

OCTOBER 2014



www.FWATAD8.org

FWATA Leadership

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A Message from the District 8 Director

Welcome to the Fall District 8 members; I am excited and honored to be serving as your Director for the next two years! Recently the NATA launched the "Are you Being Counted?" campaign and contest where for one month Certified Athletic Trainers were encouraged to register and obtain a National Provider Identifier (NPI). I was already registered, were you or did you? We were last in the "contest" with only 28.8% of our members being registered but I understand there may be still a question of, "why?" "An NPI number is a professional requirement that adds credibility to the individual and the profession," said Amy Callender, NATA Government Affairs Director. "NATA encourages all members to obtain their NPI number, which will stay with them for the rest of their career, no matter their job setting or employer." The Administrative Simplification provisions of the *Health Insurance Portability and Accountability Act of 1996 (HIPAA)* mandated the adoption of standard unique identifiers for **health care providers** and health plans. The purpose of these provisions is to improve the efficiency and effectiveness of the electronic transmission of health information. The NATA feels so strongly about having a NPI that it is now a requirement for serving on any NATA committee. We are health care providers but not everyone knows or believes that. If you haven't, please take the 90 seconds to do so. When filling out your **application** use Provider Code 22 (Respiratory, Rehabilitative & Restorative Service Providers) and Taxonomy Code 2255A2300X (Athletic Trainer). Thanks!

Look for your NATA News October edition highlighting the Secondary School setting, SAFE PLAY Act, CMS update, ATEC/iLEAD registration and membership installment plan information. Also, The Journal of Athletic Training will move to an electronic-only format and will be published monthly beginning in 2015.

If you haven't seen our updated website, please visit for a message from the NATA Committee on Professional Ethics, Gatorade Secondary School Athletic Trainer Award, and Annual Meeting and BOC Evidence Based Practice (EBP) information. I have encouraged our Annual Meeting Committee to ensure we have at least 5 offered each year. Did you know with your NATA membership (paid before May 1st) you can use your 10 Free CEU's for online EBP courses? There are 8.75 available but please do not wait. They take a little time investment on your part to complete.

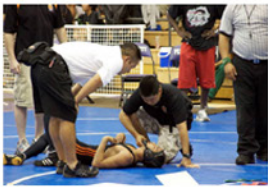
2015 marks 20 years of Influence of the Women in Athletic Training Committee on the Profession of Athletic Training. More information to come, but the NATA will host a reception during the Annual Convention in St. Louis.



Carolyn Peters

Congratulations to
Scott Sailor for being voted
our next NATA President!!
District 8 is proud of you!!

continued...



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Public Relations

Sarah Lyons, MS, ATC, PEC
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Scholarships

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Governmental Affairs Chair

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Annual Meeting and Clinical Symposium

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Committee on Practice Advancement

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Athletic Training Student Committee

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Chair

Marissa Sumida
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NATA Representative

Sara Hart

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continued....

Lastly, I am disappointed that the Governor of California did not find it appropriate to sign AB 1890 Title Protection of Athletic Trainers. I want to thank the CATA Managing Board, CATA/FWATA/NATA Governmental Affairs Committees and all participating members of California and beyond. Progress is neither swift nor easy and I know the CATA leadership continues to move forward. I will be in touch between now and April but please make plans to join us in San Diego for the Annual Meeting!

Carolyn Peters, MA, ATC, CSCS

District Director
cpeters@sdcc.edu

Connect with FWATA!



From the District Secretary

Lyn Nakagawa, MS, ATC, CSCS



Hello District 8 Members! I'm excited as I embark on the next 2 years and the opportunity to serve you as District Secretary. Our membership in District 8 continues to grow as we are now at 2,886 members (CA- 2,487, HI- 208, NV- 191). Hopefully by now you have received the email reminder from the NATA regarding renewing your membership for 2015. There are many benefits to being an NATA member. One highlight is you will continue to receive 10 free CEU credits to use in the online quiz center which includes the EBPs that are now required to maintain your certification. A new thing they're adding this

year is that you can now prepay your convention registration fees as part of renewing your NATA membership. Also, they are continuing to provide the option of using installment payment options. However, keep in mind, that in order to take advantage of this option, you must renew your membership early:

