



iLEAD

ATHLETIC TRAINING STUDENT
LEADERSHIP CONFERENCE

January 25-26, 2019
Irving, Texas

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GENERAL INFORMATION

iLEAD ATHLETIC TRAINING STUDENT LEADERSHIP CONFERENCE

iLEAD was created in 2009, first held in Washington, D.C., in conjunction with NATA's Capitol Hill Day Efforts and ATEC. At that time, the event was designed for NATA Student Members to have an opportunity to participate in a fun, interactive environment with NATA Leaders to develop leadership skills. The goal of iLEAD was to engage students in the legislative process.

Since 2009, iLEAD has evolved to provide student members with an even greater opportunity of networking and interacting with NATA's National and District leadership. By joining iLEAD with NATA's Joint Committee Meeting, attendees will have the opportunity to gain insight into NATA's current projects and initiatives, hear updates from national committee leaders, be exposed to the connection of NATA's operations to the Strategic Plan, and hear from the Strategic Alliance and NATA's Key Stakeholders.

JOINT COMMITTEE MEETING

Joint Committee Meeting, a weekend for professional collaboration among leaders of the athletic training profession. NATA has volunteer committees who lead the charge in certain topic areas and job settings, and these groups gather together to compare notes and see how they could join forces to get even more accomplished in the next year and beyond.

MEETING ATTIRE

We strongly encourage participants to dress in a manner befitting professionals while attending educational events. Business casual – shirts, slacks, skirts and blouses (no jeans or shorts) – is recommended.

FRIDAY, JANUARY 25, 2019

Onsite Registration	12:00-2:00pm
2:00-2:05pm	Welcome Kathryn LaLonde, MS, ATC – NATA AT-in-Residence Kathleen Scott, MS, ATC - Senior Special Projects Coordinator
2:05-3:05pm	Giving Feedback Using Situation-Behavior-Impact Model (Workshop) Meredith Petschauer, PhD, LAT, ATC – Professional Education Committee
3:05-3:35pm	Being Selfish to Become Selfless: A Sustainable Path to Leadership (Lecture) Kenneth Games, PhD, LAT, ATC – NATA Foundation Educational Resources
Committee	
3:35-4:05pm	Effective Communication: Working Together to Reach a Common Goal (Workshop) David Csillan, MS, LAT, ATC – Chair, District Secretaries/Treasurers Committee
4:05-4:15pm	Break
4:15-4:45pm	Leading Without a Title (Lecture) Michelle Odai, PhD, LAT, ATC – Professional Education Committee
4:45 – 6:00pm	Implementing Value-Based Leadership: Become a Person of ACTION (Keynote) Tory Lindley MA ATC - NATA President
6:00 – 8:00pm	Joint Leadership Dinner @ Joint Committee Meeting

SATURDAY, JANUARY 26, 2019

7:30am-8:15am	Joint Leadership Breakfast @ Joint Committee Meeting
8:30am-9:30am	<p>BREAKOUT SESSIONS (Choose One)</p> <p>Personality and Leadership Styles: How to Understand Others by Understanding Yourself (Workshop) Ryan Wilkinson, EdD, ATC, CSCS – GLATA President</p> <p>Navigating the Complex World of Leadership Styles: Between the Generations (Workshop) Matthew Kutz, PhD, ATC, CSCS – International Committee</p>
9:30am-10:30am	<p>Using the Value Orientation Inventory to Create Your Inter-Professional Team (Workshop) Andrea Bender, MS, LAT, ATC</p> <p>Leadership in A Culture of Change: How Do We Get to Sesame Street? (Workshop) Karen Lew Fierman, DHSc, LAT, ATC – NATA Liaison to American Association of Cheerleading Coaches and Administrators</p>
10:30am-12:30pm	<p>Cover Letter Workshop Tim Weston, MEd, ATC – Past District 1 Director</p> <p>Keys to Interviewing for Young Professionals Workshop Blaise Kriley, MS, ATC – Chair, Young Professionals Committee Nikki Harris, MS, ATC – Young Professionals Committee</p>
12:30-1:30pm	iLEAD Pizza Lunch & Networking with NATA Board of Directors
1:30pm-2:30pm	<p>Diversity in Leadership Kysha Harriell, PhD, LAT, ATC – Chair, Ethnic Diversity Advisory Committee Brittany Brown, ATC, VAT/L - Ethnic Diversity Advisory Committee (District 3 Representative) Marissa Holliday, MEd, ATC - Ethnic Diversity Advisory Committee (District 7 Representative)</p>

2:30-2:45pm

Break

2:45-3:45pm

Work Life Balance Panel

Jamie DeRollo, MBA, ATC – Co-Chair, Intercollegiate Council for Sports Medicine (College/University, Two-Year Institution)

Kathy Dieringer, EdD, LAT, ATC – CAATE Commissioner, Past District 6 Director (Clinic/Hospital)

Ben Henry, MS, LAT, ATC – Vice Chair, District 10 Secretary (Industrial Occupational Health)

Ciara Taylor, MS, LAT, ATC – Secondary Schools AT Committee (Secondary Schools)

Ann Wallace, MSE, ATC, CSCS (College/University, Division 1)

3:45-4:15pm

Strategic Alliance Presidents Networking Session

Brian Conway, ATC – NATA Foundation President

Tory Lindley MA ATC – NATA President

Rusty McKune, MS, ATC – BOC President

LesLee Taylor, PhD, LAT, ATC – CAATE President

4:15pm

End of iLEAD; Attendee departures

PRESENTATION DESCRIPTIONS

Giving Feedback Using Situation-Behavior-Impact Model

Meredith Petschauer, PhD, LAT, ATC

The goal of this presentation is to teach an effective way of giving feedback. The method of Situation-Behavior-Impact (SBI) has widely been used to give clear and specific feedback that provides an individual an opportunity to reflect on their behavior. This method is not only effective with individuals you are supervising, but is also helpful in giving a supervisor feedback. The idea of this session is to introduce the SBI strategy, discuss when it would be useful, and implement it by doing some practice scenarios.

