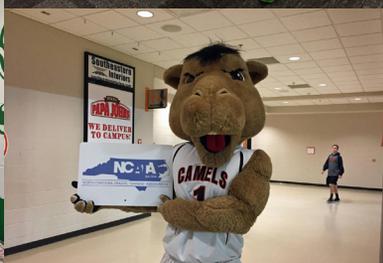
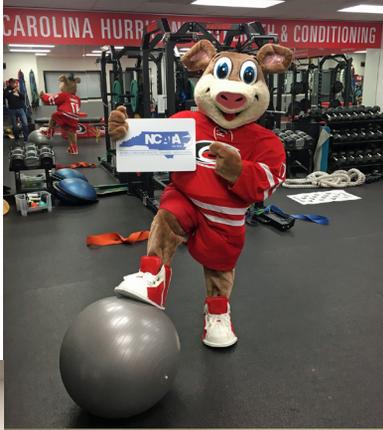


NATIONAL ATHLETIC TRAINING MONTH

ATs ARE HEALTH CARE

MARCH 2019





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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

Greetings Colleagues,

What an exciting time of the year for ATs across the state. Winter sports are ending, spring sports are buzzing, and warmer weather is just over the horizon. March is National Athletic Training Month and we have been preparing for events all year long.

Our Spring Meeting and Clinical Symposium is coming March 8-10, in Concord NC. ([GO HERE TO REGISTER](#)) The program is outstanding and will be one filled with new information for all settings of ATs. Our awards luncheon will highlight our colleagues who will be recognized for outstanding work and saving lives during the year. The Saturday social will be hosted by Hendrick Motorsports where we will have live music, Ax throwing, inside the race shop tour (not available to the public) and museum tour. The NC-PAC silent auction will conclude at the social. Following the conclusion of the symposium at Sunday noon, everyone is invited to stop by the art gallery in downtown concord which will be hosting a reception for the art exhibit of "The ART of Athletic Training" featuring original works of a ballerina emphasizing AT skills and settings as well as a few pieces of sketch art of local ATs in action by a nationally recognized artist. The display will be up all month, so stop by the reception on your way back home and meet the artists. ([See More Here](#))

If you saw in the news that the NC general assembly has been investigating some additional regulations related to the NCAA and the "Fair Treatment of Student Athletes". This is in the very early stages and a lot of ideas are being thrown around. Some might be good for ATs, some bad. Be sure that our leadership is actively monitoring the process and preparing various responses and plans depending on which way the winds blow. That being said, one of the main positives that seems to be coming out of the process is that legislators are learning more about ATs, our licensure and standards of care. They want more enforcement of high-quality standards of care at the NCAA level. Ironically this is coming from the same legislature that was trying to deregulate and get rid of licensure for ATs.

In April, the NCATA will be hosting legislators at a reception in Raleigh. This reception will be a meet and greet for us to get in front of more legislators and continue to build on relationships we are developing in the legislature. This certainly helps when we need to get their support for ATs in the future. We hope to be an annual event. Most of the funds to pay for the event were gained thru a grant from the NATA.

The NCATA leadership has also been working with the NC Attorney Generals Office and NC Dept of Justice on developing educational material for ATs regarding the opioid crisis in NC. There has been a flyer produced and is available on our NCATA website, [in this newsletter](#), as well as a new website about the opioid crisis that will launch soon with additional resources. This is a great partnership with a common cause. Anytime state agencies ask for our help – it's a good thing that they know who we are and what we do. Its those bridges we have been building over the years that are starting to get some traffic.

I have been pushing the NCBATE to more proactively look at how protocols are viewed, how we can adapt new skills and competencies to them while still staying within the laws. They are hearing us and have developed subcommittees to look at those topics. Hopefully we will be able to gain some guidance and clarity on these and other protocol related issues.

continued...

It's been a very busy year for the NCATA. We are moving forward and progressing as an association. Evolution isn't always easy and smooth. We will have growing pains but know that we make decisions based on the good of the membership we serve.

Make sure to take time for yourself. Our work can be stressful and thankless. Sometimes you have to say no to requests and stand your ground. Even the best professional needs time away and "time outs" to recharge your batteries.

Thank you for all that you do!

Jim Bazluki, MAEd, LAT, ATC, EMT

NCATA President



In Memorial

Clarence Bernard "Bernie" Capps, Jr.