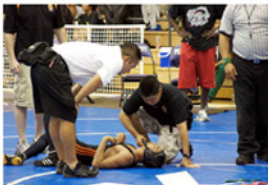
- Five installments- Renew by October 14, 2014
- Four installments - Renew by November 14, 2014
- Three installments - Renew by December 14, 2014
- Two installments - Renew by January 14, 2015

Another benefit of renewing early (by December 31st) is that you will be entered to win some of the amazing prizes the NATA is giving away. The grand prize is free registration to the 2015 convention including airfare (up to \$500) and lodging (at hotel of NATA's choosing up to 3 nights). Please do not hesitate to contact me if you have any questions regarding membership or if I can assist you in any way!

Lyn Nakagawa, MS, ATC, CSCS

District Secretary

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Research and Grants

Kavin Tsang, PhD, ATC

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Secondary Schools

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College / University Athletic Trainers

Jamie DeRollo, MBA, ATC, EMT

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Ethnic Diversity Advisory Committee

Mikiko "Mimi" Nakajima, EdD, ATC

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Young Professionals

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From the District Treasurer

Fran Babich, MS, ATC

As I reported at our last two business meetings, we as the Managing Board voted to change our fiscal year to August 1–July 31. This would prevent us from having budget concerns over two different Annual Meetings. We had a short four-month budget prior to our new fiscal year, which began August 1, 2014. As of September 29, 2014, our Far West Athletic Trainers Association general fund has a balance of \$2041.89 and our savings account balance is \$269.97. Our balance in our general fund will improve with the income from our State Due Disbursement from the NATA in November. These balances are much lower than in the past. Some of the reasons for this are that due to better reporting we have learned our Annual Meeting hasn't been supporting itself. Expenses for rooms, catering, and audiovisual have all gone up exponentially. We are taking a very close look at what we need to do as a board, committees, and membership to turn our next Annual Meeting into a profitable event. During this fiscal year we have also had to invest in a new website which you have seen is much more professional than in the past. After this past Research and Grants awards were disbursed their account balance is \$510.00. FWATA will be funding Research and Grants on an annual basis as deemed by the Managing Board and the budget. Lastly, FWATA's Investment Account as of September 29, 2014 has a balance of \$195,568.99. Our account balance as of August 1st was: \$195,748.88 so our account decreased in value by \$179.89 for this time period.

Fran Babich, MS, ATC

District Treasurer

babichfr@butte.edu

Research and Grants

Kavin Tsang PhD, ATC

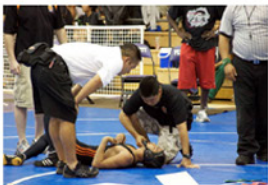


2014 was a very busy year for the FWATA Research & Grants Committee ... we awarded three research grants totaling \$6500, accepted twenty peer reviewed abstracts, and sixteen student exchange research presentations ... exciting!!

As your academic year begins, please keep the FWATA Research Grants and Free Communication Programs in mind ... we hope you are able to participate with us at the 2015 meeting. Deadlines for both programs is February 5, 2015. Feel free to contact any member of the R&G Committee if you have any questions ... keep up the great work!!

This electronic newsletter is published twice a year by the Far West Trainers' Association, for its members. For information contained in this newsletter or to submit articles/ideas, please contact the FWATA Newsletter Editor and District 8 Secretary:

Lyn Nakagawa, MS, ATC, CSCS
808-956-7144 lynhn@hawaii.edu



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2015 FWATA Annual Meeting & Clinical Symposium

**April 16-19, 2015
Town & Country Resort**



First, a big thanks to Dr. Paul Alvarez for all of his work over the past several years as the Program Director for the FWATA Annual Meeting. It is a challenging role to say the least and we appreciate all of the countless hours he has put in to serve our District in this capacity.

We are proud to announce that Kris Boyle-Walker has taken on the role of Programming Chair for our Annual Meeting and we look forward to benefitting from her years of experience in this role at the NATA level. We know you will be pleased with the time and effort that she and the programming committee have put into this year's program.

