



Saturday June 14, 2025 General Education Session Schedule

8:00am	Welcome
8:05am	Collaborate to Dominate: Building an Integrated Health & Performance Team (1 CEU) Rob Scheidegger, LAT, ATC
9:00am	Beyond the Surface: Dermatology Essentials in Sports Medicine (1 CEU) Laura Fralich, MD, FAAFP, CAQSM
10:00am	Break
10:15am	Advanced Orthopedic Care: X-Ray Insights, Post-Op Management & Cutting-Edge Tendinopathy Treatments (1 CEU) Erin Rutledge, LAT, ATC, MA-R; Lisa Kenney, MA, LAT, ATC, C-CISM; Caroline Durocher, LAT, ATC
11:15am	Hall of Fame Induction Ceremony
11:30am	Lunch
12:15pm	Spine Boarding: Where are we headed? (1 CEU) Rick O'Leary, ATC, LAT, EMT
1:15pm	Potential Effects of GLP-1 Drugs on Athletic Performance (1 CEU) Lisa Lovejoy, MEd, RD, CSSD, CD
2:15pm	Break
2:30pm	Applying EBP with Industrial Athletes (1 CEU) Vanessa Punches, MS, ATC, LAT, CSCS, CES
3:30pm	Left, Right and Ready: The Magic of Contralateral Exercises (1 CEUs) Smokey Fermin, DAT, MBA, LAT, ATC
4:30pm	Closing Remarks
5:00pm	Join us for a no-host social (location TBD)

THANK YOU TO OUR SPONSORS!



2025 Washington State Athletic Trainers' Association Annual Meeting and Clinical Symposium

Location: MultiCare University, 1317 E Main Ave., Puyallup, WA 98372

Register using this [link](#). Fee schedule and refund policies are available [here](#). Learning objectives are below.

Collaborate to Dominate: Building an Integrated Health & Performance Team

Rob Scheidegger, LAT, ATC

1. Participants will have an understanding of the limitations of the traditional team sport model and the limitations of non-integrated health & performance teams.
2. Participants will have an understanding of the benefits of taking a multidisciplinary approach to injury prevention and injury rehabilitation.
3. Participants will be able to identify the obstacles to an integrated health & performance team.
4. Participants will be able to build and implement the integrated health & performance approach.

Beyond the Surface: Dermatology Essentials in Sports Medicine

Laura Fralich, MD, FAAFP, CAQSM

1. Participants will be able to describe common skin conditions in the athletic population.
2. Participants will be able to recognize sport-specific dermatologic disorders and know best-practice treatment/management options.
3. Participants will be able to discuss return to play issues for athletes with dermatologic conditions.

Advanced Orthopedic Care: X-Ray Insights, Post-Op Management & Cutting-Edge Tendinopathy Treatments

Erin Rutledge, LAT, ATC, MA-R; Lisa Kenney, MA, LAT, ATC, C-CISM; Caroline Durocher, LAT, ATC

1. Participants will be able to identify common x-ray imaging views for suspected orthopedic pathologies and identify common orthopedic conditions in diagnostic imaging.
2. Participants will be able to describe appropriate post-operative care considerations, include red flags, incision management, and when to communicate with the surgical team.
3. Participants will be able to describe treatment options for tendinopathies that have failed conservative management, they will be able to describe these options clearly to a prospective patient.

Spinal Boarding: Where are we headed?

Rick O'Leary, ATC, LAT, EMT

1. Participants will be able to identify new spine boarding standards
2. Participants will be able to compare and contrast current and future spine boarding recommendations
3. Participants will appreciate the importance of knowing and adhering to clearly-defined local spine boarding protocols.

Potential Effects of GLP-1 Drugs on Athletic Performance

Lisa Lovejoy, MEd, RD, CSSD, CD

1. Participants will be able to understand how GLP-1 drugs may affect body composition.
2. Participants will be able to identify how these drugs may have a positive impact on physical performance.
3. Participants will be able to identify potential negative effects of these drugs on physical performance.
4. Participants will be able to discuss the influence of GLP-1 drugs with their patients.

Applying EBP with Industrial Athletes

Vanessa PUNCHES, MS, ATC, LAT, CSCS, CES

1. Participants will be able to define key OSHA terms and understand how OSHA regulates the ATC in industrial settings.
2. Participants will review various evidence-based practices (EBP) in the treatment of injuries and analyze if they can be used in an industrial setting.
3. Participants will be able to demonstrate the ability to apply EBP within the industrial setting.

Left, Right and Ready: The Magic of Contralateral Exercises

Smokey FERMIN, DAT, MBA, LAT, ATC

1. Participants will be able to define the major concepts associated with contralateral exercises
2. Participants will be able to identify when contralateral exercises can be utilized to treat patient pain and dysfunction
3. Patients will be able to apply contralateral exercises concepts into their clinical practice for pain modulation



The Washington State Athletic Trainers' Association (P347) is approved by the Board of Certification, Inc to offer continuing education to Certified Athletic Trainers. This program is eligible for up to 7 Category A CEUs for the Athletic Trainer as approved by the BOC. ATs should claim only those hours actually spent in the educational program.

Contact for registration or refunds:

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