Being Selfish to Become Selfish: A Sustainable Path to Leadership

Kenneth Games, PhD, LAT, ATC

Leaders give to others in order to help advance those they serve. Unfortunately, many leaders serve without first developing strategies to maintain a sense of identity, an essential task in order to lead sustainably. In this presentation, attendees will learn, hear and see strategies to develop him or herself in order to give, serve, and lead effectively.

Effective Communication: Working Together to Achieve a Common Goal

David Csillan, MS, LAT, ATC

This 45 - 60 minutes presentation is a fun, interactive activity for the group. The first half reviews "Effective Communication" and it is followed by "Working Together to Achieve a Common Goal".

Effective Communication

Many organizations experience difficulty in carrying out their strategic plans. Quite often, messages discussed in the Board Room are not effectively distributed to the members of that organization. This interactive presentation presents a live example of how ineffective

communication directly correlates to poor delivery of the intended message. As a result, the outcome of the strategic plan suffers.

Working Together to Achieve a Common Goal

Most organizations have an Executive Board and various committees focused on performing specific tasks to eventually achieve a common goal. Due to the various personalities and problem-solving skills found among members of the board and committees, frustration may ensue and the attainability of that common goal becomes difficult. This interactive presentation presents a live example of how “working as individuals versus a team” will be time consuming and may negatively affect the final outcome.

Leading Without a Title

Michelle Odai, PhD, LAT, ATC

Students and young professionals may believe they need a title (i.e. President, Head AT) to serve as a leader but this is not true. Due to the nature of an organization or setting, there may be limited opportunities for title-based leadership positions. However, leadership can take on many forms and can be accomplished by anyone in an organization. By identifying and capitalizing on their own strengths, one can provide meaningful contributions, enhance their own productivity, and influence others. This type of leadership can be accomplished through attitude, behavior, characteristics, and actions. Learning and exhibiting these traits as a student will lead to inherent leadership qualities as an athletic training professional.

Personality and Leadership Styles: How to Understand Others by Understanding Yourself

Ryan Wilkinson, EdD, ATC, CSCS

Within leadership, determining the distinctive personalities that each person brings to the group can significantly impact the success of the group. Before we can understand others, we must first understand ourselves. Understanding how our own personality impacts our leadership style allows us to improve our interaction with those around us. Attendees will identify and understand the specific characteristics of various personality types and apply them to better understand those they work with, allowing for improved interaction and communication. Following self-assessment, participants will identify different leadership implications specific to each personality type. State, district, and national leadership situations will be used to provide students with the opportunity for practical application.

Navigating the Complex World of Leadership Styles: Between the Generations

Matthew Kutz, PhD, ATC, CSCS

Accomplishing goals and achieving dreams is something almost everyone aspires to. Navigating the environment in which those goals and dreams must be realized is challenging. The reality is that goals and dreams do not come to fruition overnight – they require dedication and passion. That journey begins with clinical skill that if left undeveloped quickly lead to irrelevance. However, those same clinical skills can be leveraged into leadership expectation. However, leadership is like anything else in life rarely if ever remains static. That means leadership changes and evolves from generation to generation based on cultural norms, societal expectations, and the lived experience of leaders and followers. This session will discuss how leadership has evolved and what specific skills can be developed and used to navigate the confusing world of leadership expectations – especially when those expectations vary between stakeholders.

Using the Value Orientation Inventory to Maximize Collaboration in Your Interprofessional Team

Andrea Bender, MS, LAT, ATC

Developing transformational leaders is an integrated and ongoing process reflecting political, social-economical and contextual influences of learning. Athletic Trainers are not only expected to demonstrate a high level of skill competency but may also serve in roles as patient educators, preceptors, and mentors that require effective interpersonal skills. While content or skill expertise is often a high priority when hiring personnel, it is their experience and worldview that greatly impacts their ability to connect with patients and other healthcare providers to effectively deliver high quality health care as part of a team. The Value Orientation Model described by Ennis & Hooper (1988), has been used to describe different approaches to teaching and learning that include disciplinary mastery, learning process, self-actualization, social responsibility, and ecological integration. One's primary value orientation can have an influential impact on developing interpersonal relationships and connecting with other healthcare professionals in working toward a common mission. Therefore, identifying one's value orientation can be a powerful tool in the organizational success of an interprofessional healthcare team.

Leadership in a Culture of Change: How to Get to Sesame Street

Karen Lew Fierman, DHSc, LAT, ATC

This session will provide the attendees with the necessary terminology related to leader-

ship in our ever-advancing culture. The participant should feel comfortable discussing the importance of providing leadership in a culture of change with the strategies and techniques discussed within this session. Leadership and motivation should be symbiotic and this session will share creative ways to motivate those around you. Leadership styles and why it is important to understand different personalities will be presented along with activities to help lead, support, and motivate a group. The True Colors Personality test will be shared along with a comparison to Sesame Street. What character are you? Will you be Bert or Oscar the Grouch? Attend this leadership session to learn more about leading and working with others.

Cover Letter Workshop

Tim Weston, MEd, ATC

Attendees will spend 50 minutes learning to construct a cover letter. They will then have time to construct a cover letter and receive real time feedback.

Keys to Interviewing for Young Professional Workshop

Blaise Kriley, MS, ATC | Nikki Harris, MS, ATC

Participants of the iLEAD Presentation “Keys to Interviewing for Young Professionals” will learn key concepts on preparing, participating, and following up for job interviews. He/she will understand components of interviews, proper etiquette, and social standards/cues for the job interviewing process.

EDAC Presentation: Diversity in Leadership

Kysha Harriell PhD, LAT, ATC | Brittany Brown, ATC, VAT/L |
Marissa Holliday, MEd, ATC

This presentation will examine the importance of leadership diversity and why it matters. The presenters will address the representation of ethnically diverse Athletic Trainers in leadership positions in the Athletic Training profession at the national, state, and district levels. The presentation will conclude with tips and strategies to help students and young professionals get involved in the profession.

