

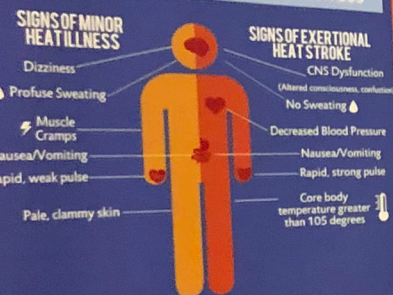
NC ATHLETIC TRAINERS' ASSOCIATION

508



Heat Illness

Monitor athletes for signs/symptoms of heat illness



Physician conducted pre-participation screen prior to season to determine pre-existing conditions that may predispose the athlete to injury and to determine activity limitations.



For heat stroke, cool patient first including possible immersion in ice bath and/or cold towels. Then call 911 to ACTIVATE EMS.

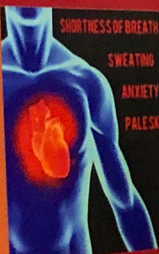
Acclimatization to heat takes 7-14 days. Pre-event and pre-participation hydration should be monitored to assure safe participation.

A trained healthcare professional, such as a Licensed Athletic Trainer, can ensure appropriate and immediate care!

HOW HYDRATED ARE YOU?

GOOD! YOU'RE PROBABLY HYDRATED! TRY TO KEEP UP YOUR FLUID INTAKE! MORE INFORMATION NATA

Identifying and Preventing Emergencies and Symptoms of Cardiac Emergency



Prevention

Early Detection

Defibrillation

Having an athletic trainer on site who is trained in using an AED and activating 911 emergency service in the first 3-5 minutes saves lives!

Cardiac emergency using CPR.

Check Breathing C Check Circulation

North Carolina Athletic Trainers' Association
www.ncata.org

NC School Board Association Conference

See page 6

Careers in Athletic



Physician's Office



Performing Arts



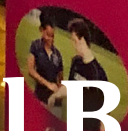
Professional Sports



Secondary Schools



Industry



College

Gfeller

March 14, 1974

March 14, 1974

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Board of Directors

2019 Executive Committee

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

VICE-PRESIDENT

Nina Walker, MA, LAT, ATC

SECRETARY

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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.



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

Welcome ATs and cooler weather to this edition of the NCATA Newsletter!

While the fall season is winding down, we welcome in the cooler weather and the transition to our indoor season. Some of us are still in various playoff hopes while we also work our winter sports. While we all have been busy with our fall sports seasons and clinical duties, the NCATA has been very active on your behalf and this newsletter will highlight some of the topics that we have been addressing and working on.

Our election season has come and gone and with it we welcome Nancy Groh as secretary elect of the association officially taking office at the March NCATA meeting. I ran unopposed for a second term and for that I thank the membership for their confidence in my continuing in my current position which will now run thru March of 2022. I thank you all for taking the time to vote for your candidate of choice as well as those who offered their service and ran for office. We have been blessed with great candidates for office.

The NCBATE has been addressing various issues brought to their attention. Let me assure you that ideas, concerns, etc are getting to the board and being debated. They make decisions related to our profession and licensure after much debate and discussion. Anytime you have a concern or question related to your ability to practice or scope of practice, please feel free to contact them. If you contact the NCATA, we will also forward your concerns to the NCBATE board members.

I have personally had contact with Tory Lindley, our NATA President on how the NATA can assist states like NC more in addressing issues that we feel we need help with legislatively as well as professionally. It was a very good conversation which helped the national level better understand the local issues we face in NC. So yes, the NATA does care and listen to the NCATA.

Nina Walker and I were invited to participate in a multidisciplinary stakeholder group on NC Catastrophic Sports Injuries. This is one of several instances that are examples of how your leadership has been working behind the scenes to improve the status of our profession and the fruits of our labor is being realized as we as an association are being asked to participate in state level task forces and provide expert testimony on a variety of topics before them. Hopefully this is the tip of the iceberg with great things to come. Please make plans now to attend the NCATA meeting in Wrightsville beach this next March 6-8, 2020. I know the MAATA meeting will also be in Charlotte in May 2020, but our state meeting is the only one that directly speaks to your ability to practice and addresses issues unique to OUR state. I know great things are in the works for another great meeting.

