience, and take a risk to try something new! Each day is a new experience that you can learn from and put a new tool in your experience toolbox. Learning how to relate your experience as an athletic trainer to other careers or even professions is easier than you think! Don't be afraid to apply for positions where you don't match the qualifications 100%. Think about the skills you have as an AT - communication, time management, administrative tasks, collaboration, education, etc - and really sell how they apply to the position you want. Take a chance and open other doors to try something new! I have never been interested in the management world, but here I am and I'm determined to continue learning!

Diversity, Equity, and Inclusion Committee Update

Hello NCATA -

I pray you all are continuing to stay safe, maintaining a healthy balance of self-care and social interaction, and starting to see things turning around for you, your loved ones, and our communities.

While 2020 has had a significant impact on our lives, it has also impacted the work of NCATA-DEI. One great outcome of 2020 is that a founding member of NCATA-DEI, Ethan Williams has agreed to join me as Co-Chair for the committee. Ethan's commitment was demonstrated in the creation of our committee logo two years ago. On behalf of the NCATA I hope you will join me in congratulating and welcoming Ethan Williams to this leadership position.

From Ethan-

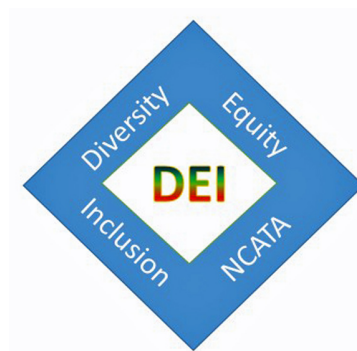
I am grateful to NCATA for allowing me to take on additional responsibility with the DEI Committee. The committee will continue to focus on its mission of serving as an educational resource for best practices when serving with diverse populations and encouraging recruitment, advocacy, policy, and programming for underrepresented members of NCATA. Please help us work towards this mission by considering joining NCATA-DEI. We are always looking for willing people to contribute to the goals, ideas, and resources provided by NCATA-DEI. If you are interested or have any ideas or resources to contribute, please email the committee at dei@ncata.net. Our next committee meeting will be on February 21, 2021 at 8 pm. If you are available and want to join, also email the committee at dei@ncata.net so you can be sent the link for the virtual meeting.

Be well & stay safe.

Carrie Graham, PhD

Ethan Williams, MSAT, LAT, ATC, CSCS

Co-Chairs, Diversity, Equity, and Inclusion Committee



We Hope You Can Join Us!



2021 Annual Symposium

May 14 - 16, 2021

Charlotte Hilton University Place
Charlotte, NC

Registration is Now Open!



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