

BEN KMETZ



Nominee for

AzATA Board of Directors

At-Large Member

Please tell us about yourself (ex: where you went to college, previously positions held in leadership, current/past work experience).

Certifications:

- Board of Certification #2000020122
- National Provider Identification Number: #1760878284
- National Academy Sports Medicine's Performance Enhancement Specialist
- National Academy Sports Medicine's Corrective Exercise Specialist
- CPR Certified- BLS
- Arizona State Board of Athletic Training Licensure: #1390

Academic Background:

Master of Science in Athletic Training June 20, 2015 - July 2016
East Stroudsburg University
Graduation: July 2016

Bachelor of Science in Athletic Training August 2011- May 2015
Northern Arizona University
Graduation: May 2015
Athletic Training Experience:

Athletic Training Specialist September 2022 – Present

- o Banner Health/ University of Arizona
- o Primary coverage of baseball
- o Provide complete medical care including prevention, evaluation, treatment, rehabilitative care, and physician referral for athletes
- o Daily creation, documentation and maintenance of complete medical records using Kitman EMR
- o Communication of pertinent injury/illness information, as it relates to participation status, with coaching staff and sports performance staff
- o Administer daily exercise, also creation of post-pitching rehab program for baseball
- o ICA physicals and clearance for athlete participation in sports
- o In charge of stock and supply of baseball athletic training room

Assistant Athletic Trainer March 2021 – June 2022

- o Grand Canyon University
- o Primary coverage of baseball
- o Provide complete medical care including prevention, evaluation, treatment, rehabilitative care, and physician referral for athletes

- o Daily creation, documentation and maintenance of complete medical records using ATS EMR
- o Communication of pertinent injury/illness information, as it relates to participation status, with coaching staff and sports performance staff
- o Administer daily exercise, also creation of post-pitching rehab program for baseball
- o ICA physicals and clearance for athlete participation in sports
- o In charge of stock and supply of baseball athletic training room

Assistant Athletic Trainer

September 2017 – March 2021

- o Penn State University- University Park
- o Primary coverage of baseball
- o Provide complete medical care including prevention, evaluation, treatment, rehabilitative care, and physician referral for athletes
- o Daily creation, documentation and maintenance of complete medical records using Vivature EMR
- o Communication of pertinent injury/illness information, as it relates to participation status, with coaching staff and sports performance staff
- o Administer daily exercise, also creation of post-pitching rehab program for baseball
- o ICA physicals and clearance for athlete participation in sports
- o In charge of stock and supply of baseball athletic training room
- o Serve as preceptor for Penn State ATEP
- o Manage orthotic DME for all ICA sports programs
- o Serve as ICA athletic training liaison for Penn State ATEP

Athletic Training Fellow

July 2016 – June 2017

- o University of California, Davis
- o Primary coverage of football and baseball
- o Provide complete medical care including prevention, evaluation, treatment, rehabilitative care, and physician referral for athletes
- o Daily creation, documentation and maintenance of complete medical records using Presagia EMR
- o Communication of pertinent injury/illness information, as it relates to participation status, with coaching staff and sports performance staff
- o Administer FMS baseline testing and daily exercise, also creation of post-pitching rehab program for baseball
- o ICA physicals and clearance for athlete participation in sports
- o In charge of stock and supply of football athletic training room
- o Management and teaching student techs
- o Experience with student athlete insurance policies and communication with insurance coordinator
- o Management of AT supplies for football travel (i.e. packing, communication with equipment staff for travel logistics, game day setup)

Graduate Assistant Athletic Trainer

August 2015 – July 2016

- o Parkland High School & per diem for Coordinated Health
- o University Athletic Training and high school sports (multiple sports)
- o Provide complete medical care including prevention, evaluation, treatment, rehabilitative care, and physician referral for athletes
- o Daily creation, documentation and maintenance of complete medical records
- o Utilized and helped implement electronic medical records system
- o Served as a preceptor for undergraduate and entry-level master's athletic training programs through East Stroudsburg University

- o Communication of pertinent injury/illness information, as it relates to participation status, with coaching staff and sport performance staff
- o Collaborate with team Physicians to make participation status decisions and execute the unchallengeable authority to remove an athlete and/or their return to play
- o Responsible for game day packing, setup, emergency action plan and other travel logistics
- o Knowledge and ongoing execution of policies including but not limited to lightning, heat stress, cold weather, pre-participation physicals, random drug testing, medications, concussions, meeting expectations of the school and governing authorities
- o Maintained the operational functionality of the athletic training room
- o Provide formal and informal wellness education to athletes, coaches, parents and school administrators.

Skills:

- IASTM
- Myofascial mobilization
- Cupping
- Low Level Laser
- Fusionetics
- Dry Needling
- Excellent communication and organizational skills
- Strong work ethic
- Able to adapt to individuals and scenarios
- BFR

Memberships:

- National Athletic Trainers Association: Fall 2012-present, #62949
- Eastern Athletic Trainers' Association: Fall 2017-2021
- Pennsylvania Athletic Trainers' Association: Fall 2017-2021
- Arizona Athletic Trainers' Association: Spring 2021-present

Please let us know why you are interested in this position.

Dear Colleagues,

My name is Ben Kmetz and I am currently running for the AzATA Board of Directors At-Large position. I received my Athletic Training degree from NAU and during my time there, involvement in the AzATA was instrumental and helped me grow passion for this career. While I have made several stops in different districts and states, I have come to appreciate different perspectives within our profession. I have made my way back home to Arizona and want to do my part in shaping the organization and community that helped me grow my passion for athletic training. This position will also help me grow as a professional leader and I look forward to serving our Arizona athletic training community.

Best Regards,

Ben Kmetz, MS, ATC, CES, PES