Enjoy the holiday season – take care of yourself! Looking forward to great things.

Jim Bazluki, MAEd, LAT, ATC, EMT

NCATA President





Vice President's Message

Nina Walker MA, LAT, ATC

Dearest Colleagues,

Hope you all had a great fall and are looking forward to a little down time to enjoy with your family and friends. As an association, we use this time of year to reflect and plan some great events for the new year. We set goals on how are we going to energize and inspire our association, stakeholders, patients, parents, administrators etc. with creative events and initiatives. We hope you will all join us on our journey this upcoming year by attending these events. Keep an eye out on our social media for more information over the next month.

Our flagship event this spring, is the NCATA Symposium March 6-8, 2020 in Wrightsville Beach. We urge all of you from all practice settings to attend this really well done event, which will have a variety of relevant topics and events to enhance your education. Some wonder why they should attend a conference when you can "get CEUs" online, but there is no replacement for ability to share ideas with colleagues, mentor and network with younger ATs, socialize with friends and most importantly hone your skills to improve patient care. So please mark your calendar and experience what our Symposium is all about. I know you will be happy you did!

We have also been busy making more connections to help others learn about some of our expertise. It was really exciting to be a part of the NC Catastrophic Injury Stakeholders Group this last week, which included major state and youth organizations. An impressive part of the meeting was how many athletic trainers were in attendance working in different environments to help with prevention of catastrophic injury; NCATA, researchers, NCHSAA, Gfeller Center, ATs are everywhere!!

Congratulations to Nancy Groh our newly elected NCATA secretary. She will start her term in March, Please join me in thanking TJ Morgan for his service and mentorship over the next few months.

Finally, in a time where we are all thinking about what we are thankful for I just wanted to take an opportunity to thank all of our members that are going above and beyond to support and enhance our profession and the professionals in this state. We have had many new members on committees, new volunteers that have joined us for events, and keep reading about how Emily Gaddy has advocated for athletic trainers in Alamance-Burlington County. Each of us has an opportunity to be GreAT each day!! Thanks for all you do for your patients and each other. Have a wonderful holiday season!!

Be Well!

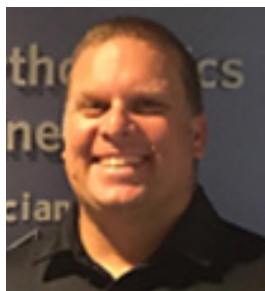
Nina Walker MA, ATC, LAT
NCATA Vice President

NCATA on **FACEBOOK**

NCATA on **TWITTER**

NCATA on **INSTAGRAM**

NCATA on the **WEB**



Secretary's Message

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

Members, this is my last correspondence with you as Secretary. As of the spring our Secretary-Elect Nancy Groh will begin her term and she will bring a new face to the board. I wish her all the best in her new role.

I thank you for the opportunity to serve this great state and it's members. It has been a rewarding experience and I look forward to staying involved in the future development of the NCATA. I truly enjoyed the experience, particularly working with other the members of this board and our state members, but leave wondering if I could have done better. In retrospect, there are areas I could improve on and I welcome the opportunity

to speak with any member with feedback for me. That is how we grow as professionals.

My best to all. Hope everyone enjoys the next couple of months with friends and family.