Part 1: The Importance of Leadership Diversity

Part 2: A report on leadership diversity in Athletic Training at the National, State, and District Levels.

Part 3: Tips and Strategies to Increase Leadership Diversity

Work Life Balance Panel

Jamie DeRollo, MBA, ATC | Kathy Dieringer, EdD, LAT, ATC | Ben Henry, MS, LAT, ATC | Ciara Taylor, MS, LAT, ATC | Ann Wallace, MSE, ATC, CSCS

Participants of iLEAD will have the opportunity to learn from a group of athletic trainers that represent a diverse background. Discussions and questions will focus on strategies and importance of work life balance and panelist will share what has worked for him or her. Participants will be given the chance to ask the panel questions on the topic.

SPEAKER BIOS

Andrea Bender, MS, LAT, ATC

Andi Bender joins the faculty at Radford University in 2018 bringing 15 years of experience as a certified and licensed Athletic Trainer and 14 years of teaching in CAATE-Accredited Athletic Training Programs throughout the Mid-Atlantic region. She has previously served as a clinical preceptor and Clinical Education Coordinator over the years. She completed her Master of Science degree in Athletic Training from Indiana State University in 2004 and her Bachelor of Science degree in Athletic Training from Ohio University in 2003. From 2004-2005 she completed a year-long fellowship with the US Olympic Committee in Marquette, Michigan working with the US National Speed Skating, Wrestling, Boxing and Weightlifting teams.

Andi is currently completing her Doctorate of Education (Ed.D.) in Kinesiology through the University of North Carolina at Greensboro. Her dissertation research involves inter-professional education and practice with a focus on organizational leadership and preceptor training in Athletic Training Programs. She has also published and presented clinical research on cryotherapy and exercise as well as chronic autoimmune disorders in athletes.

She is an active member of the National Athletic Trainers' Association (NATA), Mid-Atlantic Athletic Trainers' Association (MAATA), and Virginia Athletic Trainers' Association (VATA). She is passionate about mentoring students in professional leadership development activities serving as a faculty advisor and student symposium coordinator for the MAATA Student Senate from 2011-2016.

Brittany Brown, ATC

Brittany Brown is a Full-time Athletic Trainer who works with the Children's Hospital of the Kings Daughter's (CHKD). At CHKD she is contracted out to Tallwood High School as the Head Athletic Trainer. After working at the high school level for three years, Brittany knows that her work goes beyond the athletic training clinic. She believes that developing relationships with each student is a central role to her work as an athletic trainer. Connecting with students in a way that makes them feel important is essential to their successful transition beyond high school and in future careers.

Brittany holds a Bachelor's of Science degree in Athletic Training from Wingate University in Wingate, North Carolina. She is a Certified Athletic Trainer and is CPR Instructor certified with the American Heart Association. Brittany has supported concussion prevention, within the secondary school setting, by having won the Back to School Tier 1 mini grant sponsored by the National Football League. This is a grant that helps parents and students become more aware of the significance of concussions. She also serves on the Ethnic Diversity Committee as the district three Mid-Atlantic Athletic Trainers' Association representative for the National Athletic Trainers Association.

David Csillan, MS, LAT, ATC

David Csillan earned his Bachelor's Degree in Physical Education with an emphasis in Athletic Training from Trenton State College (now The College of New Jersey), Trenton, New Jersey. He received his Master's Degree in Athletic Training from Old Dominion University, Norfolk, Virginia. Since 1991, David has been serving as the athletic trainer at Ewing High School in Ewing, New Jersey. Additionally, he provides medical services to the TCS New York City Marathon and Special Olympics New Jersey. David currently sits as Chair of the NATA Secretaries' /Treasurers' Committee. He is active on the Athletic Trainers' Society of New Jersey Secondary School Committee, the Korey Stringer Institute Medical and Science Advisory Board and the New Jersey State Interscholastic Athletic Association Sports Medicine Advisory Committee. David has a special interest in the prevention of exertional heat stroke. He co-chaired the NATA Inter-Association Task Force on Preseason Heat Acclimatization Guidelines for Secondary School Athletics and spearheaded New Jersey being the first state to adopt those guidelines.

Jamie DeRollo, DAT, MBA, ATC

After working nine years at San Joaquin Delta College as their Head Athletic Trainer, Jamie DeRollo returned home to be a Pirate once again, as the Head Athletic Trainer and Director of the Sports Medicine Program for Modesto Junior College in August 2016. She recently completed her Doctorate in Athletic Training at Temple University. Jamie earned her MBA from South University in Healthcare Administration and graduated from CSU, Fresno with a BS in Kinesiology with an emphasis in Athletic Training. Before Fresno she played soccer at MJC, where she got into the athletic training field and graduated from there with both an AA and AS degrees.

Jamie was awarded AT of the Year for California in March 2017 and sits on many state, regional and national committees. Most recently the Chair for Community Colleges for the Intercollegiate Council for Sports Medicine. She is married to her high school sweetheart

for 14 years and they have three children ages 12, 10 and 7 who are very active in Girl Scouts, Sea Cadets and sports.

Kathy I. Dieringer EdD, ATC, LAT

Kathy is the owner of three outpatient rehabilitation clinics (D&D Sports Med) in the north Texas area, employing over 45 staff members including physical therapists, occupational therapists and strength & conditioning coaches. She has worked in the collegiate, secondary schools, and clinical settings during her 30+ years of experience as a certified and licensed athletic trainer. In addition to serving on various state, district and NATA committees, Kathy served as President of NATA District VI, Chair of the NATA Clinical and Emerging Practices Athletic Trainers' Committee, as the NATA District VI Director and the Secretary/Treasurer of the NATA. In 2017, Kathy was inducted into the NATA Hall of Fame. As a clinician, Kathy's expertise includes industrial rehabilitation and golf fitness/return to play.

