

NORTHWEST ATHLETIC TRAINERS' ASSOCIATION

Executive Officers

District Director

Cari Wood ATC
Athletic Trainer
Desert Orthopedics
Redmond High School
4441 Northwest Way
Redmond, OR 97756
(541) 504-3588

District Secretary

Benjamin Henry, MS, ATC
Work-Fit, LLC - Boeing
11714 58th Ave NE
Marysville, WA 98271
(309) 830-1644

District Treasurer

Jenn Stueckle MS, ATC
University of Washington
Graves Building
PO Box 354070
Seattle, WA 98195
(206) 221-6279

Past Director

Russ Richardson Ed D, ATC/L
Athletic Trainer
The University of Montana Western
710 S. Atlantic
Dillon, MT 59725



From the Director

I can't believe this is my last "Director's Report"! Thank you for allowing me to serve you for the last four years as your President. I was truly overwhelmed with gratitude at the surprise gifts at the Awards Celebration in Tacoma. I cannot put into words how much I enjoyed reading the thoughtful letters that many of you put in my memory box. It was truly life changing. I can honestly say that choosing to volunteer for our organization has been one of the most rewarding decisions I have ever made. I love our D10 Family. Thank you so much!



I want to sincerely thank the Board of Directors and committee members for doing all of the work of the District! I am simply the one to stand up front and lead the meetings. They have done all the work behind the scenes, and I am grateful for them. I have learned so much from each person and their area of



Christopher Dean, ATC

1919 Lathrop St
Fairbanks, AK 99701
(907) 451-6561



Nikki Clark MPE, ATC, LAT

3401 Hansen Ave.
Boise, ID 83703



**Valerie Moody PhD, ATC, LAT,
WEMT-B, CSCS**

Program Director Athletic Training
University of Montana
32 Campus Dr.
McGill Hall 238C
Missoula, MT 59812
(406) 243-2703



Sam Johnson, PhD, ATC, CSCS

Clinical Assistant Professor
School of Biological and Population Health
Sciences
Oregon State University
218 Langton Hall
(541) 737-6801



Jennifer Carrol, ATC, PA-C
Sports Medicine Center at Husky Stadium |
UW Medicine

3800 Montlake Blvd NE
Seattle, WA 98195
206) 520-5000

expertise! Tony Fitzpatrick will have tremendous support when he takes over in June! I am looking forward to seeing what his creative mind has in store for NWATA!

I wanted to look back at my time as NWATA President and review some things we accomplished! My goal was to honor the past and give recognition to our present members. I think we were successful! We revitalized the history and archives committee, who developed a new Hall of Fame display, videos of each HoF member, and collected information and items to display in an exhibit hall booth. We also started a Hall of Fame and Awards Celebration night to give recognition to our special members who were given awards. In the past four years, we have inducted 3 new Hall of Fame members, given 20 awards to members, and created new Honorary Members. We also have nominated and were successful in honoring 16 national award winners, and multiple "special category" NATA awards, including the esteemed Eve Becker-Doyle Leadership award and NATA Hall of Fame. It's been awesome to watch every one of our DIO award winners walk across the national stage and be recognized in front of thousands of colleagues, as well as being able to shake the hands of those District Award winners!

Thanks to Russ Richardson's diligent work during his time as President, we were in a financial position to give back to our members in many ways. Here are some of the highlights:

- Safe Schools Grants
- Several increased travel grants for students
- Added Free Communications
- Family Scholarship
- Research Grant
- Professional Advocacy Grant
- Travel grants for committee chairs to DIO meeting
- Donations to the NATA Foundation to support scholarships and research
- Donations to the NATAPAC to support legislative efforts
- Complimentary registration for our Hall of Fame and Retired members

- New event system and new website (coming soon!)
- Endowment of one of our \$1500 scholarships!!!!!!!

