

# Washington State Athletic Trainers' Association

Summer 2019 Newsletter

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## President's Message

Greetings WSATA Friends and Colleagues!

Thank you to all that attended the Annual Clinical Symposium at the Don James Center at Husky Stadium. We cannot make such a tremendous educational event happen without our Continuing Education Committee, Jason Hand and Todd Yamauchi, these two are amazing at their work with all of the details that go into the meeting. Jen Steuckle, Daren Nystrom and the rest of the UW ICA staff that help in securing our space and technical needs for the meeting, Thank You! Our meeting is not possible without the support of our title sponsor DonJoy Global and our other sponsors including Sway, Gatorade, Henry Schien, and Medco. Please take the time to thank these companies and their representatives for their continued support. If you have a topic that you would like to see presented, you would like to present, or workshop you would like to have added, please contact [education@wsata.org](mailto:education@wsata.org) . We continue to strive to make this meeting what you, our members, are interested in. To plan in advance, next year we will be moving our meeting east of the mountains to Yakima, *Save the date, July 17-18, 2020!*

This is the time of year that many will be returning to their athletes with batteries recharged. I hope for all of you that you have had quality time with friends, family and to rest. The fall season brings the start of a new sports season and school year. Fall is also a good time to review your Emergency Action Plans. Are you ready for any potential injury or trauma that could occur? Are your coaches and staffs ready to help you respond? If you have not taken the time to practice your EAP with your coaches, fire departments and staff, now is the time. If you do not currently stop before an event and do a medical time, this is good practice to add to your event day routine. We strive to never have to use our EAP, but when the time comes that it is needed make sure you are prepared.

The board of directors and committee chairs are looking forward to revisiting our strategic plan in the coming weeks to further our planning for athletic trainers in Washington State. Now is a great time for each of you to invite a legislator to come spend a night at a game or time with you in your work environment. This is time well spent to help educate the law makers on our profession and why it is important.

If you are interested in getting involved in the WSATA, please consider applying for the open Public Relations Committee Chair position.

I wish you a safe, healthy, happy start to the school year and a new sports season.

Jen



## Governmental Affairs-Dana Gunter

As summer comes to an end it is the perfect opportunity to schedule a visit to your State Legislators' home office. Our State Senator and our State Representatives will not be in Session until January 2019. This is the time that constituents (you and I) can make visits and not have to travel to Olympia. Consider finding an AT in your area and making the visit together. Invite your legislators to come and watch a home event at your school if you are involved with a club, secondary school or other athletic organization. It is appropriate to invite your legislators to a home event where they can observe an AT in action, right in their neighborhood! This is the best way to educate them on what we do and help them understand the difference between an AT and a personal trainer.

Below you will find links to the State legislative page where you can look up your State Senator and your 2 State Representatives. In addition, I have included a link to NATA "At Your Own Risk" website. At the bottom of the 'At Your Own Risk' home page there are links to handouts for various groups we as ATs can help educate; parents, athletic directors and legislators. Back to school night and parent meetings for fall sports are two events where an AT could spend time talking with parents about youth sports safety. 'At Your Own Risk' has some great talking points to get you started.

Let us know when you visit a legislator and/or invite them to your athletic event!

Please send any questions you have to myself at [wsataga@gmail.com](mailto:wsataga@gmail.com) or to our WSATA President, Jennifer Carrol at [president@wsata.org](mailto:president@wsata.org)

### Useful links:

Find your State Legislators-Senate and Congressional <https://app.leg.wa.gov/districtfinder>  
At Your Own Risk <https://www.nata.org/advocacy/public-relations/at-your-own-risk>

At Your Own Risk-legislators <https://www.atyourownrisk.org/legislators/>

## Treasurer's Report-Jake Decker

Hello Everyone! Thank you all who came out to Husky Stadium in July for our State Meeting! The meeting was a success and I hope you all were able to take something from it and apply it to your patients, student-athletes, etc. The Board has decided to form a new committee, the Finance Committee. This will be spearheaded by myself, and its main responsibility will be to help the Board make larger financial decisions. So, if you are interested, please be on the lookout for a call toward the end of the calendar year and into the new year.

### UPCOMING ELECTIONS

March 2020 will mark the termination of three Executive Board Officers first term of service. The following individuals have indicated they would like to continue in their current positions for a second term:

**President:** Jen Carrol

**Vice President:** Ciara Ashworth

**Secretary:** Erin Rutledge

Please be on the lookout after the holiday season for an email regarding the election process.

