

The Arizona Athletic Training Times

FROM THE PRESIDENT'S DESK

Inside this issue:

Winter Meeting Information	2
Governmental Affairs	4
NPI Number Reminder	7
Student Corner	8
Student Association Updates	9

Friends & Colleagues:

Thanksgiving offered me a welcome respite (albeit brief...) after a busy fall sport season. I hope you found some time to relax as well. I am truly thankful, and feel very blessed, to be a part of the Arizona Athletic Training community, and work with so many amazing, passionate people, who are committed to serving our states' athletes.

On October 22nd, our Board met to discuss long-range planning for the Association. We established some very significant goals: these will be presented, with concrete tactics to meet these objectives, to members at our winter meeting. ***The AzATA Winter Symposium is scheduled for Sunday, February 11th, 2007, at Xavier College Preparatory.*** Mark your calendars, and stay tuned for registration information. We have some great speakers lined up, and we will have special activities to commemorate the ***AzATA's 30th Anniversary Celebration.*** You won't want to miss the fun and outstanding educational program.



In regards to licensing rules, the Arizona Board of Athletic Training has proposed new changes that, I feel, ensure proper continuing education of state ATC's, and simultaneously accommodate the time and financial constraints of our members. The language allows a licensee to either provide proof of current NATABOC certification, or provide proof of completing 25 hours of continuing education a year. Please contact the Board of Athletic Training if you have any questions or wish to provide feedback.

As always, the success of our Association, and the continued advancement of the Athletic Training profession, greatly depends on the active participation of our members. Currently, we have committee vacancies that need willing volunteers: our most pressing need is for active involvement on our Sponsorship (Fundraising) Committee. If you can contribute, in any way, to this committee, or any AzATA activity, please contact me directly, as soon as possible. I want to recognize John Parsons and the members of the Governmental Affairs Committee, for exemplary leadership and action in our Association. Their dedication and proactive efforts certainly benefit all of us, especially as we prepare for our legislative action in 2010.

Finally, please visit our "revamped" AzATA website at www.azata.net. Jon Willey put in countless hours restructuring our site, to make it more attractive, user friendly, and, most importantly, a great communication tool, for Association members, and for public promotion of our profession.

I look forward to seeing you all at our Winter Symposium, on February 11th, at Xavier College Preparatory. Have a happy, healthy, holiday season!

Respectfully,

Christopher A. White MS ATC/L
Arizona Athletic Trainers' Association President

Special points of interest:

- Looking for CEU's?
- Choosing a Graduate School
- NAU Program Update
- Winter Meeting Information and Registration



AzATA - Annual Winter Meeting Sunday, February 11th 2007

7:15 – 8:00	Registration	
8:00 – 8:45	AzATA: 30 Years of Athletic Training in Arizona: Where We've Been... Where We're Going	Christopher A. White, MS, ATC, LAT
8:45 – 9:45	Current Trends in the Science and Management of Diabetes Mellitus	Raymond J. Pavlick, PhD
9:45 – 10:30	Exhibitor break	
10 :30 – 11 :15	The Diabetic Athlete	Leon A. Moak, MS, PA-C
11:15 – 12:15	Update on Governmental Affairs - What Members Need to Know	John T. Parsons, MS, ATC, LAT
12:15 – 1:15	Lunch	
1:15 – 1:45	Awards Presentation / Exhibitor Give Away	
1:45 – 2:45	Current Theories of Shoulder Dysfunction in the Throwing Athlete	Eric L. Sauers, PhD, ATC
2:45 – 3:30	Integrating Total Body Assessment into Upper Extremity Injuries	Ken Crenshaw ATC, CSCS
3:30 – 3:45	Break	
3:45 – 4:30	Enhancing Upper Extremity Evaluation Through the Use of Self-report Outcome Measures	Alison R. Snyder, PhD, ATC
4:30 – 5:00	Traumatic Elbow Injury of a MLB Player	Sue Falsone PT, MS, SCS, ATC, CSCS
5:00 – 5:30	Business Meeting	

Special Sessions for High School Students

11:15 – 12:15	Name That Injury Game	
1:45 – 2:30	The Ins and Outs of ACL Injuries	Matt Havranek, ATC, LAT
2:30 – 3:15	Become an ATC in the Career of Your Choice	Scott Ellis
3:15 – 3:30	Break	
3:30 – 4:15	Mild Traumatic Brain Injuries	Bradley Tedder
4:15 – 5:00	Using Sport-specific Exercises with Competitive Athletes	Shaun Palmer & Brandie Peterson

Questions can be directed to:

Ian McLeod
Chair AzATA Professional Education Committee
imcleod@atsu.edu
(480) 518-5802

Meeting Location:

Piper Performing Arts Center
Xavier College Prep
4710 N. 5th St, in Phoenix

The entrance to the Piper Performing Arts Center is located at the cross streets of 7th Street and Highland Ave, just south of Camelback.