Some of you may not realize that this position is actually two different positions! The President for NWATA-D10 also serves as the District 10 Director on the NATA Board of Directors. Some Districts separate these and have one person fill each spot. In D10, we combine the positions. During my time on the NATABOD, I was fortunate to be a part of several big changes and multiple activities in our profession. These are just a few that stick out in my mind:

- Addition of Evidence Based Practice CEUs
- Move to a Professional Degree
- Two NATA Corporate offices, two NATA Presidents, and two NATA Exec.Directors
- Alaska licensure!!!
- Addition of Joint Committee Day for collaboration
- Capitol Hill Days and the Sports Medicine Licensure Clarity Act (hopefully soon to pass!)
- Two Youth Sports Safety Summits
- Collaboration with the NFL, Gatorade, and KSI to provide jobs for ATs in high schools
- The largest NATA Convention in history (Vegas)
- New NATA logo (goodbye to the “running man”)
- Cheered on our D10 NATIONAL CHAMPION Quiz Bowl Team!
- Watched our NATA President be invited to the White House for safety advice
- Enjoyed commercials about Athletic Trainers during NFL football games!
- So many more things I cannot list them all!!!

In closing, I want to again express my gratitude to everyone who I have worked alongside for the last four years! I have so many wonderful memories! Thank you! AND PLEASE consider volunteering for your organizations- State, District or National! You won't be disappointed.

Cheers!

Cari

Check out Cari Wood's fundraising page for NATA
Foundation

<https://donate.natafoundation.org/fundraiser/959709>

NWATA Conference 2017 Recap



Hello District 10! I want to personally thank all of you who attended the NWATA Annual Meeting and Clinical Symposium in Tacoma March 17 and 18. I hope you all walked away from the conference with useful information you can all put to use in your current practices.



This year the local planning committee members (Jason Durocher, Caroline Durocher, Todd Yamauchi, Chandra Lovejoy and Craig Bennett) were able to recruit awesome local talent to speak at the conference and I believe we were able to offer a variety of speakers and topics to meet the needs of a diverse group of athletic trainers. Overall, we were able to offer 8 Category CEUs and 4 EBP CEUs during the general programming, additionally we offered pre and post conference workshops, all of which were well attended and received! Lastly, I am pleased to report we had record number of registrations (613) and attendees! We are aiming to break that record next year!



You should all be receiving an email with a link to assess the programming shortly. Once you have completed your assessment you will receive links to your CEU certificates for both the general programming as well as the EBP programming. Please know we use the assessment data to inform our programming so please let us know what we are doing well and what we can do better. Please let me or Greg Hill know if you have any issues with the assessment and CEU forms. We appreciate your patience during the rollout of the new format!



We are starting the planning process for Portland 2018. Mark your calendars for March 22-25, 2018 and please plan on attending. We are hoping to open hotel registration earlier so please be looking for an email announcing the opening of housing registration in late 2017. Registration for the conference will open in early 2018.



We look forward to seeing you in Portland! - Suzette Nynas

HELP NEEDED

We are working very hard to redesign the website and we need something from YOU. We are looking for high-resolution pictures of our Athletic Trainers in action! If you have any of these, please send them to me at **benjaminhenryatc@gmail.com**

Governmental Affairs - Lynne Young

Greeting from your GAC district rep. Spring is a time for clean up and most state legislative sessions are finishing up their active in-session periods.

Alaska: Members hard at work to ensure the renewal period for state licenses goes smoothly. Also working to secure sponsors for a youth safety bill and improve current concussion law to include youth sport organizations and comp programs under the bill.

Idaho: Monitoring activity

Montana: Closely monitoring and supporting a concussion bill. Has passed the house and recently the Senate. Heading back to house and hoping to reach Governors desk very soon. Way to go Montana!!!

Oregon: Working on concussion law. Have held multiple workgroup meetings with variety of healthcare professions to educate on Athletic Training Profession. Meetings have been positive and headed in the right direction. Great Work!!

Washington: Working with secondary school committee to develop a plan of action for epi-pen use in schools for students/athletes who do not have known allergies. Stay tuned.

Remember that NATA grant receipts are due by June 15th. Please let me know if I can assist with anything. Looking forward to seeing all in June!

***** Trivia: What is U.S. Senate bill 808? *****
(Answer on last page)

Student Leadership Committee - Nick Cromidas

For the student seminar in Houston the theme is "A Closer Look into the Emerging Setting." The Keynote speaker is Kathy Dieringer. We will also have speakers from the industrial setting, military, NASA and performing arts.

We are also giving out the Chuck Kimmel Award for first-time NATA Conference attendee. The award will provide a total of \$2000. We will be awarding 2-4 students. We are working on an application deadline.

We have just finished our application process for the new Student Leadership Committee. We had to fill all ten committee positions. We have given Welcome Packet for the new committee member. The packet will include: contact information, descriptions of the committee positions, roles and responsibilities and ongoing goals and projects. Many of them have already sat in on a conferences call.