Karen Lew Feirman, DHSc, LAT, ATC

Karen is the Vice President of Varsity University and Varsity Camp Administration and also serves as the Director of Safety for Varsity Spirit. In 1996, Karen received her Bachelor of Science degree and Certification for K-12 Health and Physical Education at the University of New Orleans. Karen earned her Masters of Education degree in Human Performance with an emphasis in Exercise Science in 1997 from the University of Louisiana at Monroe. Karen graduated from Nova Southeastern University in August, 2016 with a Doctor of Health Science degree.

Karen is involved with the Southeast Athletic Trainers Association and the National Athletic Trainers Association. In 2016, she was inducted into the Louisiana Athletic Trainers' Association Hall of Fame. She was also awarded the Athletic Trainer Service Award from the NATA. In her free time, she serves St. Jude Hospital Ambassador. She currently serves on the USA Cheer Medical Advisory Committee specializing in injury and illness prevention for cheerleading and dancers. In November of 2013, she was appointed the Director of Safety for USA Cheer.

Karen's interests include Learning and Teaching Styles in Athletic Training and Drug and Alcohol use and abuse among college students and student athletes. Karen has numerous publications including, Athletic Training Exam Review: "A Student Guide to Success", Sixth Edition, and has been published by the NATA and Cramer Athletics for her work in preventing and reducing injuries in cheerleading. She has participated as an athletic trainer and medical support staff for Varsity Spirit, including the National Collegiate Cheer and Dance Championships, the Macy's Thanksgiving Day Parade, and the London New Year's Day Parade.

Kenneth Games, PhD, LAT, ATC

Dr. Kenneth Games is an Associate Professor and Director of Clinical Education for the Doctor of Athletic Training Program within the Department of Applied Medicine and Rehabilitation. Additionally, he serves as the Director of the Tactical Athlete Research & Education Center, the Tactical Athlete Care Clinic, and the Neuromechanics, Interventions, and Continuing Education Research (NICER) Laboratory at Indiana State. Prior to joining the Department in 2013, the Noblesville, Indiana native earned his PhD in Kinesiology (2013) and MEd in Exercise Science (2011) from Auburn University in Auburn, Alabama. While at Auburn University, Dr. Games also earned a Graduate Certificate in College and University Teaching (2012). In 2009, he earned his Bachelors of Science in Athletic Training from Grand Valley State University in Allendale, Michigan. Dr. Games' research interest is to develop and deploy interventions and education focused on injury prevention, physical and technical performance, and health-related quality of life for Tactical Athletes and their families.

Kysha Harriell, PhD, LAT, ATC

Kysha Harriell is an Associate Clinical Professor and Program Director for the Athletic Training Program at the University of Miami. She received her Ph.D. in Exercise Physiology from the University of Miami as well as two master's degrees in Sports Medicine, and Sports Administration. She received her bachelor's degree in Athletic Training from the University of Pittsburgh in 1996.

Prior to joining the University of Miami's Athletic Training Program in 2005, Dr. Harriell worked as an Assistant Athletic Trainer from 1997-2005 with the University of Miami's football, basketball, track & field, and soccer teams. Her research is focused on proprioception, women's health, and health care issues and conditions that affect the health of ethnically diverse individuals.

She has served on numerous committees including the NATA's Ethnic Diversity Advisory Committee and the NATA's Public Relations Committee. She is currently a CAATE site visitor and review team committee member.

Dr. Harriell has been invited to speak nationally on the topics of Eating Disorders, The Female Athlete, Issues Facing Coaches in High School Sports, Cultural Influences on Athlete Nutrition Choices, The Coaches and Administrators' Role in Concussion and Sickle Cell Management for the Student Athlete, and the Athletic Training Resume.

Nicolette Harris, MS, ATC

Nicolette Harris is a Clinical Assistant Professor and Athletic Trainer at Florida International University (FIU). For the last 4 years, she has worked with FIU Wellness and Recreation to mature the healthcare provided within their Athletic Training Services clinic. Beforehand, Nicolette spent 3 years as the Head Athletic Trainer at Miami Booker T. Washington Senior High School.

Nicolette is a proud alumnus of Wayne State and Florida International Universities. She also holds a Doctor of Athletic Training degree from A.T. Still University. Her current research interests include educational pedagogy, diversity in athletic training as well as injury recovery and rehabilitation.

Ben Henry, MS, LAT, ATC

Ben, originally from the Chicago-area, graduated from Illinois State University with his Bachelor's degree and received his Master's degree from Indiana University - Bloomington. He has lived in the Seattle area for the past 11 years, primarily working in the industrial setting with Work-Fit in Everett, Washington as the Head Athletic Trainer for a team of 36 Athletic Trainers. He and his team provides Athletic Training resources to The Boeing Company mechanics. Ben has served at the district level on several committees and is currently serving as the District 10 Secretary.

Marissa Holliday, ATC

Marissa Holliday is in her fifth year as an assistant athletic trainer at Colorado. Holliday joined CU after working at the CU Sports Medicine Orthopedic Clinic in Boulder and spending some time with Stadium Medical. Holliday is no stranger to the Pac-12 as she worked for Arizona State from 2009-2012 as a graduate assistant and full-time assistant athletic trainer, working with volleyball and gymnastics. Holliday earned her master's degree in higher and postsecondary education from ASU in 2011. She graduated from Texas in 2009 with a bachelor's degree in athletic training. She enjoys reading, running, playing tennis and hiking.

Blaise Kriley, MS, ATC

Kriley begins his fifth year as the head athletic trainer at Missouri Western. He came to MWSU after spending three seasons at Emporia State University. He serves as the primary athletic trainer for football and golf, as well as overseeing sports medicine efforts for all 16 sports at Missouri Western.

He is also involved with the NATA being named the NATA National Young Professional Committee Chair after serving for two years the District 5 Young Professional Committee Chair.

Kriley is a product of the Emporia State Athletic Training Education program earning his undergraduate degree from ESU in 2009. He then went to Northwest Missouri State for a year (2009-2010) before returning to ESU in the fall of 2010. He received his master's degree from ESU in 2012.

