

October 24, 2018

@ locker room athletic training room

Before practice,
Team athletic trainers
stretches out the hips
& legs of varsity

who is nursing a sore
hip.

R. B. A. T. S.

NC A

Est 1974



Board of Directors

2018 Executive Committee

PRESIDENT

James M. Bazluki, MAEd, LAT, ATC, EMT

VICE-PRESIDENT

Nina Walker, MA, LAT, ATC

SECRETARY

TJ Morgan, MS, LAT, ATC, PES, XPS, EMT

TREASURER

Jason Brafford, LAT, ATC

PAST PRESIDENT

Scott Barringer, MED, LAT, ATC, CAA

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.



About our cover artwork: Illustrated by Rob Bates. Bob is an art teacher at Northwest Cabarrus High School in Concord NC. As a former veteran and artist, he also has works on display at the Smithsonian Institute. He has been illustrating our current football season and can be followed on twitter @ NCHS_arts



PRESIDENT'S MESSAGE

Jim Bazluki, MAEd, LAT, ATC, EMT

Greeting NC ATs

I know if you are anything like me, I was anxiously awaiting the cooler weather of fall that we are promised each year yet seem to skip and go from dog days of august to old man winter. Even with the fall seasons winding down and winter sports are gearing up, your NCATA Board of Directors has met and been conducting business on behalf of the association. So, with the recent meeting, I would like to highlight a few business items that were discussed and/or voted on by the board.

1. The NCATA is trying to reach out to those affected by the recent hurricane. If you have been affected personally or professionally by the storms, please fill out our google doc – so we can identify your specific needs and then formulate a plan to help address those needs. Emotional and psychological support can also be obtained by visiting AT Cares on the NATA page and you will be linked with trained ATs to help support you.
2. The NCATA BOD has established a few priorities over the next few years. All activities supported by the NCATA will address at least one of the priorities. Included but not limited to are: 1) Advocacy & Awareness, 2) Improving the quality & level of healthcare services provided to the secondary school student athlete, 3) Continuing to enhance the continuing education of its membership and 4) Continue to work on legislative issues to defend and enhance our profession and place in healthcare.
3. The NCATA BOD has established a new committee which will be called Diversity Equity & Inclusion Committee (DEI). This will be comprised of representatives from various smaller groups such as Women in AT, EDAC, LGBTQ+, etc. At the state level we do not have a need for separate committees for each of the groups, but we do feel the need to make sure they are represented in our decision-making process. We will be looking for members and a chair soon. If you are interested in this or ANY committee or work group, please fill out the google doc related to volunteer interest. This is the database we draw interested parties from to fill our vacancies.
4. The NCATA BOD also combined each separate work setting committee into one single “Professional Practice Setting” Committee which will have members from each work setting within the members. Each work setting already has a board member from each work setting, so 3 separate committees was redundant.
5. The NCATA BOD has directed the Honors and Awards committee to restructure our awards system to more closely mirror the MAATA and NATA. Moving forward we will no longer award separate setting awards “ATOY”s. We will move to 3 awards. First, AT Service award focusing on your service to your workplace and association. Secondly, Most Distinguished AT focusing on service outside your workplace, exemplifying professionalism above and beyond. Third will be a Presidential Award – this will help cover the corporate service award, Sports Medicine Person of the Year, and others that may not have fit in a traditional award. The Hall of Fame award and process will remain as it has been in the past with no changes.

The NCATA Executive board (and soon committees) will have new email addresses. The new email addresses will simply be the persons position followed by ncata.net president@ncata.net; vicepresident@ncata.net; secretary@ncata.net; treasurer@ncata.net and so forth. I hope this makes things simpler to find and contact us.

The professional development committee has been very hard at work on the Spring Meeting. The meeting this year will be held at Atrium Health – Cabarrus (formerly Carolinas Healthcare – Concord) the weekend of March 8-10, 2019. Be on the lookout for eblasts and registration information soon.

Good luck in the playoffs and you ease indoors for the winter seasons.

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



Vice President's Message

Nina Walker MA, LAT, ATC

Dear colleagues,

Hope you are all getting excited as we enter the holiday season. We have so much to be thankful for particularly all of the volunteers that make things run here. Our member involvement is the most important thing when it comes to the success of the association, and we so value and appreciate the time that people put in to making it a success. If you are interested in helping with anything we are doing please let us know!