Please know that we have taken your comments from the last two years and used them to build the program with topics you have requested, offer quality CEUs, and continue to provide an atmosphere to allow both social and professional networking opportunities. Here is a preview of what you can expect to see at the 2015 FWATA Annual Meeting and Clinical Symposium:

- 17 CEUs including 5 BOC EBP CEUs (pending BOC approval) for Certified ATs
- Pre-Conference Learning Lab on Thursday, April 16th from 6:30-9:30pm for an additional 3 CEUs. Cost \$60. Certified ATs only. Registration is very limited so sign up early!

- AHA Professional Rescuer Re-Certification course. Sunday, April 19th from 8:00-11:00am. No additional CEUs. Cost \$40. Open to Certified ATs and Students. Registration is very limited so sign up early!
- Student programming organized by the programming committee and ATSC
- The tentative program schedule will be available on December 1, 2014.
- Online Registration will open on January 5, 2015.
- Student Scholarship Golf Tournament, Exhibitor's Social, Awards & Hall of Fame Dinner, and more!

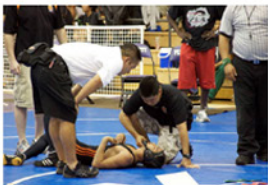
Continue to check the FWATA [Website](#) for updates! (Annual Meeting program is subject to change.)

Ruem Malasarn

FWATA Annual Meeting & Clinical Symposium Chair
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Hazel Ando

FWATA Annual Meeting & Clinical Symposium PR
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Public Relations

Sarah Lyons, MS, ATC, PES

The Head Athletic Trainer at West Los Angeles College, Victor Pulido, is currently working on his PhD in Athletic Training and will be working with the USC DPT Department and the Kerlan-Jobe Orthopaedic Clinic to establish an in-season

Traumatic Anterior Shoulder Instability Rehabilitation Protocol using the Bodyblade. Data collection will begin in the Spring of 2015 as a collective effort to educate, provide community services and develop research from these organizations.



The California Community Colleges Athletic Training Association awarded Tracey D. Jaurena the **AT of the Year** award this past spring. Tracey has been the Head Athletic Trainer and full time faculty member of West Hills College Coalinga since 1999. She is a 1980 graduate of Coalinga High School, and attended West Hills College Coalinga until 1982. She

then was accepted into the athletic training program at Fresno State University where she graduated with her BA in Physical Education. She then transferred to Western University in Kalamazoo Michigan where she earned her MA in Sports Medicine in 1986. Tracey was described by her AD as, "a huge part of the team at West Hills College" and that she "truly cares about the athletes, athletics and the college." Congrats to Tracey on winning this year's award!

Stanford staff members Nina Holley MEd ATC, Assistant Athletic Trainer, and Tomoo Yamada MA ATC, Associate Director of Athletic Training, recently attended *The World Federation of Athletic Training and Therapy World Congress* in Dublin, Ireland. The conference was held from September 4th-6th at Dublin City University and focused on "The Sporting Hip, Groin, and Hamstring: A Complete Picture." Holley and Yamada met with students and clinicians from all over the world. Dr. Amy Silder, the Associate

Director of the Human Performance Lab at Stanford, was a keynote speaker at the event as well.

The FWATA Public Relations Committee wants you to set your calendars for March 2015. Not only will be supporting Athletic Trainers and spreading the word about the profession for #NATM2015 but we will also be volunteering for the 3rd Annual Centanni-Cottle Memorial 5k Run/Walk held in Southern California.

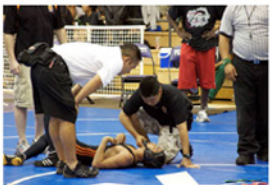
Rick is the only son of Santa Ana Police Department Gang Unit Sergeant Jon Centanni. Rick was born and raised in Yorba Linda, California and attended Esperanza High School where he played football. Raised as a proud and selfless American patriot by his father, Rick was determined to serve his country. Just weeks after graduation, Rick enlisted in the Marines and was ultimately assigned to H&S Company, 4th Light Armored Reconnaissance Battalion. In November 2009, Rick and his unit were deployed to Afghanistan on a mission to stop Taliban soldiers and supplies coming from Pakistan in support of Operation Enduring Freedom. Tragically, while on the forward edge of our nation's defense Rick and 27-year Marine Corps Veteran Sergeant Major Robert J. Cottle were killed in action on March 24, 2010 in Afghanistan's Helmand Province.