Throughout the month of March the SLC will be holding the NATM Video Contest. Videos will be posted on the SLC Facebook page and the top 3 with the most likes will be judged by the SLC. The winners will be announced at the Cramer Student Lounge in Houston.

The new district 10 representative for the Student Leadership Committee is Mackenzie Holman from the University of Idaho. She is in her first year of the Master program.

Some SLC members attended ilead. I was a great experiences for those students. They learned a lot about what is new and upcoming in the NATA. They also had the chance to network with other students and professionals that were there.

NATAPAC - Dana Gunter

Thank you to all of you who participated in the "Raise the Glass" fundraiser during the NWATA Social in Tacoma! The event was fun and smashing success!

Committee on Practice Advancement - Luke Bahnmaier

The Committee on Practice Advancement will be hosting three pre-conference workshops at the NATA Annual Symposium. These workshops will take place on Monday, June 26th. The performing arts athletic trainer's workshop is in its 12th year at the NATA Symposium. This year the workshop theme is "Inside Dance Medicine at Houston Ballet", and will host the entire orthopedic medical team for the Houston Ballet program. Topics will include the Female Athlete Triad, foot, ankle, and hip injuries, and injury prevention programs for dancers.

COPA will also host two different Physician Practice setting workshops. Similar to last year, one session will be for ATs interested in transitioning into this setting with minimal experience in the physician practice, and one session will be geared towards ATs already established in this setting. The workshop intended for new ATs in this setting will discuss understanding the role of the AT in the physician practice, and the importance of value to growth and success in the physician practice. Presenters will also discuss professional development resources available for ATs looking to transition into this setting. The advanced physician practice workshop will include topics that discuss administrative concepts for the AT, the importance of patient satisfaction and patient reported outcomes, optimizing the role of the AT, and different ways to capture data that quantifies the value of ATs in the physician practice.

Join us in Houston for several wonderful workshops sponsored by the Committee on Practice Advancement!

Young Professionals Committee - Andrew Hamstra

The YPC had a great time educating Young Professionals and Students (Future YPs) in Tacoma for NWATA. Our session “Networking for the Young Professional” was a success and most people walked away with more knowledge following the presentation. Additionally, the YPC held a Question and Answer forum for the Student Symposium. A lot of great questions from some outstanding students!

Moving forward, the YPC will hold a session at the next NWATA meeting and will continue to work hard to focus on ways to help Young Professionals.

On a bittersweet note, Paul Smith, our Idaho Representative on the NWATA-YPC is headed to the East Coast to be the Head Football Athletic Trainer at Yale University. We want to thank Paul for his leadership and dedication to our committee.

Having said that, we are looking to fill our Idaho State Representative.

Requirements are as follows:

- Certified
- Licensed in the State of Idaho
- In good standing with the BOC
- Have an NPI number
- Within the first 12 years of being certified

Interested parties should send a Letter of Interest and resume to YP Chair Andrew Hamstra at andrew.hamstra@wsu.edu

Ethnic Diversity Advisory Committee - Dani Moffit

The NWATA Service Project at The Mother Earth Farm was a success! We pulled weeds and mulched in the orchards, but basically played in the mud! The farm provides fresh food

for area food banks and is entirely run by volunteers. We were fortunate in that it was the only day without rain! There were about 30 people in attendance and we hope to continue with the service projects at future NWATA conferences. AND . . . our incoming director, Tony Fitzpatrick, donated \$50 to both the NATA Foundation and PAC in honor of the people who volunteered! A big shout out to Todd Yamauchi for arranging such a great project!



The EDAC is looking for the next Graduate Student Representative for the committee for next year. This person would be joining the committee meeting day in Houston and continue his/her term for a year (or until graduation). Please contact me if you're interested in this position. It would be great to have a DIO representative!

Houston Schedule:

Monday 6/26: Service Project - Boys and Girls Club

Tuesday 6/27: Career Day

Wednesday 6/28: Educational Session - Leadership and Entrepreneurship in Athletic Training (7-9am)

Wednesday 6/28: Town Hall Meeting (6-8:30p)

Please join us!

Finally, thanks to Jeff Kawaguchi (Oregon), Justin Hunt (Montana), Rodrigo Martinez (Idaho), and Todd Yamauchi (Washington), our state reps for the EDAC. The committee is moving forward and will continue to do more within our district. And as a side-note, we still need a representative from Alaska, so if anyone is interested, please let me know!