[NCATA Volunteer Interest Form](#)

We are also so thankful for how our members have come together to support each other during our hurricane efforts. A special thanks to our members Sadie Thomas Ragen, Pamela Dixon, Johanna White, Kevin King

who assisted with contacting ATs in the affected areas, collecting and delivering items, setting up amazon wish lists and coordinating thank you efforts for New Hanover EMS. We were able to drop off some Gatorade bars and products during the rescue efforts in NCATA lunch coolers! So great to support those who are doing such great work! If you have any needs at all please contact us via this form. [Hurricane AT Needs](#)

I had the amazing experience of representing the NCATA by speaking at the General Assembly. Dr. Johnna Mihalik and I presented at the committee meeting for the Commission on the Fair Treatment of Student Athletes. This was a great opportunity to educate the legislators about athletic trainers and concussions. This experience really reminded me that we need to make sure we are being very vocal about what athletic trainers do and know. 15 minutes with the legislators really changed their perspective and preconceived notions about what we are able to do. Now that the midterm elections are done, find out who your legislators are! Let us know if they have any specific interests or if they have children or grandchildren that are your student athletes. The best representation of our profession is your great healthcare! You can also support our efforts by donating to our Political Action Committee ([NCATAPAC](#)).

WE are very excited about our NATM plans and symposium. Please make every effort to attend the NCATA Symposium, there is no substitute for the networking and face to face value of meeting our colleagues in an educational and social setting. This is really important for our professionals that don't get to collaborate on a daily basis. We will have some great exciting events planned so mark your calendar for March 8th-10th in Concord, NC!!

Continue to be GreAT!!

Nina Walker MA, LAT, ATC
Vice President, NCATA



Secretary's Message

TJ Morgan, MS, LAT, ATC, PES, XPS, EMT

Colleagues,

Fall has us firmly in its grasp and it is a welcomed change. The crisp air, colorful foliage and cooling temperatures give us an opportunity to reflect on the summer we had and the winter yet to come. As we approach the holiday season I hope everyone can find some time to refresh and spend some time with family. We are heading rapidly toward a new year and I am excited for what it will bring. Some of the changes within the association will help us with operational efficiency, improve member involvement, and develop a more collaborative association.

I believe that improving member involvement drives a more collaborative association. I alluded to the idea of providing educational information monthly on our website, social media platforms and in our newsletter as a way to improve our member involvement statewide. Beginning in January I hope to have educational posts for the membership to review each month. I would like to have members approach me about things they would like to share with colleagues but also realize we are not a profession that likes to tout itself so I will also be reaching out to members to solicit educational content. Our students are learning things every day that many of us have either never learned or have forgotten.

I would love to see so many people offering content we have to post educational content weekly. It can only happen with you, the membership, offering up your knowledge! So I ask you, please consider sharing what you are good at with all of us.

I wish you all the best,
TJ Morgan

HURRICANE RELIEF

The NCATA would like to facilitate getting people to help with your specific needs during this difficult time, but first we need to know what your needs are. Please visit our [NCATA Hurricane Relief](#) page for the Need Assessment Form, Need/Wish List information and pictures of NCATA members helping their communities.



Hurricane Florence and Matthew really hit the east coast of North Carolina hard in 2018. The Sports Medicine 3 students at Northwest Cabarrus High School in Concord, NC (pictured left) felt very compelled to do something about it. Being interested in professions that help people, they wanted to reach out to an athletic trainer in that part of the state and see what could be done to help them and their community. Students thoroughly planned and organized a school wide hurricane relief drive. They even collaborated with the athletic department to have fans bring in even more supplies to the homecoming football game and collected them at the gate. A large amount of supplies were compiled and the drive came full circle when three seniors and a senior parent delivered the supplies to South Brunswick High School in Southport, NC on Friday November 14th. Pictured are SBHS principal Michael "Chip" Hodges and Amanda Buckey LAT, ATC. Also pictured are NCHS seniors Mariah Steele, Kaitie Combs, and Cat DiFoggio with her dad Nick.