In his time at MWSU, the sports medicine team has evolved to include four graduate assistant certified athletic trainers in addition to the sports medicine staff that includes three full time certified athletic trainers and one part-time athletic trainer. This modification has come to provide full time athletic training coverage to all 16 MWSU athletic teams.

Blaise and his wife Amber live in Gower and are proud parents of Josephine, Declan, and Brooks.

Matthew Kutz, PhD, ATC, CSCS

Matt has been an athletic trainer for 24 years and has worked in collegiate, high school, and clinic settings. He is an Associate Professor at Bowling Green State University and an award-winning author and international scholar. His athletic training education and experience have been put to use in Brazil, South Korea, Rwanda, Australia, Peru, and China (to name a few). He is a charter member of the CAATE Ethics and Professional Standards Committee, a member of the NATA International Committee, and the Senior Associate Editor for the Athletic Training Education Journal and Editor-in-chief for the Journal of Sports Medicine and Allied Health Science. Dr. Kutz has written four books on leadership, including the textbook Leadership and Management in Athletic Training: An Integrated Approach (Jones and Bartlett learning) and serves as a leadership coach and consultant to numerous Fortune 500 and multinational corporations in the United States and abroad.

Michelle Odai, PhD, LAT, ATC

Michelle Odai, PhD, LAT, ATC is a Clinical Assistant Professor and the Program Director for the Professional Master of Science in Athletic Training Program at Florida International University (FIU). Prior to this role, she served as the Clinical Education Coordinator at FIU for 10 years. She serves the athletic training profession as a site visit chair for the CAATE and is the District IX representative on the NATA's Professional Education Committee.

Meredith Petschauer, PhD, LAT, ATC

Meredith Petschauer, PhD, LAT, ATC is a Teaching Professor in the Department of Exercise and Sport Science and serves as the Undergraduate Athletic Training Education Program

Director. Dr. Petschauer received her PhD from the University of North Carolina -Greensboro in Biomechanics, her Master's degree from the University of North Carolina at Chapel Hill in Athletic training and her bachelor's degree from The College of Wooster in Wooster, Ohio. Dr. Petschauer teaches Biomechanics, Emergency Care of Injuries and Illness, General Medical Conditions in Athletes, and Upper Extremity Injury Evaluation. In addition to her responsibilities with the athletic training program she is the Director of Undergraduate Research for EXSS and serves as the Head Athletic Trainer for the Women's Volleyball team. She and her husband Greg have two children, Madison and Grant.

Ciara L. Taylor, MS, LAT, ATC

Ciara L. Taylor is in her 9th year as an athletic trainer at Oak Mountain High School (OMHS) located in Birmingham, Alabama. She is employed with PlaySafe, a non-profit organization that is powered by ATI Physical Therapy. Ciara works alongside team physicians at Andrews Sports Medicine. Ciara is a state elected official; she serves on the Alabama Board of Athletic Trainers where she holds the executive position of Secretary. She was appointed to serve as the NATA Secondary School Athletic Trainers' Committee (SSATC) District IX representative and Southeast Athletic Trainers' Association (SEATA) SSATC Chair after previously serving as the Alabama representative for the NATA Young Professionals Committee for four years.

Ciara is a 2nd year doctoral student at the United States Sports Academy located in Daphne, Alabama. She is pursuing a Doctor of Education (EdD) in sports management with emphasis in sport medicine. Her area of specialization is sports leadership. Ciara is an alumna of Southern Illinois University-Carbondale where she received her Bachelor of Science degree in Athletic Training. Upon graduation, she was awarded a graduate assistantship with the Health and Human Performance Department at Northwestern State University located in Natchitoches, Louisiana. During that time, Ciara earned a Master of Science degree in Sport Administration.

Throughout her athletic training career, Ciara has been presented with numerous awards and honors including: NATA Research and Education Foundation scholarship recipient, Top 5 finalists for Training and Conditioning Most Valuable Athletic Trainer Award, Alabama Athletic Trainers Association (ALATA) High School Athletic Training Award, Outstanding Student in Sport Administration, and Top Rookie/Top Veteran Athletic Trainer for the National Cheerleading Association and National Dance Alliance.

Prior to OMHS, Ciara was an assistant athletic trainer at Alabama State University. Presently, Ciara works as a sports medicine coordinator for the Southwestern Athletic Conference (SWAC). Ciara is passionate about mentoring future athletic trainers and has a heart for

serving others. She volunteers on her church's medical ministry and does community service monthly with the Birmingham alumni chapter of her sorority, where she serves as social chair. Her favorite hobbies include: Zumba, yoga, traveling, and collecting coffee mugs. Ciara is married to Tyrell Taylor and they have a four-year-old daughter named Chloe.

Ann Wallace, MSE, ATC, CSCS

Ann Wallace is in her 14th year as a Certified Athletic Trainer at the University of Kansas and is currently in her second season with Kansas volleyball. Prior to working with KU Volleyball, Wallace spent 10 seasons with the women's basketball program at Kansas.

As a graduate assistant with Kansas, Wallace was on staff with both the KU swim and dive program and the Jayhawks football program. Before coming to Lawrence, Wallace earned her bachelor's degree in exercise science and a certificate in athletic training at Wisconsin.

In addition to her sport assignments at Kansas, Wallace oversees the current Fellowship and Intern Programs. She is in charge of all CPR, AED and First Aid certifications for both the sports medicine staff and coaching staffs in the department. Wallace has served as an instructor for their CAATE accredited program and is a preceptor.

Wallace is happily married and the mother to two young children, Addison (4) and Noah (2). Her husband, Steve Wallace, is the head boy's basketball coach and physical education teacher at a Kansas City area school. Wallace enjoys running, walking her dog, traveling, and being with her family.

Timothy Weston ATC, M.Ed.

Tim Weston is currently entering his 10th year as the Head Athletic Trainer at Colby College in Waterville Maine. He has been a member of the Colby Sports Medicine staff since 1992, first serving as the assistant athletic trainer at Colby for 16 years before assuming his current position in 2008.