The AzATA is a BOC Approved Provider
Attendees will receive 6.5 CEU's.

2007 AzATA Winter Symposium Registration

Name:

Certified AzATA Member.....\$50

Non AzATA Member.....\$100

Profession:

High School Students.....\$20

College Student Members.....\$35

Place of Employment:

Certified College Student.....\$40

Associate Member.....\$50

Address:

Late Fee (After February 2nd).....\$15

City:

State:

Total Enclosed:.....\$_____.

Zip:

NATABOC Cert.#:

I would like a receipt.....

(Will be available only at the registration desk during registration hours.)

**Please make checks and PO's payable to
AzATA**

Mail completed form and payment to:

Ed Orr
785 E. Blueridge Way
Chandler, AZ 85249

- * Please check the category for which you are registering.
- * Refunds will be given before February 2nd with a written request.
- * \$15.00 late fee after February 1st, 2007.
- * Full Payment must accompany registration form.
- * Registration will not be processed until all fees are paid in full.
- * Membership will be verified using the latest NATA records.
- * Onsite registration will be available.
- * \$10.00 returned check fee.

Governmental Affairs Committee Fall Update

John Parsons, MS, AT/L

Chair, GAC

Despite hosting several activities in the summer, the GAC had not had an opportunity to meet as a full-committee until recently. On October 7th, the GAC met to identify and agree upon the primary areas of committee responsibility, and to identify action items for each of these areas. In no particular order, the primary areas of GAC activity/responsibility include:

- Fund-Raising & Grants
- Public Relations
- Legislative Strategy

Member Education & Communication

The committee is currently in the planning stages for two major 2007 events. First, the GAC, together with the AzATA board, is planning a major fundraising campaign. Although this campaign is in the early planning stages, we hope to roll it out to AzATA members at the annual winter meeting in February. The purpose of this campaign is to strengthen the financial foundation we have established for the successful sunset and sunrise of our licensing bill in 2010.

Second, with the help of our lobbyist Susie Cannata, the committee is planning an "Athletic Training Day at the State Capitol". We hope to hold this event in March, 2007 in conjunction with Athletic Training Month. The purpose of this event will be to increase state legislators' awareness of athletic trainers and to begin the process of familiarizing our members with the lobbying process.

In addition to these two events, the GAC is also in the preliminary stages of developing an internal member communication and mobilization program known as the *Key Contacts Program*. This goal of this program is to identify at least one key athletic training contact in each of the 30 state legislative districts. These volunteers would work to develop a relationship with the legislators in their district and would then serve as the primary point of contact if and when legislative-related activity and/or communication are required in that district. Similar programs have been very successful for the lobbying activities of other health professions, such as radiology. Additional details and volunteer information for this program will also be launched at the winter meeting in February. If you know you would like to serve as the key contact in your legislative district, please contact the GAC at jparsons@atsu.edu.

Lastly, the GAC has a year-end meeting planned for Saturday December 9th. We're still looking for 2-3 more members who are interested in serving full-time on the committee. If you are interested, please send an e-mail to jparsons@atsu.edu stating your interest, and please attach a resume or CV. We are especially interested in adding people from the southern and northern parts of Arizona.

From all of us on the GAC, Happy Holidays and Happy New Year!

John Parsons

Mike Boese

Debbie Craig

John Neel

Alison Snyder

Dan Wright

Calling All Certified Athletic Trainers and Students!

The P.F. Chang's Rock 'n' Roll Arizona Marathon & Half-Marathon Needs Your Help!!

On Sunday, January 14, 2007 it is anticipated the close to 35,000 runners will take to the valley streets when they participate in the P.F. Chang's Rock 'n' Roll Arizona Marathon & Half-Marathon. This is your chance to help Rock 'n' Roll runners finish the race and raise millions for medical research! The Medical Team is a group of volunteer multidisciplinary, multi-institutional medical personnel dedicated to acting as a team to provide rapid assessment of medical needs and to administer acute first aid and immediate services to the runners.