**NORTHWEST CABARRUS
HIGH SCHOOL**



ATTENTION SECONDARY SCHOOL ATHLETIC TRAINERS!

Please visit the [NCATA ATLAS INITIATIVE PAGE](#) and **registered or re-registered** if you haven't done so within the last year. If you have any questions, please contact:

[Steve Womack](#)

Secondary Schools Committee Chair



NCATA Quiz Bowl History

Eric C Hall, MAEd, LAT, ATC, Cary High School

I am trying to complete a history of the NCATA Quiz Bowl winners since it first started in 2009. Below are the winners I have researched for in old NCATA newsletters. If anyone has the winner from 2011 or can confirm UNC-Wilmington won in 2013, please email me at echall@wcpss.net.

2018	Western Carolina University
2017	UNC-Chapel Hill
2016	Western Carolina University
2015	UNC- Charlotte
2014	UNC-Greensboro
2013	UNC - Wilmington ?
2012	UNC - Greensboro
2011	?
2010	UNC-Chapel Hill
2009	UNC-Chapel Hill - Inaugural Year



BLINKTBI BRINGS GAME-CHANGING TECHNOLOGY TO NEUROLOGICAL FUNCTION ASSESSMENT

HARD SCIENCE

BLINK REFLEX CAN'T BE 'GAMED'

HIGH SPEED

NEUROLOGICAL FUNCTION ASSESSMENT
AND TEST RESULTS IN UNDER ONE MINUTE

GAME-CHANGING

OBJECTIVE BRAIN FUNCTION DATA
TO SUPPORT SUBJECTIVE DIAGNOSIS

BLINKTBI.COM



635 Rutledge Avenue, Suite 102, Charleston, SC 29403
843-507-8995

NCATA PUBLIC RELATIONS HIGHLIGHTS

Nina Walker and Kevin King - Public Relations Co-Chairpersons



Pictured Left: NCATA Members Jim Hand: Catawba, Erica Thorton: High Point, Bob Casmus: Novant

Pictured below: NCATA PR Chair Nancy Groh: High Point and NCATA Board Member Steve Womack: Lee County HS

NCATA representatives spent Nov 11-12 with superintendent and school board members at the annual NC School Board Association Conference advocating for athletic trainers in the secondary schools. They awarded those school districts that have ATs with special thank you gifts and educated other on alternate funding sources. Raffle prizes were available for all. A Great event which allowed for one on one time with influencers and policy makers at the high school level.



Pictured left: Dr. Johanna Mihalik and NCATA VP Nina Walker spent day at the legislative office building for a presentation to the commission for the fair treatment of college student athletes. This event was instrumental in educating committee members on the role of ATs at the collegiate level as well as advocating for the inclusion of ATs legislatively when bills are created about student athlete healthcare.

NC Athletic Training License Plate Update

The North Carolina Athletic Trainers' Association has a vision. We see lots of cars going up and down the highways of North Carolina with Athletic Training license plates resulting in limitless advocacy for our profession. But to realize that vision, we need your help.

You may be thinking, "Athletic Training License Plates?" License plates don't exactly pop into my head when I think about promoting Athletic Training, either. But actually North Carolina has approximately 3.5 million registered automobiles! Almost 5,000 plates are on the road today. This provides a great platform to promote athletic training daily.

A few years ago, we began a quest to secure North Carolina Specialty License Plates. We were instructed the North Carolina General Assembly can approve the plates but specified that the NCATA must gather 300 completed applications to create the plates.

That's where you come in and that's why the North Carolina Athletic Training Association is requesting your assistance. We have gathered over 100+ completed applications and hopes to have the remaining 200 or so before the end of the year.

If you fill out a license plate application, the NCATA will hold on to it until they get 300 applications, then send money and the applications to the DMV. The DMV will then mail the plates directly to the applicants. The \$10 for the plates will not be requested from us until the plates are mailed! If an individual needs assistance with the \$10 fee, please contact Kevin King, kevin.king@panthers.nfl.com, directly.

Don't want a plate? Drop fill out an application anyway – you may have a change of heart which will provide our profession with an unique opportunity to advocate and continue to strength awareness of Athletic Training in North Carolina and beyond.