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

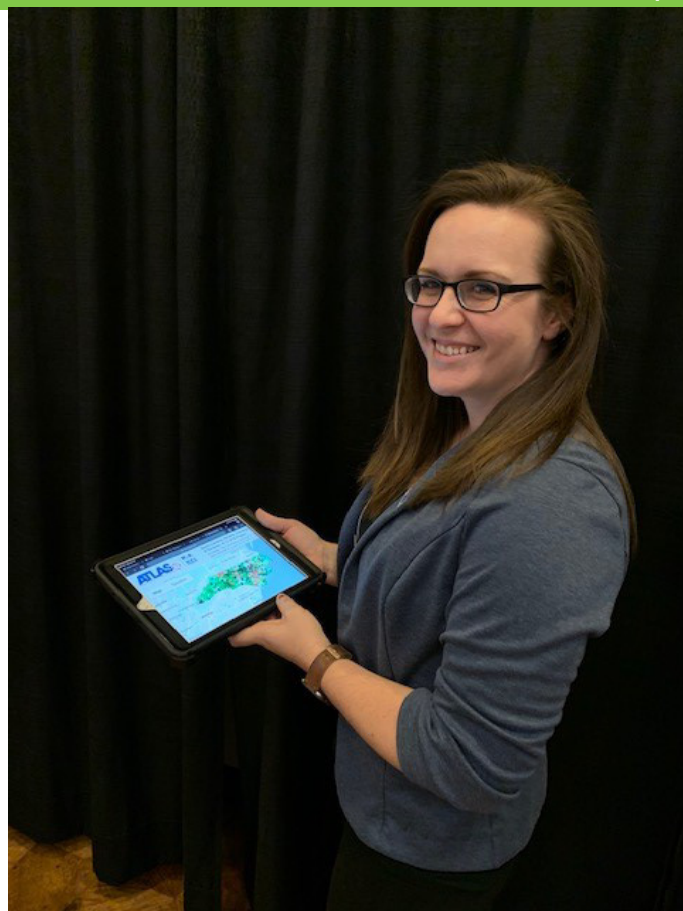
Member Spotlight

Emily Gaddy MS, LAT, ATC, PES

Emily Gaddy, athletic trainer for Orange High School, has been spending most of the last year creating documents and meeting with the Alamance- Burlington School Board providing them evidence as to why athletic trainers are necessary for their school system. Gaddy realized though information gotten from the ATLAS survey that this county was one of the few on the I-40 Corridor that that didn't have this vital care. She used this information as well as her relationships with decision makers to show the value, from a medical and risk management perspective. The proposal has met with approval from the board to move into the budgetary phase. Great job Emily!!

[Read More Here](#)

If you have a member, you would like to spotlight please contact vicepresident@ncata.net.



NCATA SCHOLARSHIPS

It's that time of year again to submit applications for Scholarships.

The NCATA offers three College scholarships (@ \$1,500 per) for current athletic training students enrolled at a college or university in North Carolina.

To be eligible for consideration of an NCATA scholarship, the applicant must:

1. Be a current member of the NCATA, applicant must provide a copy of current NATA membership card
2. Be currently enrolled in a CAATE accredited professional athletic training education program (ATEP) in North Carolina
3. Must have earned a minimum of 2.5 overall GPA, and a 3.0 in ATEP courses
4. Three letters of recommendation from the following sources:
 - ATEP Director
 - LAT, ATC clinical supervisor (must be different from program director)
 - one additional letter from: MD, instructor or Athletic Trainer
5. An official sealed transcript
6. An unofficial transcript with ATEP classes highlighted
7. An essay that must be typed, 10-point minimum, addressing future plans and goals for achievement

The application is completed online. All other supporting documentation must be emailed together and received by February 1st, except for the Official Sealed Transcript, which should be postmarked by February 1st. Please provide this email address, ncatascholarships@gmail.com, to those submitting a Letter of Recommendation. The **Subject Line** should contain your Full Name.

NC Catastrophic Sports Stakeholders Group

The NCATA was asked to represent athletic trainers at this newly formed stakeholder group that brings together members of the NC Division of Public Health, National Center for Catastrophic Sport Injury research, various medical associations, EMS, Parks and Recreation, DPI, NCHSAA, Safe Kids NC, American Heart Association, Gfeller center and many more. It was a fantastic opportunity to “sit at the table” and help state agencies understand the role ATs play in preventing catastrophic injuries.

Pictured top right: President Jim Bazluki and VP Nina Walker

Pictured below right: VP Nina Walker and Dr. Johna Register- Mihalik from the Gfeller Center

Pictured below: Jim Hinshaw - NCO EMS, Jim Bazluki - NCATA and Ken Brown - NCHSAA



NC School Board Association Conference

The NCATA brought in experts in how to get athletic trainers in secondary schools to the NC School Board Association Conference to help superintendents and school board members find alternative solutions to budgetary constraints when hiring ATs. Having representatives from Wake Forest Baptist, Novant, and District paid ATs gave attendees many options for questions they may have.