As the head athletic trainer he supervises six staff athletic trainers and student athletic trainer interns. He is currently on the management team for the Health Services Department at Colby College and on the Board of Directors for the Maine Concussion Management Initiative. He also has previously served on the New England Small College Athletic Conference (NESCAC) Medical Aspects committee.

In addition to his administrative duties as Head Athletic Trainer, he is responsible for the medical services of the women's soccer, women's basketball, men's and women's Tennis, and men's and women's crew teams. During his time at Colby College, Tim has also provided coverage for the men's soccer, men's ice hockey, swimming, women's lacrosse, baseball and alpine/Nordic ski teams.

Before his tenure at Colby, Weston was employed at a sports medicine clinic in Albany, New York, where he provided medical services for Albany-Colonie high school. Previous to that appointment he worked for the New York Yankees league minor league system from 1988 to 1991.

Weston did his undergraduate work at the University of Maine at Orono, working under NATA Hall of Famer Wes Jordan. He earned his Bachelor's degree in 1988 and also received his master's degree from University of Maine at Orono in Educational Leadership in 2004.

Weston served the Maine Athletic Trainers Association (MATA) as Treasurer, Vice President and President from (1993-2000). He served as the NATA District One Secretary from (2004-2012), Chairperson of the NATA District Secretaries/Treasurers committee from (2010-2012) and the on the EATA Executive Board as a District One Officer from 2004-2012. He also served NATAPAC Board of Directors representing District One from (2010-2013). He has received NATA's Service Award along with the Maine Athletic Trainers' Association "Bill Cox" Service Award. Weston was inducted into the Maine Athletic Trainers Association Hall of Fame in 2016.

Weston served (2014-2018) on the EATA Executive Board, as District One Director, and as Secretary/Treasurer for the NATA. He was the BOD liaison to the NATA Honors and Awards committees and served (2016-2018) as chair of the NATA Finance committee. Weston currently serves as co-chair for the EATA '49 club honors and award committee. Tim resides in Waterville, Maine with his wife Karin, and has two daughters Abigail and Sofie.

Ryan Wilkinson, EdD, ATC, CSCS

Dr. Wilkinson earned his undergraduate degree from Concordia University Wisconsin, his master's degree from Indiana University, and his doctorate degree in education from Nova Southeastern University. He is currently Department Chair and Athletic Training Program Director at Trinity International University (TIU) and has served in various roles within athletic training higher education since 2002. Prior to joining TIU, Dr. Wilkinson served as Director of Clinical Education for the Athletic Training Program at the University of Wisconsin-Milwaukee (UWM), as well as Coordinator of Clinical Education and Associate Athletic Trainer at Concordia University Wisconsin, providing athletic training services primarily for the football

program. He has served the state, district, and national athletic training associations in a variety of roles, including serving as current President of the Great Lakes Athletic Trainers' Association (GLATA). He has previously served as President of the Wisconsin Athletic Trainers' Association (WATA) and Chair of the National Athletic Trainers' Association (NATA) State Association Advisory Committee. His scholarly interests center on athletic training education (classroom and clinical), the scholarship of teaching and learning, and leadership and professional development.

STRATEGIC ALLIANCE PRESIDENTS

Brian Conway, ATC

NATA Research and Education Foundation President

Brian serves as the Director of Business Development and Outreach at Texas Health Sports Medicine. Brian has been with Texas Health Sports Medicine since it opened in 2002 and has served as the director since 2004. Brian is a graduate of TCU and prior to joining Texas Health he worked in the collegiate and secondary school settings as an athletic trainer. Brian has been heavily involved in his professional organization, serving on the board of directors of both the NATA and the NATA Foundation. He currently serves as president of the NATA Foundation. Brian's valuable knowledge and influence will continue to help lead Texas Health Sports Medicine to the forefront.

Tory Lindley, MA, ATC

NATA President

Tory Lindley, MA, ATC, is starting his seventeenth year as Northwestern University's Director of Athletic Training Services and Senior Associate AD. At Northwestern, Tory supervises the Athletic Training, Sports Performance and Performance Nutrition staffs. Tory has degrees from Michigan State University and the University of Minnesota. Tory served in state leadership roles for the Minnesota ATA and the Michigan AT Society before providing six years of service to the Illinois Athletic Trainers' Association Board of Directors, including President from 2006-2008. From 2012 to 2018 Tory was the NATA District Four Director and member of the NATA Board of Directors, serving as Vice President for two years. In June Tory began his three-year term as the National Athletic Trainers' Association's 14th President. A 2011 inductee into the Illinois Athletic Trainers' Association Hall of Fame, Tory was a 2016 recipient of the GLATA Golden Pinnacle Award and the 2012 NCAA's Division I Athletic Trainer of the Year. Tory enjoys life balance with Beth, a career social worker and their three children Jonah (23), Evan (20) and Genevieve (18).

Rusty McKune, MS, ATC

BOC President

Rusty McKune received his bachelor's degree from the University of Nebraska-Lincoln in 1994 and his master's degree from Ohio University in 1995. He spent two years in Wichita, Kansas with Via Christi Regional Medical Center. In 1997, Rusty accepted a position at the University of Nebraska at Omaha, where he spent the next 15 years. At UNO, he served as an Assistant Athletic Trainer and Instructor until 2006 when he became the Head Athletic Trainer. In 2012, Rusty left UNO to become the Sports Medicine Program Coordinator at The Nebraska Medical Center.

Rusty is actively involved in the athletic training profession at all levels. He has been a member and chair of the NSATA Governmental Affairs Committee and served on the NSATA Executive Board as Secretary, Vice-President, President, and Past-President. He was a member of the MAATA Board of Directors for 4 years. He serves as the Chair of the District V Governmental Affairs Committee. In 2013, he was elected to the BOC Board of Directors and currently serves as BOC President.