NATA Foundation Committee - Scott Richter

2017 Scholarship and Grant Recipients

Three students from District 10 received a total of **\$6,900** in national scholarships.

Kathryn Olson, U of Montana - \$2,300 (Mark Smaha)
 James Yancey, U of Montana - \$2,300 (Bobby Gunn)
 Nicholas Cromidas, Washington State U - \$2,300 (PBATS)

Celebrate the 26th Anniversary NATA Foundation

District 10 Meeting: The raffle at the Foundation Booth was a success bringing in over \$1600.00. Donors received some great prizes which included: wine/sprits/beer baskets, regional sporting event tickets, a casino night seat and a free NATA symposium registration in Houston. I sincerely thank all those who participated.

Leading up to Houston (NATA Foundation sponsored events):

- NATA Foundation Wild West Casino Night at NATA Convention Texas BBQ and a night in the wild west complete with dancing, longhorn steers and a casino. Dust off your boots and cowboy hats and join us for an evening of fun, fellowship and celebration. Individual tickets and sponsorships available! The event will take place June 28 at 7:30 p.m.
- Silent Auction- Help us solicit some great items to auction online and at convention. Visit our booth in the NATA Connect section of the AT Expo to learn more about the important work the NATA Foundation is doing on behalf of your profession.
- 5K Fun Run Fueled by Gatorade – Tony Fitzpatrick challenges all D-10 members to participate in this event. You don't have to run you can walk, have fun and will be eligible to win some incentive prizes for cumulative fundraising.

District Giving

2016 District Challenge Winner was Montana for the 3rd consecutive year.

State	2013 # of Donors	2014 # of Donors	2015 # of Donors	2016 # of Donors
Alaska	2	0	0	4
Idaho	8	13	13	20
Montana	8	17	21	23
Oregon	12	12	14	22
Washington	25	26	24	40
Total District 10 Giving (including association contribution)	\$8,787	\$9,654	\$11,067	\$14,302.12

Continuing Initiatives

- AT Student Challenge
 - ✦ National Competition- Student groups donate to NATA Foundation; 3 awards given to 1)top overall donor; 2) top contribution to an endowment; 3)top contribution for 1st time participant; winners get up to \$500 in registration fees covered, NATA news, plaque, and tickets to Pinky Newell leadership breakfast.
 - ✦ District Competition- District winner will get up to 10% back not to exceed \$100 (University of Montana was District 10 winner in 2016- donated the money back to the Foundation).

- AT Loyal Giving Society - In recognition of the AT Loyal Giving Society the NATA Foundation hosted a breakfast March 18, 7:00am @ the Hotel Murano Torcello & Burano Rooms members were honored by Foundation Director, Shelley Tims and me at a breakfast host. Our charter 2016 members were selected by totaling their contributions to the NATA Foundation from 2011 thru December 31st 2016 (excluding any planned giving commitment).

- District and National Quiz Bowl Co-Branding - The foundation assisted District Quiz Bowl Coordinator Find Judges; Gave out framed certificates for winners; certificates given to all participants.

- Sponsored Speaker at District Meeting- the NATA Foundation sponsored- Keynote Mark Smaha. What an inspirational presentation by Mark. We are so lucky to have a man of his caliber share his experiences.

- I will create short 3-4 slide presentations for each state to use at their state meeting- to send to State president/state reps for use.

- Foundation Ambassador program- we are focusing on development of an ambassador program recruiting as many people who are willing to be a voice for the Foundation – Cythia Wright has stepped down from Washington and Aaron Libolt is interested in taking her place as an ambassador. Lynne Young has graciously agreed to serve as the ambassador for Alaska.
 - a. 1 year term (renewable)
 - b. Specific duties are assigned to work with state leadership and district chair
 - c. Evaluated yearly

State Updates

Oregon

Congratulations to new OATS Vice President Heather Halseth. Thank you to outgoing Vice President Kyle Nelson for all of his service.

A bill was introduced this legislative session that would have expanded the list of health care professionals allowed to return youth athletes to play following a concussion to include chiropractors and naturopaths. At this time, it does not appear that the bill will be advancing this session.

The 2017 OATS Summer Symposium will be July 8, 2017 at the University of Portland. Cost, agenda, and number of CEUs (including EBP) will be posted on the OATS website. For more information please contact Kyle Nelson at kynelson@cu-portland.edu.