Questions

- **Will I have to wait until my current plate expires before I can purchase a North Carolina specialty license plate?**
No. You can purchase your specialty license plate any time. The Department of Motor Vehicles will not process a specialty license plate application if your current plate expires within 90 days. You must renew your current plate prior to mailing in your application or applying online, once we achieve 300 application and the plates are secured.
- **May I purchase a specialty license plate when I purchase a new car?**
The Department of Motor Vehicles requires that a standard plate is issued to all new vehicle owners. Once you have received your standard license plate, you may purchase a specialty plate. You will only need to pay the specialty or personalized plate fee because you paid your standard vehicle registration fee when you purchased the vehicle.
- **Can you put the plate on all vehicles?**
Specialized plates may be purchased for automobiles, trailers and trucks with weight up to 26,000 pounds. Unfortunately, because of plate size, they cannot be purchased for motorcycles.
- **Can I relinquish my tag to someone else?**
Only personalized plates can be relinquished. Once a numerical tag expires without renewal, that number can't be reissued.



- **Can I personalize my plate?**
Yes you can, but it is not required. There will be four spaces available for personalization. There is an additional \$30 charge for personalization. You may request your personalized plate at any time. If you wish to do so with this application, please remit a check for \$60 and list your first three choices on the application.
- **Can I change my mind?**
We hope you'll always want to support the parks, but should you change your mind, you may go back to a regular license plate at any time.
- **How much does it cost each year?**
 - \$10 for the special N.C. Athletic Training Plate (All of the \$10 goes to the state of North Carolina, this is not a fund-raising opportunity for the NCATA)
 - Annual license fee (price varies from county to county) and you are currently paying
 - \$30 for personalization (optional)

Buy a License Plate - Help Support Athletic Training with a N.C. Athletic Training License Plate

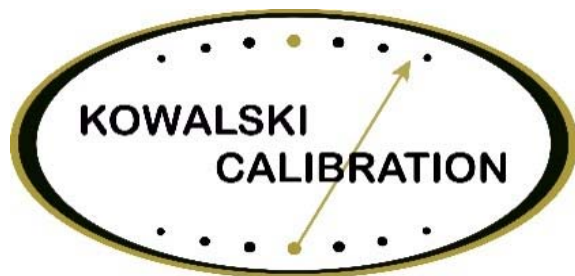
If you'd like to order our popular plate, please either complete an [online form](#) or you may [download an application](#) and mail it in for processing.

Send your completed application, payment isn't due until plates are received. Mail to the following:

Kevin King
800 South Mint Street Charlotte, NC 28202

Opportunity to win two tickets to MONDAY NIGHT FOOTBALL: The Carolina Panthers vs. the New Orleans Saints in Charlotte on December 17, 2018! To be enter, complete and return an application for a N.C. Specialty License Plate. Winner will be announced via NCATA Social Media accounts the week before the game. Good luck.

**CALIBRATION & REPAIR SERVICES
FOR THERAPEUTIC MODALITIES**



STANLEY C. KOWALSKI, PRESIDENT
MOBILE/TEXT: (336) 255-8869
TOLL FREE: (888) 203-4680
FAX: (336) 217-8800
STAN@KOWALSKICALIBRATION.COM
WWW.KOWALSKICALIBRATION.COM

GET YOUR WORD OUT!

Advertise with the NCATA

The NCATA is now offering Advertising space in our Quarterly Newsletter. Our newsletter is electronically distributed to all NCATA members. You will be asked to submit 300 dpi jpg or high resolution PDF.

Please contact Eric Hall for additional information.

Price Breakdown:

1 Issue	Full Page 8.5" x 11"	\$100
	Half Page 8.5" x 5.25"	\$75
	Quarter Page 4" x 5.25"	\$60
4 Issues	Full Page 8.5" x 11"	\$320
	Half Page 8.5" x 5.25"	\$280
	Quarter Page 4" x 5.25"	\$200

Thank You Corporate Sponsors

The North Carolina Athletic Trainers' Association would like to thank the following 2018 corporate sponsors.

GOLD



BRONZE

**RALEIGH ORTHOPAEDIC
CLINIC**



Instagram
ncathletictrainers



@NCATA1974



**Find us on
Facebook**

Go to the [NCATA Facebook](#) page