LesLee Taylor, PhD, ATC

CAATE President

Dr. Taylor currently serves as President of the Commission on Accreditation of Athletic Training Education (CAATE). She has been Program Director and Associate Professor in the Master of Athletic Training Program at Texas Tech University Health Sciences Center since 2000. Prior to her time on the Commission she served as a CAATE site visitor, on the CAATE review committee, on the BOC exam development committee, and several other committees in Texas, and the Southwest Athletic Trainers' Association. She has worked clinically at the collegiate and high school level for over 20 years. In 2018 she received the NATA Most Distinguished Athletic Trainer Award and in 2015 she received the NATA Athletic Trainer Service Award. LesLee earned her master's degree from the University of Arizona and her doctoral degree from Texas Tech University. She is originally from Kansas and has a bachelor's degree from the University of Kansas.

CONNECT WITH YOUR PEERS AND NATA LEADERS

Joint Leadership Dinner

6:00 pm to 8:00 pm
Friday, January 25th

Join NATA Leadership and receive more information and update for NATA Strategic Partners, NATA Department Directors, and NATA Strategic Alliance Leaders.

Lunch and Networking with the NATA Board of Directors

12:30 pm to 1:30 pm
Saturday, January 26th

You don't want to miss the opportunity to network with the NATA Board of Directors. Come by for pizza and learn from this great group of leaders.

NATA Leadership Networking Session

3:45 pm to 4:14 pm
Saturday, January 26th

Join us for an opportunity to meet and network with the Strategic Alliance Presidents.

WHEN THE PRESSURE IS ON WHO IS CARING FOR YOUR ATHLETE?



More than 40% of youth athletes have downplayed or hid the severity of an injury in order to stay in the game. Not only can this compromise athletic performance, it also puts athletes at risk for more severe injuries. Athletic trainers provide a safer approach.

Visit AtYourOwnRisk.org to learn more.



A SAFER APPROACH TO
WORK, LIFE AND SPORT



VISION

Athletic trainers will be globally recognized as vital practitioners in the delivery and advancement of health care. Through passionate provision of unique services, athletic trainers will be an integral part of the inter-professional health care team.

MISSION

The mission of the National Athletic Trainers' Association is to represent, engage and foster the continued growth and development of the athletic training profession and athletic trainers as unique health care providers.

ADVOCACY

Elevate the profession by enhancing its image; influencing public opinion and policy; and demonstrating the value of services and economic impact of ATs in the health care arena.

1. Identify, prioritize and participate in advocacy activities impacting NATA, ATs and the patients ATs serve.
2. Increase job creation and market penetration of ATs across work settings.
3. Identify and demonstrate the value of services and economic impact of ATs.
4. Serve as the voice and brand of the AT profession both nationally and globally, as appropriate.

ENGAGEMENT

Provide opportunities for involvement and leadership development through participation in NATA programs and initiatives.

1. Attract new members and retain current members by offering a valuable, tailored member experience.
2. Provide opportunities for volunteerism and leadership at the national level.
3. Facilitate professional friendships and connections to foster peer-to-peer engagement and help members meet personal and professional goals.
4. Acknowledge and celebrate member successes.

DEVELOPMENT

Elevate the profession by enhancing its image; influencing public opinion and policy; and demonstrating the value of services and economic impact of ATs in the health care arena.

1. Provide educational opportunities that meet the learning styles of ATs and allow them to further enhance their professional skills to adapt to evolving patient needs and expectations.
2. Offer new technology, including tools, resources and services that add professional value to members of the profession.
3. Assure that professional development initiatives incorporate best practices to help members meet initial certification, recertification and credentialing needs and enhance their overall professional standing.
4. Emphasize best practices in didactic and clinical education; faculty, clinician-scholar, and preceptor development; and the overall enhancement of professional and post-professional education to prepare ATs who are uniquely qualified to excel within a dynamic global health care system.



THE MISSION OF ATs CARE:

The mission of the ATs Care Committee is to aid ATs and AT students in the aftermath of a critical incident utilizing a peer-to-peer-system to assist, monitor and encourage these individuals to seek initial support through state or regional athletic training care teams.

The goal of ATs Care is to develop regional and state Critical Incident Stress Management (CISM) Teams located throughout the country, readily available to respond to the needs of our AT colleagues, students and staff during a critical incident. These team members are certified AT colleagues, specifically trained in critical incident stress management techniques who understand not only the issues you face during a critical incident, but also the reality that ATs continue to provide care and coverage to a team following the critical incident. ATs will be able to provide you and your staff the support you need to navigate through the immediate post-incident psychological management.

HOW ATs CARE CAN HELP YOU AFTER A CRITICAL INCIDENT

- Psychological First Aid
- Peer to peer support for athletic trainers by athletic trainers
- Provide AT staff a local network of resources and support
- Critical incident stress management briefings and follow up sessions

Should you or your team face a critical incident, we are here. For more information or to reach the ATs Care Team, contact us directly at ATsCare@nata.org or call 972-532-8821.



SELF CARE FOLLOWING A CRITICAL INCIDENT

WHAT IS A CRITICAL INCIDENT?

Any event, which has the ability to overwhelm the usually effective coping skills of an individual or individuals, is considered a critical incident. Critical incidents are usually sudden, powerful events, which are outside the normal range or ordinary human experiences. Due to the sudden and unusual events, they can escalate a strong emotional effect even on well-trained professionals.

Common Signs/Symptoms/Reactions/Concerns

Critical incidents may produce a wide range of stress symptoms. These symptoms usually occur in five different categories: cognitive (thinking), physical (body), emotions (feelings), behavioral (actions), and spiritual. The more symptoms experience, the more powerful the stress reaction. The longer the symptoms persist, the more potential there is for lasting harm. The following is only a sample of stress symptoms that can show up after a critical incident.