June 1, 1945 - February 10, 2019

ROCKY MOUNT – Clarence Bernard "Bernie" Capps, Jr., 73, of Rocky Mount died peacefully Sunday, February 10, 2019 at UNC Medical Center. Born in Nash County, NC on June 1, 1945, he was the son of the late Clarence B. Capps, Sr. and Annie Powell Capps. He was preceded in death by his sister, Judith Capps Jackson.

A longtime athletic trainer for Rocky Mount High School, Capps was an advocate for all things Gryphon. Affectionately known as "Bumble Bee," Bernie was a 1963 graduate of Rocky Mount Senior High who began honing his craft as a student manager for the late Coach Dudley Whitley at R.M. Wilson Junior High in 1958. He received a B.S. from Atlantic Christian in 1968 and began his teaching career in elementary physical education in Key West, Fl. However, Rocky Mount was always home and he returned in 1972 as an athletic trainer for Rocky Mount City Schools where he also taught driver's education and physical education.

Capps held his position as trainer at Rocky Mount High for 42 years, retiring at the age of 66, in 2011, and spent time afterwards helping in various capacities at Rocky Mount Academy. In his time care-taking for RMHS athletics, he played a role in 11 state championships. A charter member of the N.C. Athletic Trainers Association, who was inducted into the NCATA Hall of Fame in 2003. He was also honored by the association with a 25 year service award and lifetime membership. In 2006 he received the Dedicated Service Award at the SEAM Night of Champions. Other honors include induction into the George Whitfield Baseball Clinic Hall of Fame and the Unsung Hero Award from the N.C. Athletic Association for Region 3 in 1998.

Certainly a fixture at all games and practices, Capps was far more than an athletic trainer and instructor — he was a consummate networker for those privileged to be one of his friends, students, or colleagues. Arranging doctor's appointments, connecting people, and calling in scores — sometimes the seemingly impossible just needed a little help from Bernie. For years, his unassuming home was a gathering place for coaches, former coaches, players, and lovers of Rocky Mount athletics. The playing field was leveled and true lovers of the game came together to discuss the finer points, watch highlights, solve world problems, and become lifelong friends. It was here at Bernie's that coaches, players, teachers, and lovers of the game gathered for decades to become not just acquaintances, but family. With his Sun Drops and Blow Pops, Bernie was truly a friend to all.

A Celebration of Bernie's Life will be held on Sunday, February 24, 2019 at 3:00 PM in the Chapel of Wheeler & Woodlief Funeral Home & Cremation Services with Dr. Jody Wright officiating. Burial will follow the service at Pineview Cemetery. The Family will receive friends and relatives on Saturday, February 23, 2019 from 3:00 PM to 6:00 PM at Wheeler & Woodlief Funeral Home.

In lieu of flowers, memorials can be given at www.trianglecf.org (select Gryphon Fund) or you can mail a check payable to The Triangle Community Foundation (memo: The Gryphon Fund) 324 Blackwell St., Suite 1220, Durham, NC 27701.

Arrangements entrusted to Wheeler & Woodlief Funeral Home & Cremation Services, 1130 N. Winstead Avenue, Rocky Mount, NC 27804.



Vice President's Message

Nina Walker MA, LAT, ATC

Dear Colleagues,

Hope your winter and spring seasons are going well. We are so excited about the upcoming National Athletic Trainers Month- ATs are Health Care initiative. This is a great time to plan your individual efforts of advocacy. We were sad that our efforts to get the license plate through this session of the general assembly fell short, but it gives us all an opportunity to think of what can we do as individuals in the state to support the mission of athletic trainers and advocacy. Check out the NATA initiative [#ownyourimpact](#) for ideas and ways that you can promote your brand of athletic training.

We are so impressed with the incredible job our programming committee has done with our symposium. There are tons of EBP opportunities and information on best practices in athletic training. I am personally excited about the emphasis on best practices in an area that we all can learn more about, Mental Health. We hope to see you all there, [register today!](#)

The PR committee is working on some special activities that are surrounding the conference. Our first will be our social at Hendrick Motor Sports on Saturday night. This NASCAR themed event will include barbeque, a band, axe throwing, auction, and lots of networking opportunities. The second event will be a reception at Clearwater Artist Studios in Concord from 12:00 - 2:00pm on Sunday exhibiting an exciting photographic series "The Art of Injury Prevention" This will be displayed for the whole month. We have several opportunities to help-out with the many events we will be hosting in March. Please check out this [Google Doc](#) and sign-up for opportunities to help.