Please join us on the roads of beautiful Yorba Linda, California as we come together to honor the service and sacrifice of our hometown heroes, United States Marines; Lance Corporal Rick Centanni and Sergeant Major Robert "RJ" Cottle on March 22, 2015 at 9:00 AM. Proceeds benefit the Rick Centanni Memorial Fund and The Blue Ribbon Trust Fund for Robert J. Cottle.

For more details on the "3rd Annual Centanni-Cottle Memorial 5k Run/Walk" please go to www.FWATAD8.org or www.rickcentanni.org.



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Nevada's Public Relations Committee Chair made the first NATM professional public service announcement video for District 8 last year. The Pac 12 and Mountain West Conference Men's Basketball tournaments held in Las Vegas, Nevada aired the video throughout the entire 2014 tournament and the West Coast Conference made NATM public service announcements during their 2014 tournament as well.

We want to make another professional PSA video for NATM 2015 and we need your help!!! With the upcoming release of the NATM 2015 theme we want to start gathering footage of Athletic Trainers at work now. If you are interested in being part of creating, starring or filming a District 8 NATM 2015 PSA video please CONTACT US at www.fwatad8.org.

Excellence in Athletic Training Award



Each year FWATA members are committed to helping people prevent injuries and stay healthy and active. As highly educated and dedicated health care professionals we knowingly and unknowingly impact the lives of athletic training students, athletes, co-workers, patients and the general public. The Public

Relations Committee would like to present this honor on behalf of FWATA to recognize and applaud these noble efforts during the year through its Excellence in Athletic Training Award. It is a unique and prestigious accolade only for qualified FWATA members. The FWATA Excellence in Athletic Training Award is open to any FWATA member who displays an exceptional commitment to mentoring, professional development or enhancing the quality of health care.

The award recipient must embody the ideas, goals and mission of the NATA and FWATA, and demonstrate the highest level of service, professionalism and competence.

For more information please visit www.fwatad8.org.



Honors and Awards Committee

Hazel Ando, MS, ATC

I would like to share my excitement with the opportunity to serve as Chair of the Honors and Awards Committee. I want to take this opportunity to thank Chris Mumaw for serving as the Chair for so many years and wish him the best as he begins the life of retirement!

The current committee members, Kris Boyle-Walker (CA), Garvin Tsuji (HI), and Kyle Wilson (NV) will continue to serve as the "Selection Sub-Committee". The committee agreed an increase of nominations is vital especially when there are many deserving FWATA members that have not been recognized. Therefore we are seeking members that are interested in serving on the "Nominations Sub-Committee"!

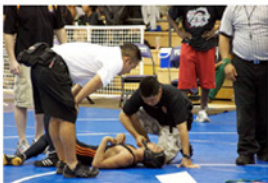
These sub-committee members will nominate and reach out to colleagues to nominate those qualified for the various FWATA Awards. We are seeking motivated representatives from Hawaii, Nevada, Northern California and Southern California. Submit a cover letter and resume to Hazel Ando at hazel.ando@athletics.ucsb.edu by November 9, 2014.

The FWATA Awards nomination deadline is **February 15, 2015**. The list of awards can be found on our website. The committee looks forward to 2015 and the largest number of nominations in the history of FWATA.

Any questions or suggestions please contact me at 805-893-8320 or hazel.ando@ucsb.edu.

Happy Nominating!





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College & University Committee

Jamie DeRollo, MBA, ATC, EMT

I am the incoming Chair for the College & University Committee, Jamie DeRollo. I would like to thank, April Reed, the outgoing chair, for all of her hard work and am glad she is still going to be with us on the committee. A little bit about me; I joined San Joaquin Delta College's Athletic Training staff in 2008, as the Women's Athletic Trainer. Being a community college product I knew that that is where I wanted to work. In January 2013 I became the Head Athletic Trainer and started my role as the CATA Secretary. I have been a Preceptor for University of the Pacific's Athletic Training Program since Fall 2010 and loves working with Athletic Training Students and giving back to the profession.

I look forward to working with this wonderful committee. As of right now there is still a vacancy on our committee for a Nevada Representative. If interested please [email](#) me.