COGNITIVE

Poor Concentration
Poor Attention Span
Slowed Problem Solving
Difficulties with Calculations
Difficulty with Decision Making
Memory Problems

EMOTIONAL

Guilt
Depression
Grief
Feeling Lost/Overwhelmed
Anxiety/Fear
Loss of Emotional Control

PHYSICAL

Muscle Tremors
Gastrointestinal Distress
Headaches
Chest Pains

Difficulty Breathing
Elevated Blood Pressure

BEHAVIORAL

Excessive Silence
Extreme Behavioral Changes
Withdrawal from Contact
Sleep Disturbances
Changes in Eating Habits
Changes in Work Habits

SPIRITUAL

Uncharacteristic religious involvement
Sense of isolation from God
Loss of meaning or purpose
Withdrawal from place of worship
Anger at clergy
Questioning basic beliefs
Faith practices seem empty
Anger at God

CISM INTERVENTION PROCESS

- Confidential
- Peer driven
- Ensures ATs are not alone
- Allows ventilation
- Educational
- Not a critique
- Available at no charge
- Allows for peer support

CISM CORE ELEMENTS

- Pre-Incident Education/Preparation
- On-Scene Support Services
- Individual Crisis Intervention
- Group Crisis Intervention
- Administrative Staff Consultations
- Defusings
- Debriefings
- Family Education/Support
- Follow-Up Services

Thoughts and reactions in relation to a stressful event may last a few days, weeks or months and occasionally longer depending on the severity of the traumatic event. With understanding and the support of loved ones, the stress reactions usually pass more quickly. Occasionally the traumatic event is so painful that professional assistance from a counselor may be beneficial and necessary. This does not imply craziness or weakness. The need simply indicates that the particular event was just too powerful for the individual to manage on his/her own.

Why Participate?

The NATSC gives AT students the opportunity to share how ATs are helping alleviate risk among the physically active community at large, while supporting the profession they love.

\$106,000

total amount raised by NATSC teams

5,000

presentations provided through the NATA Foundation free communications program

\$4.5 million

awarded in research grants to more than 270 recipients by the NATA Foundation research grant program.

\$3.3 million

in scholarships awarded to 1,612 students thru the NATA Foundation scholarship program

NATA FOUNDATION

Investor Report 2018

2018 ANNUAL REPORT

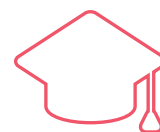


The NATA Research & Education Foundation champions research, supports education and enhances knowledge to optimize the clinical experience and outcomes within the diverse patient populations served by the athletic training profession.

\$19,403 was raised by 18 university programs through the National Athletic Training Student Challenge. A new record!

15,000
photos

8 Doctoral Research Grants awarded totaling: **\$19,981**



57 scholarships totaling: **\$131,100**

2 General Research Grants awarded totaling:

\$72,040

uploaded through the Johnson & Johnson Donate a Photo campaign, resulting in **\$15,000** donated.

3 Masters Research Grants awarded totaling: **\$2,976**

THE RESEARCH MENTOR PROGRAM is in its seventh year with 11 mentee-mentor pairings.

Silent Auction NET Total: **\$18,000+** – largest to date!

1 New Investigator Research Grant awarded totaling:

\$23,000



292

Free communications oral, poster and rapid fire session presentations during NATA 2018 in New Orleans

The Speakeasy presented by Celltex had approximately

700 attendees

\$13,000

raised through the NATA Foundation 5K fueled by Gatorade

308 research grants awarded through December 2018 resulting in more than

\$4.5 million

1,612 scholarships have been awarded since our inception totaling more than **\$3.3 million**

14 research grants awarded in 2018 totaling:

\$150,912

\$80,000

was raised through our 2018 convention events and campaigns

STUDENT WRITING CONTEST WINNERS:

Case Study – **Sarah Davis**, Campbell University
Original Research – **Kayla Boehm**, Central Michigan University
Literature Review – **Michelle Weddle**, Messiah College

RESEARCH AWARD RECIPIENTS 2018:

Johna K. Register-Mihalik, PhD, LAT, ATC
The New Investigator Award
Mark Feger, PhD, ATC
The David H. Perrin Doctoral Dissertation Award

DISTINGUISHED SCHOLAR LECTURE EXCHANGE PARTNERSHIPS WITH:

The American College of Sports Medicine
The American Medical Society of Sports Medicine
The American Orthopaedic Society for Sports Medicine.

3 NEW ENDOWMENTS ESTABLISHED IN 2018:

PFATS Jerry Rhea Scholarship
PFATS John Norwig Scholarship
PFATS Robert H. ("Bobby") Gunn Scholarship

WHY JOIN AS A NATA STUDENT MEMBER?

The mission of the National Athletic Trainers' Association (NATA) is to represent, engage, and foster the continued growth and development of the athletic training profession and athletic trainers as unique health care providers.

MEMBERSHIP WITH VALUE

Access to Peer Reviewed Publications

Publications such as the Journal of Athletic Training and Athletic Training Education Journal are excellent peer reviewed sources to use for your projects, assignments and research initiatives.

NATA News

A monthly news magazine that keeps you up to date on current events of the profession, educational handouts, stories about other members, and current district and state news. BOC Exam Prep

NATA student members have access to discounted rates for BOC exam prep courses and practice tests!

Discounts on Goods and Services

NATA Student Members receive discounts on their professional liability insurance and other goods and services! Check it out here: <http://www.nata.org/membership/about-membership/member-benefits/preferred-providers>

Advocacy with Impact

NATA provides its members access to the most current and up to date information about advocacy efforts that directly impact the profession. Examples include the AT Your Own Risk Campaign (www.AtYourOwnRisk.org)

Access to Peer Reviewed Publications

Publications such as the Journal of Athletic Training and Athletic Training Education Journal are excellent peer reviewed sources to use for your projects, assignments and research initiatives.

NATA News

A monthly news magazine that keeps you up to date on current events of the profession, educational handouts, stories about other members, and current district and state news. BOC Exam Prep

NATA student members have access to discounted rates for BOC exam prep courses and practice tests!

Discounts on NATA Convention Registration

NATA student members can attend the annual convention at a discounted rate! Take advantage for 2019 (Las Vegas, NV) and you could attend the following events plus more

- Job Fair
- Resume Review
- Interview Prep
- Roundtable with current professionals in various settings
- Student Reception – Networking with students from around the country and international

If you have any questions about how your NATA membership can help you, send an email to membership@nata.org