We are also happy to report the development of a new committee, Diversity and Inclusion, which is chaired by Dr. Carrie Graham. We are looking forward to supporting the mission of this new group. Our governmental affairs group is hard at work during this current session of the general assembly. Please support their efforts by donating to our [NCATAPAC](#).

Can wait to see all of your efforts for NATM2019 on social media and be able to meet in Concord.

Be well and continue to Be GreAT!

Nina



Secretary's Message

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

Colleagues,

I trust this latest installment of our Newsletter finds you well. Winter has been kind to us but still has us in its grasp. Hang on tight and hopefully warmer, sunnier days will be in all our futures.

I have a couple things to highlight. Our symposium is rapidly approaching. I understand the program is excellent and hope to see many of you here in Charlotte. I recognize that no time is ideal for any educational program. There are always conflicts. Hopefully, we can get a strong showing for this great program.

I have begun to solicit programs for educational content and I am having a difficult time collecting content. Again, if your program has contemporary educational content you teach your students that you would like to share with the membership each month please forward it to me for publication on our social media and website.

Thank you for making our organization a great one to be a part of!

Yours in Health,
TJ

NCATA PUBLIC RELATIONS

7 THINGS THAT EXCITE ME IN NATM

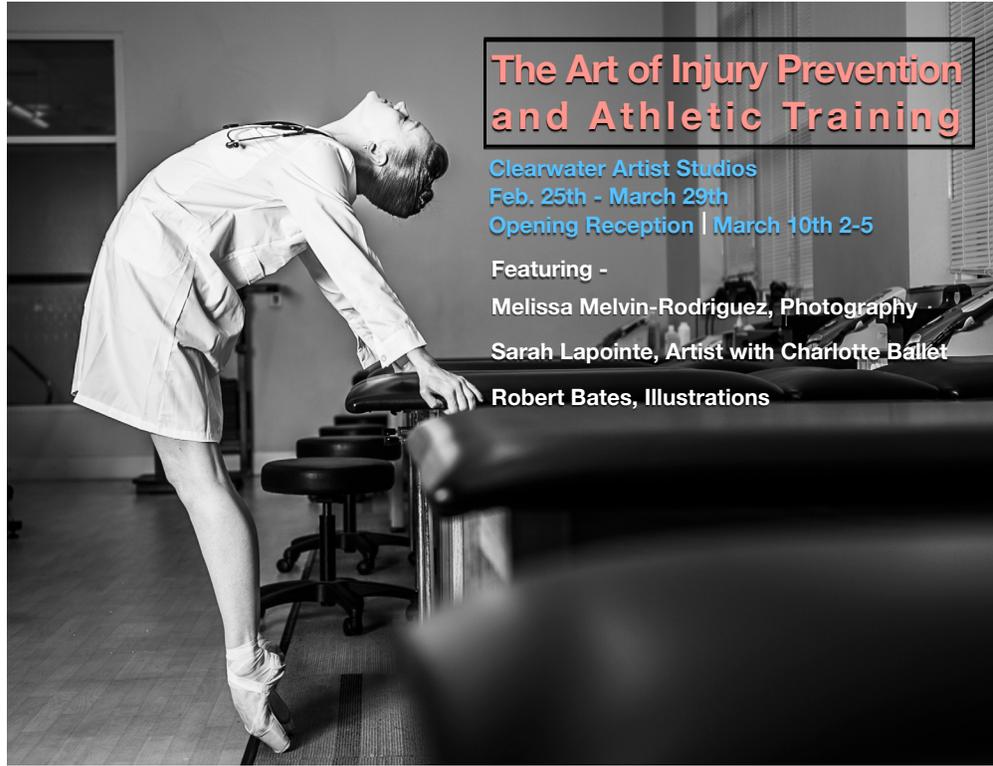
Kevin King, Chair

1. Art Gallery Reception

Please join the NCATA for the opening reception at the end of the symposium, 2 miles away, for a unique PR Event. A partnership with Clearwater Artist Studios, Charlotte Ballet and other talent individuals has produced a unique art show that will educate the public about best practices for prevention of sudden death and catastrophic injuries in athletics through dramatic poses with a ballerina. Additionally, war artist correspondent, Robert Bates has also provided outstanding illustrated works of President Jim Bazluki providing care at an area school.