Secondary Schools

Stacey Ritter, MS, ATC

Below are links to the most recent injury statistics from the RIO surveys.

[RIO ISS Convenience report](#)
[RIO ISS Summary report](#)

Reminder regarding the Gatorade Award... deadline for **[nominations](#)** is 12/31/14.

The next issue (Oct 2014) is dedicated entirely to the SS setting; each member of the national committee contributed to articles throughout the issue.

HUGE thank you to Todd Hamburg, Ross Oshiro, Robbie Bowers & Frank Sakelarios for providing contact info for EVERY high school in District 8!! We are the first district to complete this project! This is the next phase in a large scale project to keep real-time statistics on how many ATs are in US HSs, and where.



Ethnic Diversity Advisory Committee

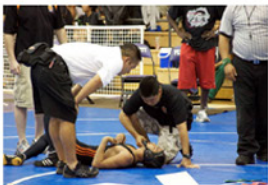
Mimi Nakajima, EdD, ATC

The Ethnic Diversity Advisory Committee (EDAC) have several grant opportunities for educational institutions and individuals seeking to enhance ethnic diversity within our profession. There are three categories: Category 1: develop various programs intended to recruit, retain, and educate ethnically diverse athletic training students; Category 2: Disseminate information related to health care issues and conditions relevant to ethnically diverse populations (e.g., sickle cell disease, lactose intolerance, etc); Category 3: Enhance professional development and stature of ethnically diverse Certified Athletic Trainers to better serve the profession. Grants up to \$5000 may be awarded to each applicant. The deadline to submit for is **April 1st, 2015**. Please consider submitting a grant to the committee.

In addition to the grant, please nominate individuals for the Bill Chisolm Professional Service Award to recognize an individual who has significantly advanced the provision of athletic health care services to ethnically diverse individuals or has made a significant contribution to the professional development and advancement of ethnically diverse athletic trainers. Both NATA members and non-members are eligible for this award. An application to nominate a candidate is available on the **[EDAC website](#)** and is due by **February 1st, 2015**.

The John A. Mayes Scholarship is also awarded to a qualified ethnically diverse student pursuing an advanced degree in Athletic Training. This scholarship is given through the NATA Foundation Scholarship Program and does not require a separate application. The application for all scholarships, including the John A. Mayes Scholarship, is available on the **[NATA Research & Education Foundation website](#)**.

If you have any questions about the grant or awards, please contact me at mimi.nakajima@csulb.edu or 562-889-2798.



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Governmental Affairs Update

Lauren Forsyth, ATC

CALIFORNIA

The CATA governmental affairs committee has returned to work after a devastating veto of the title protection bill AB 1890. AB 1890 made it through all 120 legislators of both the Assembly and the Senate with only two No votes. While the bill was eventually vetoed by Governor Brown, successfully getting through the legislature to his desk with very little resistance was a huge accomplishment for the CATA governmental affairs committee, California's Legislative Action Team and all of our members who wrote a letter of support, asked someone to write a letter of support or visited their legislator. We are very grateful to our membership for all their hard work and dedication. Our work continues and we will be very active this Fall to prepare for the new legislative session beginning in January.

In other legislative news, Assemblyman Cooley was successful in passing a bill pertaining to concussions and football practices. Athletic trainers at high schools including charter schools and private schools should be aware of these new regulations as it will affect practices and concussion management at these levels. Here is a summary of what the bill does:

- Provides the number and length of full-contact practices for football teams of school districts, charter school, and private schools.
- Prohibits full-contact football practices during the off-season.
- Provides that an athlete suspected of having sustained a concussion or head injury must receive clearance from a medical professional experienced with concussion before going back on the field.
- Requires completion of a graduated return-to-play protocol under the supervision of a licensed health care provider.

For more information about this bill and how it affects California ATs please visit the CATA [website](#).

HAWAII

The Hawaii governmental affairs committee has spent the last year monitoring legislation coming up in Hawaii and making sure there is nothing that will affect the practice of athletic trainers in Hawaii. We have also been focusing on developing leadership within the association and membership.