Pictured on the cover and below: Matt Schooler - Novant Health; Chris Ina - Wake Forest Baptist Health; Emily Gaddy - Orange High School; Bob Casmus - Novant Health



Pictured above: Nina Walker- NCATA VP, Nancy Groh- High Point. Pictured both images right: Left to right: Ami Adams-Grimsley HS, TKeyah Henry Eastern Guilford HS, Lindsay Braddock- Page HS.



The NCATA-DEI Committee has been working to provide all NC members with helpful information to create diverse, equitable, and inclusive spaces. If you need information on sign language for medical emergencies, minority mental health, nonbinary terms, and more visit the [NCATA web site](#). In the meantime, here are two additional resources:

- [Beginners Guide: Being an Ally to Trans People & Tips for Allies of Transgender People](#)
- [Gender Inclusive Schools](#)

NCATA-DEI Committee is in the planning stages of a moving interactive workshop to introduce high school students to the athletic training profession. Our goal is to coordinate efforts across NC and offer workshops in each major region of the state leading up to our District Meeting. If you live in the mountain and coastal regions or along the I-85-corridor and would like to volunteer as a local liaison please email us at dei@ncata.net.

Remember to follow us on Twitter [@NCATA_DEI](#)

Practice Setting Committee

The practice setting committee is excited to serve the athletic trainers in NC. As needs arise within the different settings, we will be reaching out to our members for help.

One of the largest needs at this time is to work towards getting NC 100% updated in ATLAS. As of the first week of November, over 400 schools had not updated (after 9/1/19) or completed ATLAS. The information that is gathered by ATLAS is vitally important to the efforts of the NATA and NCATA as we promote our profession in the secondary school setting. This information is used when talking to school districts across the state about employment opportunities, changing employment models, or increasing services. If you have been recently hired to work at a school or know that a school has had a change in ATs or employment model, please update. Even if you completed ATLAS a couple of years ago and have not changed schools, it is still important to update as ATLAS adds new questions to obtain new data sets.

Please check this list for your school or your neighbor to see if you need to complete or update ATLAS.

If you have any concerns, updates, or needs that involve your practice setting, please do not hesitate to reach out to a committee member.

Emily Gaddy
Practice Setting Committee Chair



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.

LEADERSHIP INSTITUTE

Congratulations to the most recent class of NCATA Leadership Fellows. Members completing the two year commitment include: Tyler Congrove, Sarah Christie, Hanna Davis, Susan Edmund, Jenna Evans, TJ Moore, Allyson Riley, Lindsay Smith, Mary Sult and Ashley Thrasher.

The Fall session of the Leadership Institute was recently held at Orthopaedic Specialists of North Carolina in Raleigh. Speakers included Orthopaedic Surgeon Dr. Mark Galland, Duke University Orthopaedics Division of Sports Medicine Administrative Manager Janna Fonseca and North Carolina State University Associate Professor in Agriculture and Life Sciences and Co-Coordinator of the Leadership and Social Justice program at NCSU Dr. Jackie Bruce. Topics included advancing the profession, communicating with co-workers both up and down the chain of command, and strategies for dealing with difficult people. Fellows participated in group discussion, problem solving, and professional networking.

The NCATALI has opened up applications for the fourth class of Leadership Fellows. The two year commitment is free, and open to all certified NCATA members. Sessions are held 2-3 times per year and have included many renowned speakers such as NATA Hall of Fame members, professors from various disciplines of Leadership, Organization and Athletic Training, elected officials, healthcare administrators, business owners, NCATA Executive Board Members and physicians.

Applications can be found on the NCATA website and are due December 15. Please consider becoming a member of the next class of Leadership Fellows which will conduct its first meeting in conjunction with the NCATA Spring Symposium. Questions can be directed to Ashley Long at ashleylong111@gmail.com.

COMMITTEE ON PRACTICE ADVANCEMENT

Co-Chairs

Dan Duffy danduffy@ncata.net
Ashley Long ashleylong@ncata.net

Thank you to all of our members and guests who attended our April Legislative Reception in Raleigh. It was an outstanding evening and a great opportunity to educate our state legislators and staff regarding the profession of athletic training in North Carolina.

