



**SEPTEMBER 2015**



## **FWATA LEADERSHIP**

### **District Director**

Carolyn Peters, MA, ATC, CSCS  
San Diego, CA  
619.201.8734  
[cpeters@sdcc.edu](mailto:cpeters@sdcc.edu)

### **District Secretary**

Lyn Nakagawa, MS, ATC, CSCS  
Honolulu, HI 96822  
808-956-7144  
[lynhn@hawaii.edu](mailto:lynhn@hawaii.edu)

### **District Treasurer**

Mike West, MS, ATC  
951-360-2603  
[MWest@rusd.k12.ca.us](mailto:MWest@rusd.k12.ca.us)

## **REPRESENTATIVES**

### **California**

Jason Bennett, DA, ATC  
Orange, CA 92866  
714-997-6567  
[jbennett@chapman.edu](mailto:jbennett@chapman.edu)

### **Hawaii**

Louise Inafuku, ATC, RD  
Honolulu, HI  
808.943-2344  
[linafuku@iolani.org](mailto:linafuku@iolani.org)

### **Nevada**

Todd Hamburg, MS, LAT, ATC  
Henderson, NV 89015  
775.217.5503  
[hamburgatc@gmail.com](mailto:hamburgatc@gmail.com)

## **Athletic Training Student Member**

Brooke Petefish  
[brooke21@yahoo.com](mailto:brooke21@yahoo.com)  
[fwatac8@gmail.com](mailto:fwatac8@gmail.com)

## **District 8 Director's Message**

What a summer and what a great NATA convention! When I walked in the convention hall I felt like it was "our" place. The NATA staff and volunteers really made a difference. I know I wasn't particularly excited to go back to St. Louis but they made me forget why. The Foundation's commitment to the 5K, having to move it 3 times due to weather, was exceptional. And yes, I made my donation for all of the District 8 members running who beat my time. Even though we were inside and it was warm, I really enjoyed being able to cheer on my friends and colleagues as they lapped me again...and again ☺ After convention it was back to work and preparing for fall as many of you I'm sure were doing. I was challenging myself in a variety of areas as well as reaching for anything I could get my hands on regarding leadership. This may have been sparked by the "21 Indispensable Qualities of a Leader" by John Maxwell given to me by outgoing District Director 2 Michael Goldenberg. Such a difference we can make in our lives and profession. I'm not implying that everyone needs to volunteer on a committee or run for office, even though that would be amazing. I'm merely reminding us all that every situation and circumstance leads to a choice. How we act, more importantly react, and recover tells those around us our character inside. Now, on to business.

FWATA is still looking for interested members for the Committee on Practice Advancement. Please contact me if interested.

As part of a multi-dimensional approach to communication and dissemination of the Secondary School Value Model to the NATA membership, the Board of Directors has approved financial support for the SSATC and COPA to send a representative from each committee to all District meetings in 2016. We hope these presentations will assist our Secondary School AT's in getting the most out of the Value Model.

Great news for NATA student members: The Board of Directors has approved that the NATA will pay the recipient of the Bobby Gunn award from each district \$500 and complimentary registration for the NATA Annual Convention. In addition, District 8 will reimburse up to \$500 in travel and accommodations. (Each district may be different regarding additional funds). This is an upgrade in that past recipients were only awarded \$500 from the District with registration. I encourage student members to check out the criteria and apply as appropriate.

### **Bobby Gunn Student Leadership Award**

As always, you can find updated **NATA Board of Directors meeting minutes** on the NATA.org website.

Please do not hesitate to contact me with comments, questions, and concerns or just to tell me how it's going in your part of the world! Have a great fall and make a difference!