# Continuing Education—Jason Hand and Todd Yamauchi

We would like to thank the roughly 80 members that attended the 2019 WSATA Annual Meeting and Clinical Symposium sponsored by DJO at Husky Stadium this year. The agenda featured presentations from a wide range of dedicated medical professionals and provided up to 5 Category A and 1 EBP CEUs. We would also like to recognize our other vendors that sponsored the meeting including Sway Medical for sponsoring our breakfast, Henry Schein for sponsoring our post-meeting social, as well as Medco, Gatorade, RP Sports, and School Health for their support!

Steven Brady, DO (Cascade Eye and Skin Centers) provided a look into proper evaluation, referral, and treatment of ocular injuries. Emily Kosderka, MS, ATC, ITAT (Concordia University) presented current research and application of exercise rehabilitation, including the Buffalo Concussion Treadmill Test (BCTT), following sport related concussion. Josh Holliday, MS, LAT, ATC, CSCS (Yakima School District) discussed the importance of proper documentation strategies to reduce liability. Cari Wood, ATC (Redmond High School) provided insight into ways to monitor the mental health of our patients on a daily basis. Jill McVey, DPT, LAT, ATC (Movement Systems Physical Therapy) discussed and demonstrated an orthopedic assessment framework for non-acute injuries, while helping lab participants develop proficiency and knowledge of orthopedic movement patterning techniques.

Rick O'Leary, MS, LAT, ATC, CAA (Lake Washington High School) was presented with the Excellence in Service Award, Larry Howe, MS, LAT, ATC (Wenatchee High School) was honored with the Difference Maker Award, and both Barbara Brandon, DO (Whitworth University) and Tim Manson, MD (MultiCare) were recognized with the Physician's Award.

For those who attended, please don't forget to complete the electronic program evaluations in order to obtain your CEU certificates and provide us with your feedback! If you are having any difficulties with the electronic program evaluation, please email [education@wsata.org](mailto:education@wsata.org) for assistance. We will be sending out a call for proposals shortly before the New Year in preparation for the 2019 Meeting.

Thank you again to all attendees, presenters, and sponsors for making this such a great event!

## Secondary Schools-Josh Holliday

Be on the lookout for the Secondary Schools Newsletter by the end of the month, packed with plenty of information to help you feel prepared for the fall.

If you are a new athletic trainer in the secondary school setting in Washington, or have changed schools since last year, please reach out to your secondary school region rep to let them know, so we can update our AT contact list.

Through the fall, if you need help, have a question, or want the contact info of someone at another school, reach out to me or the region rep for your area!

Remember your medical timeouts! Introduce yourself to coaches, officials, the other team, etc. Continue putting the profession of athletic training at the forefront of injury prevention, recognition, and management.

## Committee on Practice Advancement/Emerging Settings—Jamie Nikander

Brynn Fuller is a Certified Athletic Trainer currently working at Swedish Medical Center, in Adolescent and Pediatric Sports Medicine. Brynn originally grew up in Woodinville, WA, before she attended Long Island University – Brooklyn on a softball scholarship. After obtaining her Bachelors and Masters in Athletic Training, and passing her BOC in 2011, Brynn moved to California to pursue an Internship with the University of California – Berkeley. After her 2-year internship with the Golden Bears, Brynn was hired on full time as the Lead Men’s Rugby Athletic Trainer. Brynn spent 5 years with the Rugby program before moving back home, where she decided to pursue a new avenue in Athletic Training.

Brynn currently works with Dr. Danielle Magrini, a Sports Medicine Specialist within Swedish Pediatric Specialty Care. The two operate a Sports Medicine clinic out of the First Hill and Issaquah Swedish locations. They serve patients aged 2 – 25 with varying musculoskeletal and orthopedic injuries. Brynn performs initial evaluations, provides home exercise programs, as well as assists with DME and cast application and removal. She enjoys this setting because she is part of a team atmosphere with other health care providers that challenge her and that she can continue to learn from. She also enjoys the ability to perform initial evaluations and work hands on with patients of all ages and sport backgrounds.



Dr. Magrini (Left) and Brynn Fuller (Right)

# Honors and Awards—Shane Wibel

Greetings!

It was great to see many of you in July at the WSATA summer symposium. For those of you that were not able to attend we were able to formally present Rick O’Leary with the WSATA Excellence in Service Award. Again, congratulations Rick on a job well done!

As mentioned during the WSATA summer symposium, it is a quiet time for Honors and Awards. That being said – the time is coming to be thinking about ATs in your life that have been a ‘Difference Maker’ or shown ‘Excellence in Service’. Perhaps you work with a physician who represents you and other ATs so well that our WSATA Physician award makes perfect sense. Please keep these people in mind and you’ll be hearing from me soon regarding a call for submission. I will also be sending reminders regarding nomination dates for awards from the NATA, BOC & the NWATA. Please consider nominating your fellow Athletic Trainers for these as well!