We have started an organized work group for athletic trainers who work in physician offices and/or hospitals. We have specific goals and share information regarding ATs in these settings. Please contact Ashley Long or Dan Duffy if you would like to learn more about the group or would like to join. Also if you have any interest in joining COPA, please contact us as well. Serving our profession is very gratifying and enables our profession to continue to thrive in today's healthcare system. Having said that, please reach out to any of our state leadership and committee chairs if you would like to be involved in the NCATA in any way.

If you have any questions or need any information regarding state licensure, practice act, statute, rules & regulations or the athletic trainer/physician protocol; please contact the state licensure board at www.ncbate.org.

Please visit the [NCCSIR website](http://www.ncsirs.org) if you have any catastrophic Injuries you can report, some examples are:

- **Catastrophic Injuries:** Traumatic Brain Injury (not concussions), Spinal Injury, Spinal Cord Injury, Commotio Cordis, internal organ injury
- **Environmental Injuries:** Heat Stroke, Lightning Strike
- **Catastrophic Illness:** Like Sudden Cardiac Arrest, Asthma, Exertional Sickling, Hyponatremia, Rhabdomyolysis, and Anaphylaxis.

Any of these conditions that have a catastrophic or near catastrophic outcome need to be documented and those reporting these incidents don't need to have all the information, each case will be investigated.



As AT's we also want to make sure they are capturing saves too, so if you have a heat stroke, cardiac arrest etc. that survived, Please included them too!

NCATA Leadership Fellows

The NCATA is now accepting [applications](#) for the fourth class of Leadership Fellows. Newly certified or certified for decades, the NCATLI provides vibrant discussion, self-exploration, professional networking, and leadership skill development to propel you further. Leadership Fellows will have the unique opportunity to learn from experts and grow with colleagues. The commitment is for 2 years and gatherings are held 2-3 times per year. The Leadership Institute is open to certified NCATA members. Meetings are always held in conjunction with the NCATA Spring Symposium, then in either the summer or fall in another location (i.e. Charlotte, Raleigh).

Past speakers have included leaders from within and outside of athletic training:

Vi Lyles, Mayor of Charlotte
 Izzy Justice, Co-Founder of HiChiever and Author of Epowerment: Achieving Empowerment in the E World
 Cricket Lane, Associate Athletic Director for Student-Athlete Development at UNC-Chapel Hill
 Jackie Bruce, Director of Graduate Programs, Agricultural & Extension Education and Undergraduate Coordinator of Leadership in Ag & Life Sciences Minor at NC State University
 Mark Galland, Orthopaedic Surgeon and Owner, Orthopaedic Specialists of North Carolina
 Rhett Brown, President of Wingate University
 Allison Bickett, Director of Behavioral Medicine Education, Atrium Health
 Joey Long, Associate Professor of Business Law and Ethics, University of Mt. Olive
 Brian Middleton, Vice President of Atrium Health's Musculoskeletal Institute

Athletic Trainer Leader Speakers

Sara Brown, Program Director and Clinical Associate Professor of Athletic Training at Boston University
 Carrie Graham, Director of Research and Creativity, Catawba College
 Rod Walters, NATA Hall of Fame Member
 Kevin King, Athletic Trainer for Carolina Panthers
 Dan Duffy, Owner of Cape Fear Sports Rehabilitation
 Jay Scifers, Professor & Master of Science in Athletic Training Program Director; Chair, Department of Rehabilitation Sciences at Moravian College
 Katie Flanagan, NATA District III Director
 Pat Aronson, Former NATA District III Director

Please consider taking this opportunity to grow personally and professionally with the NCATA Leadership Institute.

It's Never Too Early to NOMINATE

We have so many Certified Athletic Trainers' and other Healthcare Providers/Organizations that are well deserving of honors and awards...
 Don't Delay...Nominate early.

For more information on nomination criteria, [CLICK HERE](#).

Stay up to date on Twitter as we highlight each nomination category throughout the month of November and December.

SUBMIT A NOMINATION



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ncathletictrainers



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Facebook
Go to the [NCATA Facebook](#) page



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Please contact Eric Hall for additional information.

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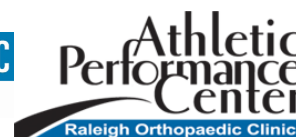


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