In addition to the rewarding experience of helping the runners cross the finish line and being part of the team that will raise millions for cancer research volunteer receives a Medical Team t-shirt & ticket to the Gin Blossoms post-race concert. Additionally to make the experience more personal each medical volunteer will be given button with the pictures of two honorary teammates. The honorary teammates are Cameron Ward and Andrea Eckardt. Cameron is currently in remission after being diagnosed and treated for leukemia. Andrea was first diagnosed with leukemia in 1992 and went into remission for over 11 years until her leukemia returned in 2003. During her period of remission Andrea joined Team in Training and ran her first marathon in 1999.



To Volunteer: Please complete our online volunteer application found at <http://www.RNRAZ.com>. Click on "Volunteer" link at the top of the page, and then click on "medical volunteer" application. Please fill out all fields of the form and click "submit." Next you will be given the choice to sign up at one of numerous different medical stations. While you can choose to sign up for any of the different medical stations, the need for athletic trainers at the triage area of the finish line is extremely high.

If you have any questions about the online application, call Elite Racing, (800) 311-1255 or email the ROCK DOC at nysportsmd@aol.com with any questions. He can also be reached at his office: 1-866-RUN-NYMD.



NAU Athletic Training Education Program Update

Debbie Craig, PhD, ATC
NAU Program Director

This fall has brought about several changes in the NAU ATEP. The most dramatic change was the July retirement of Mr. Mike Nesbitt, MS, ATC, LAT, who has served as the head athletic trainer at NAU for 36 years. We wish Nes the best in his "retirement" and we will miss his invaluable contributions to the education of our students. His ability to instill passion and motivation for our profession in young professionals is unmatched, perhaps across the nation.

A second change occurred when Ms. Terri Groessl, MS, ATC, LAT, took a position on the athletic training staff at ASU in November. Terri is a true educator and a friend who will be greatly missed. The impact she has had on our students has been tremendous, both in the classroom and in the clinical setting. Good luck to Terri as she begins a new chapter at ASU!

In lieu of these staff changes in the Skydome athletic training room, Mr. Ryan Pinson, MEd, ATC, LAT, has been the only full time ATC to keep the athletic training room functioning status quo! Ryan has been vital in the stability of the athletic training room through these staff changes this fall season and deserves a medal for perseverance! The search for a new head athletic trainer is still in process.

Our student club continues to get involved in many campus and community events. They have really pulled together this fall to become highly organized with fund raising activities. Beyond raising money to travel to conferences, they will have several students presenting at both the winter AzATA meeting in February and the district RMATA meeting in April.

The ATEP hosted a Recruiting Day on November 4th, 2006, which was very successful! We had over 40 people attend the activities, which included a session on program information and the application process, a tour of our facilities, and a tailgate BBQ before the NAU afternoon football game. Many great connections were made and a good time was had by all. My thanks to all of those who helped make the day a success.

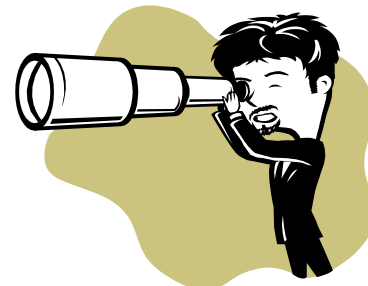
And lastly, we will be hosting our first NAU ATEP summer camp for high school students this coming June 2007. The tentative dates are June 8-10. Any interested students may click on the link ("Summer Camp"), from our home page on the web (www.nau.edu/hp/at) to gather information on the camp and download an application. The camp is limited to the first 150 students who successfully submit their application and fee.

Wishing you all a Merry Christmas and travel safely!



Looking for CEU's?

In a time when all athletic trainers are searching for CEU opportunities, the WATC has included a new link off of its Professional Development website that lists resources for Certified Athletic Trainers to obtain low-cost or no-cost CEU's. Former chair of the Professional Development Subcommittee, Jenny Stone, MS, ATC, was responsible for creating the links and felt that these resources could help Athletic Trainers who have limited travel budgets to attend continuing education courses. To view these resources, login to the members' only section of the NATA web page and click on committees, then on the Women in Athletic Training Committee link. Click on the Professionalism link on the left and then on CEU Opportunities. You must be an NATA member to access this list on the NATA website.



Tamara Valovich McLeod, PhD, ATC, District 7 WATC Chair, can be contacted at tmcleod@atsu.edu or 480-219-6035.

NATA Foundation Student Scholarships

The NATA Foundation provides approximately 70 scholarships annually, each for \$2,000 for entry level, master's and doctoral students.