Lastly, any suggestions or comments for improvement in the WSATA Honors & Awards arena are welcome. You are all so deserving of some recognition and your hard work is appreciated! If you ever have any questions, please feel free to contact me at [WSATAawards@gmail.com](mailto:WSATAawards@gmail.com).

Have a great rest of your week & an excellent Fall!

## Need help with something in your region? Have questions? Reach out to your Region Representatives!

Region 1: Jill Harvill

[region1rep@wsata.org](mailto:region1rep@wsata.org)

Region 2: Jodee Roberts

[region2rep@wsata.org](mailto:region2rep@wsata.org)

Region 3: Kerry Gustafson

[region3rep@wsata.org](mailto:region3rep@wsata.org)

### Region 1—Jill Harvill

I hope you all had a great summer! I’m looking forward to hosting a social up in the Wenatchee area in September and in Spokane later in the fall. Stay tuned for details! As always, reach out if you have any questions or concerns about how WSATA can support you.

### Region 2—Jodee Roberts

A big “thanks” to those of you who took the time to come out to the recent Region 2 social taking place in Port Townsend and in Port Orchard! I hope to see more in attendance in the future, however, I appreciated the chance to have such honest and engaging conversations! The next Region 2 Social will take place October 18th in Tacoma and Olympia. An invite outlining details will be sent to your email when we get closer to that date!



## UPCOMING SOCIALS

October 18 <sup>th</sup> 12-2pm	<b>Harmon Restaurant</b> 1938 Pacific Ave Tacoma
January 18th 12-2pm	<b>Smokin' Oak Barbeque</b> 501 Columbia St Vancouver
January 18th 3-5pm	<b>Hop-N-Grape</b> 924 15 <sup>th</sup> Ave Longview

### **Need to reach us?**

General question? Email us at [contact@wsata.org](mailto:contact@wsata.org)

### **Need to reach a member of the Executive Board?**

Jen Carrol	<a href="mailto:president@wsata.org">president@wsata.org</a>
Ciara Ashworth	<a href="mailto:vp@wsata.org">vp@wsata.org</a>
Jake Decker	<a href="mailto:treasurer@wsata.org">treasurer@wsata.org</a>
Erin Rutledge	<a href="mailto:secretary@wsata.org">secretary@wsata.org</a>

### **Need a Committee Chair?**

Josh Holliday	<a href="mailto:ssat@wsata.org">ssat@wsata.org</a>
Dana Gunter	<a href="mailto:governemntaffairs@wsata.org">governemntaffairs@wsata.org</a>
	<a href="mailto:pr@wsata.org">pr@wsata.org</a>
Shane Wibel	<a href="mailto:honors@wsata.org">honors@wsata.org</a>
Jamie Nikander	<a href="mailto:copa@wsata.org">copa@wsata.org</a>

## **We need your help!!**

WSATA is in the process of redesigning the WSATA website. It's close to being done but we need your help to bring it to life!

We need pictures of ATs in action in **ALL** settings. This includes:

- Industrial**
- Traditional**
- Military**
- Physician Practice**
- Education**

Send any great photos that you are comfortable being on display to [secretary@wsata.org](mailto:secretary@wsata.org)

Can't wait to see what all our ATs at work!!!

-Erin Rutledge  
WSATA Secretary

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Ciara  
Ashworth

WSATA  
Vice  
President

This summer I had the opportunity to participate in Congressman Newhouse's Health and Safety Fair in Yakima. Jake Decker (CWU) and Kelsey Dill (Walla Walla HS) joined me at this fair to represent our athletic training profession and share the importance of our position when dealing with youth sport safety. We met Congressman Dan Newhouse and were able to have great discussion with him, answering questions he had about our great profession. Participating in this health and safety fair was a great experience and also opened doors to future opportunities for community and legislative outreach. In addition to talking with Congressman Newhouse, we were also able to talk to other professions involved in the arena of health and safety. For all of the ATs that are headed back to school, good luck as fall sports kick off! All of the interactions we have with athletes, parents, and community members are all opportunities for us to educate and advocate for the profession. I charge all of our membership to be intentional and make each interaction count.

Serving the WSATA as vice president this last year has been a huge learning experience when it comes to behind the scenes efforts made by our leadership team. I have had so much personal growth and look forward to continuing to serve our fantastic membership. I intend to continue my service for another term and hope to have your vote of confidence.

Best Wishes,

Ciara Ashworth, LAT

