



North Carolina Athletic Trainers' Association Spring Annual Meeting & Awards Luncheon

Friday, March 3, 2023

- 8:00 – 5:00 pm **Leadership Institute** Classroom 5 & 6
(Sponsored by Atrium Health-Greater Charlotte Region)
- 1:00 – 3:00 pm Registration Open & Visit with Vendors Lobby
- 1:00 – 2:30 pm **Preconference: Suturing*** Classroom 3 and 4
Dr. David Spencer
Piedmont Cosmetic Surgery & Dermatology Center
*Pre-registration required
- 3:00 – 3:15 pm **Welcome and Announcements** Charter Hall
- 3:15 – 4:15 pm **Don't sleep on sleep: The Importance of Optimizing Sleep
for Human Performance** Charter Hall
Nick Davic, MS, LAT, ATC, CSCS
Youngs Physical Therapy and Sport Performance
- 4:15 – 5:15 pm **Psychologically Informed Practice to Enhance Outcomes
after Sports-Related Injury** Charter Hall
Shelby Baez, PhD, ATC
University of North Carolina at Chapel Hill
- 5:15 – 6:15 pm **Neuromotor Functioning and Concussion in Adolescents:
Introduction and Clinical Analyses of a Mobile Gait
Assessment** Charter Hall
Len Lecci, PhD
University of North Carolina at Wilmington
- 6:15 pm Visit Vendors and Posters Lobby Area and Front Left Hallway
- 7:00 pm **Quiz Bowl** Charter Hall
- 9:00 – 11:00 pm **Young Professionals and Student Social**
Co-sponsored by the NCATA Young Professional Committee
and Atrium Health Wake Forest Baptist
ROAR. 633 N. Liberty Street, Winston-Salem, NC



Saturday, March 4, 2023

7:45 – 8:00 am	Welcome and Announcements <i>Charter Hall</i>	
8:00 – 11:15 am	<i>The Upper Extremity Reimagined</i> <i>Charter Hall</i>	
8:00 – 8:45 am	<i>Anterior Shoulder Instability in the In-Season Athlete: From the Athletic Training Room to Operating Room</i> Bryan Saltzman, MD OrthoCarolina	
8:45 – 9:30 am	<i>Diagnostic Ultrasound</i> <i>Charter Hall</i> Christopher Felton, DO Novant Health	
9:30 – 9:45 am	Break	
9:45 – 10:30 am	<i>Throwing Biomechanics</i> <i>Charter Hall</i> Kristen Nicholson, PhD Wake Forest School of Medicine	
10:30 – 11:15 am	<i>Upper Extremity Rehabilitation</i> <i>Charter Hall</i> Sarah Hixon, DPT, SHS, LAT, ATC Wake Forest University	
11:15 – 12:00 pm	Visit Vendors and Poster Presentations <i>Lobby Area and Front Hallway</i>	
12:00 – 2:00 pm	Awards and Luncheon <i>Charter Hall</i>	
2:00 – 3:15 pm	<i>Keynote Town Hall: Opportunities for the Future of Athletic Training</i> Moderators: Erica Thornton and Meredith Petschauer Panelists: Bob Casmus, Tony Cordova, Ray Davis, Chris Ina, Ashley Thrasher, Nina Walker, and Katie Walsh Flanagan	
3:15 – 3:30 pm	Break	
3:30 – 4:30 pm	<i>Dietary Supplements: The Ins and Outs of the Industry</i> Brian Parker Tyler Hooten Foundation	<i>Student Sessions: Presented by Atrium Health Wake Forest Baptist</i> Breakout session #1: Passed the BOC; now what? <i>Classroom 2</i> Breakout session #2: Student Brain vs Clinic Brain <i>Classroom 3</i> Breakout session #3: Finding your Zen; work-lift balance tips <i>Classroom 4</i>
4:30 – 5:30 pm	<i>ACEs and the Athlete: An Introduction to Trauma-Informed Care*</i> <i>Charter Hall</i> Ashley Long, PhD, LAT, ATC Nina Walker, MA, LAT, ATC, <i>*This presentation contains content of a sensitive nature, with discussions of childhood trauma.</i>	Taping Lab Sponsored by MEDCO: Come and practice your taping skills; supplies will be provided. <i>Classroom 5</i>
7:00 pm	NCATA Social and Silent Auction <i>Charter Hall</i>	



Sunday, March 5, 2023

7:00 – 7:45 am

Settings Professional Panel Coffee and Breakfast

8:00 – 9:00 am

**Crew Resource Management:
Finding your AT Voice** Charter
Hall

Jim Bazluki, LAT, ATC, EMT,
Atrium Health
Jeff Hinshaw, PA-C, Atrium Wake
Forest Health

Management of Dislocations

Classrooms 3 & 4

Steven Cole, MEd, LAT, ATC
Cole Consulting Services, Inc.

9:00 – 10:00 am

Update from the NCHSAA
Charter Hall

Janna Fonseca, MEd, LAT, ATC
NCHSAA Director of Health,
Safety, and Wellness

*Limited to 20 participants. Pre-
registration required

10:00 – 11:15 am

Lab Breakout #1: Choose one of the options below

11:15 – 12:30 pm

Lab Breakout #2: Choose one of the options below

Lab Breakout Options

Assessing Rectal Temperature Charter Hall

Jolene Henning, EdD, LAT, ATC, High Point University

Managing Sudden Cardiac Arrest Volunteer Hall

Jim Bazluki, LAT, ATC, EMT, Atrium Health
Jeff Hinshaw, PA-C, Atrium Wake Forest Health

Spineboarding Refresh and Difficult Extractions Executive Hall

Ashley Thrasher, EdD, LAT, ATC, CSCS, Western Carolina University
TJ Morgan, MS, LAT, ATC, PES, XPS, EMT, Monroe High School

12:30

Closing Statements and Wrap-up

1:00 – 2:30 pm

Post-conference: Diversity, Equity, Inclusion, and Justice*
Charter Hall

Kelly Daniels, MS, LAT, ATC, Broughton High School
Nina Walker, MA, LAT, ATC, University of North Carolina at Chapel Hill
*Pre-registration required