Eligibility Requirements

- Be at least a junior in college
- Have a minimum 3.2 GPA based on a 4.0
- Be sponsored by a certified athletic trainer
- Be a member of the NATA

Complete scholarship applications (including transcripts) must be postmarked by February 10th annually. Visit the NATA Foundation website at: <http://www.natafoundation.org/scholarship.html>



Be Sure to Get Your NPI Number

NATA strongly encourages all Athletic Trainers to register for their **National Provider Identifier number (NPI)** “NATA views having an NPI number like having a state license: it’s a professional requirement and adds credibility to both the individual and the profession,” says Cate Brennan Lisak, director of external affairs. “Once ATs get their NPI number, it will be theirs forever -- no matter where they work. There’s no downside to having an NPI number.” Applying for an NPI number is quick, easy and free.

The National Provider Identifier is the result of the mandate in the 1996 Health Insurance Portability and Accountability Act (HIPAA) that the Secretary of HHS establish a standard national provider identifier. Though all healthcare providers will be eligible to receive NPI’s, covered healthcare entities will be mandated to use the NPI as the sole provider identifier on all HIPAA electronic transactions. The 10 digit number will be assigned by a CMS-funded NPI “Enumerator” through the NPPES (National Provider and Plan Enumeration System).

The NPI is a numeric 10 digit identifier, consisting of 9 numbers plus a check-digit in the 10th position. It is accommodated in all standard transactions and contains no embedded information about the healthcare provider that it identifies.

When filling out your application use: **Provider Code 22** (Respiratory, Rehabilitative & Restorative Service Providers) and **Taxonomy Code 2255A2300X** (Athletic Trainer)

To Apply go to: <https://nppes.cms.hhs.gov/NPPES/StaticForward.do?forward=static.npistart>

To view the CMS Background and Application Process Information for Healthcare Providers Viewlet. This may take a few minutes to load. <http://www.cms.hhs.gov/apps/npi/npiviewlet.asp>

There is a link to help on the NPPES website, a toll free number 1-800-465-3203 or Contact **Patty Ellis**, NATA Manager of Markets & Revenue 214-637-6282 ext. 133

Please find other NPI information on the NATA Web site at

<http://www.nata.org/members1/documents/CRN/index.htm>.

Send Us Your News!!

Let the AzATA membership know what is going on in your athletic training program. Please send us news updates, items of interest, editorials, or any other piece for future issues of the Arizona Athletic Training Times. Deadline for the next issue is February 20, 2007. News should be sent to Tamara McLeod at tmcleod@atsu.edu.

Student Corner

Amy Freeman, ATC and Bethany Rogers, ATC

Meet Your New Editorial Assistants

Amy Freeman, ATC, ATSA President

I am an Oregon native born and raised. I attended the University of Idaho in Moscow, ID where I played soccer and pursued my education in athletic training. During my time at the University of Idaho I was actively involved in the reinstating the student athletic training club and served as the president and vice-president. Currently, I am in my second year of graduate school at Arizona School of Health Sciences, A.T. Still University in the Athletic Training program. I work at Arizona State University with the swimming and diving team. My thesis is evaluating the neuromuscular responses in seven different muscles in prepubescent boys and girls when a perturbation is applied at the knee. After graduation I would like to work with the military or any non-traditional setting and continue to be an active member in the NATA.



Bethany Rogers, ATC

I am from southeast Iowa and attended Missouri State University. During college I was an active member of our athletic training student club and spent most of my free time playing intramural sports and pursuing my education in athletic training. I am currently a graduate assistant at Brophy College Preparatory where I oversee all of the high school athletics. I am in my second year of graduate school at Arizona School of Health Sciences in the Athletic Training program. My thesis is evaluating the neuromuscular responses in seven different muscles in prepubescent boys and girls when a perturbation is applied at the knee. Following graduation I would like to work at either the high school or collegiate level.



College Student Committee Update

The college student committee has been active this fall in planning the educational sessions for college students at the winter AzATA meeting. The committee consensus is to provide two presentations:

Volunteering for the Olympics, with guest speaker Mr. Ian McLeod; and
Job Searching for the New ATC, with a guest speaker TBA.

We are excited to offer these presentations and look forward to college student involvement during the sessions. If any college student wishes to have a voice heard by this committee, please contact one of the following student representatives: Mr. Wasim El Habach (NAU), or Mr. Shaun Palmer (GCU). Students at the U of A may contact Mr. Wasim El Habach, who is gaining clinical experience in their AT room this fall. Students at ASU may contact Mr. Mike Suman, who is a NAU senior gaining experience in the ASU AT room this fall. Any college student is welcome to contact me personally at any point!