2. Register AEDs

- Help build the most comprehensive registry of AEDs for use during emergencies.
- When a cardiac emergency strikes, finding an Automated External Defibrillator (AED) can help save a life. But that takes knowing where AEDs are located.
- PulsePoint AED lets you report and update AED locations so that emergency responders, including nearby citizens trained in CPR and off-duty professionals such as firefighters, police officers and nurses, can find an AED close to them when a cardiac emergency occurs.
- 76,522 AEDs REGISTERED



The Art of Injury Prevention and Athletic Training

Clearwater Artist Studios
Feb. 25th - March 29th
Opening Reception | March 10th 2-5

Featuring -

Melissa Melvin-Rodriguez, Photography

Sarah Lapointe, Artist with Charlotte Ballet

Robert Bates, Illustrations

PulsePoint
RESPOND

BE A LIFE SAVER.

Get alerted to sudden cardiac arrests in your immediate vicinity, so that you can start CPR in the critical lifesaving minutes before EMS teams arrive.



With PulsePoint AED you can help strengthen the chain of survival for cardiac arrest victims. Download PulsePoint AED for free and use it to report AEDs in your community. Describe the location, snap a picture, and the information is stored for local authorities to verify. After that, the AED location data is made available to anyone using PulsePoint Respond (also available for free in the App Store). PulsePoint Respond is the app that alerts citizen responders who know CPR to local emergencies near them and also to the location of the nearest AED.

The AEDs that you locate and report using PulsePoint AED are also made available to local dispatchers in the emergency communication center, allowing them to direct callers to the nearby life-saving devices.

[LEARN MORE](#)

Continued...



3. 2019 NC Statewide Athletic Training Education Program Challenge. (Above)

We look forward to discovering how our programs creatively promote their appreciation of athletic training and student-athlete safety through custom designed cleats. Everyone is encourage to follow the NCATA Social Media platforms and vote on your favorite. Winners will be announced at the NCATA Symposium and Business Meeting, March 9th in Concord.



4. Color for a Cause (Left)

Community Outreach continues during National Athletic Training Month with fun event which will engage Charlotte area mall attendees. Coloring for a Cause is a live mural color contest, in which, non-profit organizations compete against each other for monetary prizes for their organizations and share information with the community.

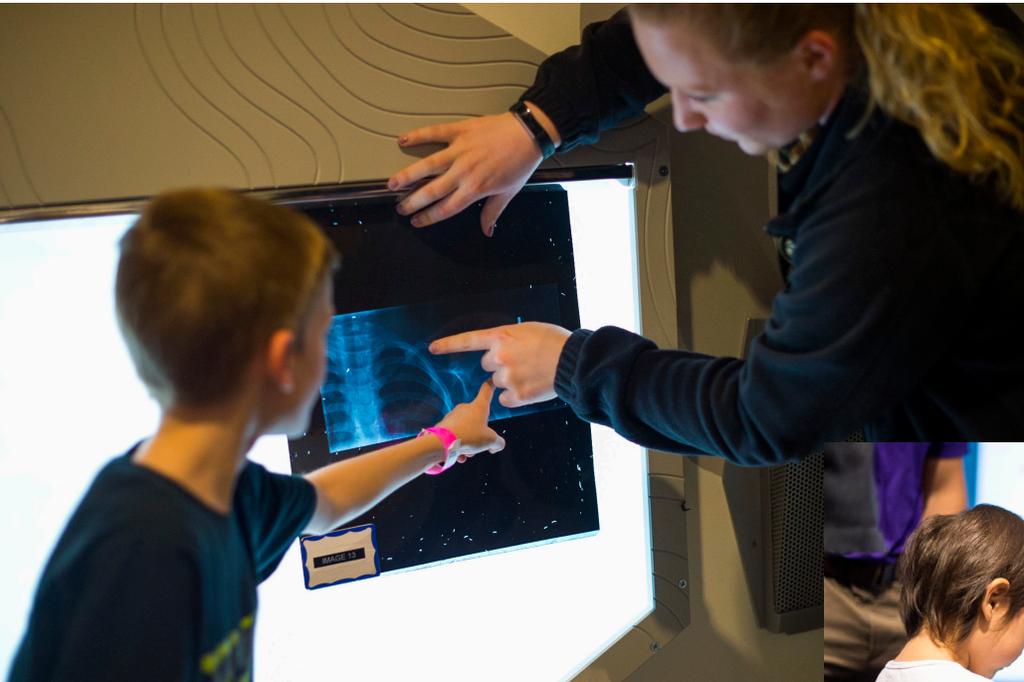
5. #AT for the Win. The Tennessee Athletic Training Society vs. North Carolina Athletic Training Association NATM Social Media Challenge

The Tennessee Athletic Training Society has officially challenged us to a National Athletic Training Month competition. Members in each state are working hard to promote athletic training and healthy lifestyles during March but who has the greatest reach? We will try to quantify this question with the use of social media. Be sure to participate in our challenge by engaging with our association's social media. The winner will be receive a snack station for their annual symposium.