NEVADA

The Nevada governmental affairs committee is working on a bill that will further define the role of the athletic trainer regarding pharmaceuticals, particularly with respect to epi-pens and over-the-counter medications. We are currently looking for a legislative sponsor and are continuing our conversations with the pharmacy board regarding the language. If the Pharmacy Board approves of the language, the legislative process will be much easier.

NATIONAL GAC NEWS

Annually the NATA awards grant to assist states with their legislative efforts.... This year, the total amount to be awarded is approximately \$500,000. The NATA governmental affairs committee is currently in the process of reviewing the grant applications and working to delineate the distribution of these funds.



Sam Lee, ATC,
Hawaii D8

NATA Safe Sports School Award

Hawaii Baptist Academy was the first school in Hawaii to win the NATA Safe Sports School Award (1st Team). NATA Blog...Read [MORE](#).

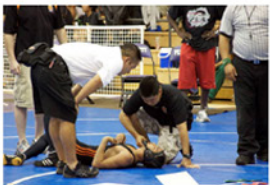
Read [MORE](#) from the Hawaii Baptist Academy's website on their award.

Promoting Football Safety on the Field and in the ER

I was trying to help my son find a job/volunteer opportunity this summer in the University of Hawaii's John A. Burns School of Medicine (JABSOM).

He got hooked up with Kris Hara - the coordinator of the SimTiki medical simulation lab at the medical school. She asked him to help out as a research assistant this summer for a program where the Queen's Medical Center emergency room trauma team (doctors and

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nurses) would come to the med sim lab for some small group communications training and research.

Ms. Hara, knowing that my son's dad is an athletic trainer, asked if they could borrow a set of football shoulder pads. I said, "No problem," do they want the football helmet also? They said no need; which triggered in the mind of this athletic trainer, "Hey, why is the Queen's Medical Center emergency room trauma team practicing football equipment removal with just shoulder pads and no helmet?" Long story short, the simulation was of a youth football player who had already removed their helmet, but not their shoulder pads, and was experiencing abdominal pain. Once that was cleared up, the dialog that had begun moved towards, "We - as athletic trainers - were concerned that the trauma team(s) were practicing football equipment removal for possible/suspected cervical neck/back/spine injuries and wondering why they only needed shoulder pads and no helmet." The doctors at the medical school and trauma team asked, "Can you (athletic trainer) folks come to each of our sessions with the trauma team medical simulations and take some time to show us what you do in the pre-hospital setting with football equipment removal for suspected head/neck/back injuries?" And so, a wonderful educational opportunity was birthed.

The video [LINK](#) speaks mainly about head (concussion) injuries; however, our time together - as athletic trainers with emergency room doctors and trauma nurses was beneficial in helping them see how athletic trainers remove helmets and shoulder pads in a pre-hospital setting for suspected head/neck/spine/back injuries as well as how to best coordinate care for the injured from pre-hospital to in-hospital care.

Mission & Goal

The purpose of the Far West Athletic Trainers Association (FWATA) website is to provide any person with information and resources regarding the latest state, regional and national news regarding health care and the Athletic Trainer. It is our goal to provide up to date information for those living in California, Nevada and Hawaii concerning athletic training clinical practice, links to state and national legislative requirements and educational opportunities for Athletic Trainers living and working in California, Nevada and Hawaii.



*Mike West, MS, ATC,
CA D8 Representative*

CATA Clinical Symposium and Hit the Hill Day

On February 21st through February 23rd, 2014, the CATA will be hosting its annual Clinical Symposium and

Hit the Hill Day at the Sacramento Doubletree Hotel. We will again have a student leadership component along with the traditional certified member educational opportunities. Michelle Cleary from Chapman University along with her committee are spearheading the educational content for this symposium. Look for future eblasts with information on room rates and sign up options.

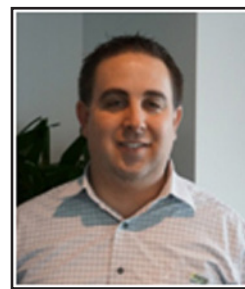


CATA Presidential Election

This coming November, the CATA will have an election for a new association president. The presidential candidates are Jason Bennett, Director of Athletic Training Education Program at Chapman University and Brandon Padilla, Director of Athletic Training at Sacramento State University. Be on the lookout for an email with the ballot on November 1st.



Jason Bennett



Brandon Padilla