OATS is taking nominations for the Secretary/Treasurer position until August 1, 2017.

OATS has partnered with the Oregon Athletic Coaches Association, the Oregon Athletic Directors Association, and the Oregon School Activities Association to raise awareness of youth suicides. The month of May will be designated Oregon High School's Youth Suicide Awareness month. Individual schools and communities will provide opportunities for youth suicide awareness to their students and staff.

Montana



The athletic trainers at the University of Montana Western (in partnership with St. James Healthcare/Montana Sports Medicine) had the opportunity to thank Debi Richardson for 14 years of service as the NWATA accountant on behalf of the members. Debi was a Certified Athletic Trainer before moving into a career in accounting and currently works in Business Services at the University of Montana Western in Dillon, Montana.

Pictured: First row – Debi Richardson and Janelle Handlos
 Second row – Kaleb Birney, Mary Placzkowski, Russ Richardson, and Elizabeth Davis

The primary focus this legislative session has been on HB 487 which calls for revision of the Dylan Steigers Protection of Youth Athletes Act. After the “hiccup” of fighting the

amendment to restrict return to play decisions to physicians, nurse practitioners, osteopaths and physician assistants, the bill has now passed through the Senate committee and is on its way to the Senate floor. Because it was amended on the Senate side, it will have to go back to the House floor before moving to the Governor's desk. Ultimately, this updated version includes youth sports organizations in the expectation of having a concussion policy, removing a youth athlete suspected of a concussion and requiring medical clearance prior to participation. The youth sports groups have been supportive throughout Montana in this process and we are eager to assist them in the development of these resources. One thing that became apparent when the discussion took place about restricting RTP decisions, is that we, as a profession, have a LOT of educating to do and we need to continue to build strong partnerships and relationships with other health care providers. Simply put, we have spent a lot of time just educating others on what we do. At our committee meetings this June, we will develop a plan with our association to launch a grass roots public relations initiative to help us prepare for the next session.

The Montana Athletic Trainers' Association State Meeting will be on June 3rd, 2017 in Helena Montana. Please visit www.mtata.org for more information.

Washington

WSATA again thanks Craig Bennett and Katy Pietz for their service over the last 6 years, their leadership has been pivotal in the legislation process and the growth of the association. WSATA held elections prior to the NWATA Meeting in March, Jen Carrol was elected as President and Erin Rutledge as Secretary

During the WSATA business meeting at NWATA, Charlie Brown was recognized for his 10 years of tireless work on behalf of the association. As our lobbyist, Charlie has been on the frontlines advocating for athletic trainers in Olympia. Andy Mutnan received the WSATA Excellence in Service Award. Dr. Patrick Vaughan was honored with the WSATA Physician's Award.

WSATA has two exciting events coming up this summer. The 2017 Concussion Symposium will be on May 6th at Virginia Mason Athletic Center (VMAC) in Renton; this 4 CEU event will focus on the contemporary issues related to concussion management in athletics. July 15th is the WSATA Annual Meeting and Clinic Symposium; this will be held at the University of Washington. Visit www.wsata.org for further information and registration.

Idaho

The IATA finally achieved Category A status as a CEU provider with the BOC. We are having a CEU opportunity presentation on April 20 at St. Luke's here in Boise.

The Idaho State Meeting is in Lewiston on July 21-22, 2017.

Idaho is about to enter into discussions with our high school activities association regarding rules that are implemented that affect our jobs.

So far things are still quiet on the chiropractor/concussion bill front.

Final Thoughts



As I reflect on the 2017 NWATA conference in Tacoma a few weeks ago I can say that this year's was by far the best, most engaging district meeting I have ever attended! For those who came, I hope you feel the same way and for those who didn't, I hope all the great stories your fellow Athletic Trainers came home with are getting you interested in the 2018 conference in Portland. We'd really like to see you all there.

With that being said, we have NATA in Houston right around the corner. I hope to see you all there!

Contribute to YOUR newsletter!

If you have a good story, news, information or feedback for this newsletter,
please send to

Ben Henry
benjaminhenryatc@gmail.com

Governmental Affairs Trivia Answer: U.S. Senate Bill 808 clarifies medical liability rules for athletic trainers and other medical professionals to ensure they are properly covered by their liability insurance while traveling with athletic teams in another state. S.808 is the companion bill to H.R. 302 which passed in the U.S. House of Representatives Jan. 9th.