Continued...

6. The St. Patrick's Day Parade and Discovery Place Event

These events will continue this year. Volunteers are still welcomed. It remains an opportunity to educate our community about athletic training and network with other students and athletic trainers. Sign up is made easy [HERE!](#)



7. Silent Auction

will provide attendees the opportunity raise funds for athletic training and win items from teams from across the state.

If you are attending the NCATA Symposium, please visit our Public Relation table. This would be a great opportunity to enjoy a hot chocolate, sign up for an event and/or share ideas and comments.



**NCATA
CALL FOR
VOLUNTEERS**

**OPENING RECEPTION ART EXHIBITION
SUNDAY, MARCH 10. 11-5 PM
CLEARWATER ARTIST STUDIOS- CONCORD, NC**

COLOR FOR A CAUSE

**TUESDAY, MARCH 12. 5-7 PM
CAROLINA MALL CONCORD, NC**

**ST. PATRICK'S DAY PARADE
SATURDAY, MARCH 16. 9-1 PM
UPTOWN CHARLOTTE**

**DISCOVERY PLACE MUSEUM EVENT
SATURDAY, MARCH 30
UPTOWN CHARLOTTE**

FOR MORE DETAIL: CONTACT KEVIN KING- KEVIN.KING@PANTHERS.NFL.COM

INFORMATION ON OPIOIDS FOR ATHLETIC TRAINERS OF STUDENT ATHLETES

Athletic Trainers of Student Athletes:

We need your help to fight prescription pain medication misuse, addiction, and overdose. Prescription opioid pain medication can be addictive and dangerous.

The danger of addiction is closer than you think...

A growing number of student athletes are becoming addicted to pain medication after being prescribed opioids after an injury. Common opioids include Vicodin, OxyContin, and Percocet. These drugs are similar in makeup to heroin, which is also an opioid.

If an athlete is injured, take the necessary precautions.

- Honestly evaluate the limitations and discomfort of an injury. Pain exists for a reason. Ignoring it or masking it with drugs is not in the athlete's best interest.
- Decisions regarding an athlete's return to competition should be determined by the medical professionals involved with the injured athlete, not the parents, coaching staff, or athlete.
- The health and wellbeing of the athlete is the top priority. It is essential that an injured athlete is given time to heal.

Athletic Trainers can make a difference in this crisis.

- Sports injuries can have an impact on the social and emotional life of a student athlete. Depression, loss of connection to friends, and loss of identity are all risks that injured athletes face. Speak with injured athletes about how they can continue to stay involved with the team, even if they are unable to compete.
- Opioids for pain should be considered only by physicians, and only as a last resort. Consider other approaches to pain management, such as ice, heat, rest, or over-the-counter non-steroidal anti-inflammatory medications.
- Unused medication should not be shared. Encourage athletes and parents to properly dispose of medications. You can find a location near you at ncdoj.gov/rxtakeback.

WHY THIS MATTERS

It only takes a little to lose a lot.

Males who participate in organized sports are three times more likely to misuse prescribed opioids than non-athletes.

For some, it can take as little as a week to become dependent on prescription pain medications.

People aged 12-49 who become dependent on prescription pain medication were 19 times more likely to have used heroin.

Prescription and street opioids like heroin and fentanyl are causing a record number of overdose deaths – an average of approximately 3 people each day in NC.

Learn more at ncdoj.gov/opioidresources





NORTH CAROLINA SPORTS MEDICINE SYMPOSIUM FOR STUDENTS

UNC-Greensboro
Greensboro, NC
July 15-18, 2019

COST: \$400.00 per attendee.

INFORMATION: Visit us at www.ncsms.org for more information and to register.

QUESTIONS? Contact Randy Pridgen at ncspmed@yahoo.com or 252-289-5005.

The clinic originally began in 1963 making this the oldest athletic training clinic for high school students in the country!



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](#), SS 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





Instagram
ncathletictrainers



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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

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