Sincerely,

Debbie I. Craig, PhD, ATC, LAT

Chair, AzATA College Student Committee

Program Director, Athletic Training Education

Northern Arizona University

(928)523-0704

Debbie.Craig@nau.edu

Student Corner

Amy Freeman, ATC and Bethany Rogers, ATC

Grand Canyon University Student Association

The Grand Canyon University Student Athletic Training Association has two main objectives for the 2006-2007: fundraising and professional development.

The SATA has two major fundraisers planned; the first annual GCU Dodge ball Tournament and 'Lope Factor. The dodge ball tournament will be held during the fall semester, 'Lope Factor (a competition derived from Fear Factor) will take place in the spring. As well as serving as fundraising events for the SATA, the events will serve as community building for GCU students. The SATA plans to use money earned from these events to aid athletic training students in paying for an NATA student membership, the NATA BOC exam and registration costs for meetings and symposiums.

Professional development is a core value in the GCU athletic training education program. Students are strongly encouraged to attend and participate in state, district, regional and national meetings. Several athletic training students participated in GCU's Science and Nursing Day by presenting topics such as Sport Specific Training Techniques, Spine Boarding of an Athlete, and A Student's Perspective of an Athletic Training Education Program.

ASHS-ATSU Athletic Training Student Association Update

The Athletic Training Student Association at Arizona School of Health Sciences has begun a new school year and is off and running. We have elected all new officers and have begun fundraising. We started the year off with a Halloween Bake Sale and are now working on adopting a family for the holidays. The association is working very hard this year to promote the profession of athletic training and to help raise money for members of the association to attend the annual meeting. We have many great ideas for fundraising, community service, student workshops, and so much more. The association is looking forward to all of the tasks ahead and positively promoting our school, organization and profession.

NAU ATSA Update

NAU-ATSA reaches out to the community to brighten others as we brighten ourselves. Relay for Life and Toys for Tots are the biggest events each year. Education is a big part of our club. Members research new educational ideas to put up on bulletin boards around campus and attend monthly continuing education seminars at Northern Arizona Orthopedics. As a club, the NAU-ATSA is focused on attending the AzATA, RMATA and (for some) the NATA Conventions each year.

What the NAU-ATSA club is up to for the 2006-2007 school year.

Local community service: Toys for Tots, humane society, food bank, relay for life, helping with the Fiesta Bowl

Education: This year, individuals are preparing presentations to present at the winter AzATA and annual RMATA meetings during student sessions as well as attending journal club meetings once a month.

Student Corner**Amy Freeman, ATC and Bethany Rogers, ATC**

10 Items to Consider When Choosing a Graduate School

1. **Location-** Is the location of the school in a place that you will be happy and comfortable living?
2. **Costs-** What are all the costs of attending the school and can you afford it?
3. **Financial Aid Available-** Not only is there federal aid available, but what other means of financial aid are there (scholarships, work-study, etc)?
4. **Curriculum-** Are the courses going to further your knowledge in the profession? How many credit hours are required?
5. **Graduate Assistant Position-** Is there a position that you want to do and will be happy working in for the duration of graduate school?
6. **Program Duration-** Very important to decide if you want to attend a 1 or 2 year program and whether it is year round or not.
7. **Thesis and Research Requirements-** Do you have to do research or a thesis to graduate or are there other options?
8. **Areas of Study Available-** Is there more than one area of study or degree that you can pursue at the institution?
9. **Program Reputation-** What is the reputation of the school among the profession and is it a school that you want to have on your resume?
10. **Accreditation Status-** Is it an accredited athletic training program or is that not impor-



ARIZONA ATHLETIC TRAINERS' ASSOCIATION

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Safe in Sports

Visit us on the web
www.azata.net

Printed copies of the Athletic Training Times are available by request. Please contact the newsletter editor.

Editor's Notes

As you probably noticed, the newsletter has taken on a little design change at the request of the board. We have also added the student corner and encourage submission by high school and college student members. We've added a member profile section and if you would like to suggest an ATC for us to profile, please contact Amy, Bethany, or Tamara.

Tamara Valovich McLeod: tmcleod@atsu.edu

Amy Freeman: amfreeman@atsu.edu

Bethany Rogers: brrogers@atsu.edu

The newsletter will continue to be published 4 times throughout the year (June, September, December, and March) with the deadlines for submission for each issue listed below.

<u>Issue</u>	<u>Submission Deadline</u>
September	August 15
December	November 15
March	February
June	May 15

Safe in sports,

Tamara