**Carolyn Peters, MA, ATC, CSCS**

District Director  
[cpeters@sdcc.edu](mailto:cpeters@sdcc.edu)



*Carolyn Peters*



**FWATA P2**



### **Public Relations**

Sarah Lyons, MS, ATC, PEC  
*Sarahlyons115@gmail.com*

### **Scholarships**

Ned Bergert, MS, PTA, ATC  
*nhbergert@gmail.com*

### **Governmental Affairs Chair**

Lauren Forsyth, MS, ATC, CES  
*lforsyth@berkeley.edu*

### **Annual Meeting and Clinical Symposium**

Reum Malasarn, MS, ATC  
*rmalasarn@cpp.edu*

### **Committee on Practice Advancement OPEN**

### **Student Leadership Committee**

#### *Lead Advisor*

Tricia Kasamatsu, MA, ATC  
*Tricia.kasamatsu@gmail.com*

#### *Chair*

Brooke Petefish  
*fwatasc8@gmail.com*  
*Brookep21@yahoo.com*

### **NATA Representative**

Hyosung 'David' Han  
*hanvolution@gmail.com*

## **From the District Secretary**

*Lyn Nakagawa, MS, ATC, CSCS*



Aloha! If you haven't heard the exciting news, District 8 has expanded and now officially includes American Samoa! Our membership numbers continue to grow as FWATA is now at 3,084 members (AS- 1; CA- 2,653; HI- 221, NV- 209).

Don't forget that 2015 is a reporting year for our continuing education units! This means that by December 31st, all certified athletic trainers must submit a predetermined amount of CEUs. If you were certified before 2014, you must complete 50 CEUs, which must include at least 10 Evidence Based Practice **(EBP) CEUs**. ATs certified in

2014 must complete 25 CEUs, which must include at least 5 EBP CEUs. If you are currently a suspended member with the NATA, it is not too late to renew your membership for 2015. Doing so will provide you with the 10 free CEU credits to use in the quiz center. Please contact the Membership Department at (972) 532-8897 if you have any questions regarding renewing your past due 2015 membership.

Keep an eye out for an email from the NATA in early October regarding renewing your membership for 2016. 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 access to EBPs. Last year they started a new program which allowed you to 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, 2015
- Four installments - Renew by November 14, 2015
- Three installments - Renew by December 14, 2015
- Two installments - Renew by January 14, 2016

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

[lynhn@hawaii.edu](mailto:lynhn@hawaii.edu)





## FWATA P3



### Research and Grants

Michelle Cleary  
[cleary@chapman.edu](mailto:cleary@chapman.edu)

### Secondary Schools

Stacey Ritter, MS, ATC  
[stacey.ritter@movementforlife.com](mailto:stacey.ritter@movementforlife.com)

### College / University Athletic Trainers

Jamie DeRollo, MBA, ATC, EMT  
[jderollo@deltacollege.com](mailto:jderollo@deltacollege.com)

### Honors and Awards

Hazel Ando, MS, ATC  
[hazel.ando@athletics.uscb.edu](mailto:hazel.ando@athletics.uscb.edu)

### History and Archives

Isabel Archuleta, MS, ATC  
[Iarchuleta18@hotmail.com](mailto:Iarchuleta18@hotmail.com)

### Ethnic Diversity Advisory Committee

'Mikiko 'Mimi' Nakajima, EdD, ATC  
[Mimi.nakajima@csulb.edu](mailto:Mimi.nakajima@csulb.edu)

### Young Professionals

Heather Harvey, MA, ATC  
[HarvHM@fUSD.net](mailto:HarvHM@fUSD.net)



## From the District Treasurer

Mike West, MS, ATC

I would like to begin by thanking Fran Babich, for her outstanding tenure as our former FWATA Treasurer. Our association is in great financial shape, the books are organized and easy to navigate and she has made the transition a very easy one. Thank you Fran!

We ended our Fiscal year on July 31<sup>st</sup> with a general fund balance of \$88,193.08. Over the course of the last year, FWATA had an income totaling \$398,606.31 with expenses totaling \$317,045.90 leaving a net profit of \$81,560.40. This profit is mainly due to solid membership numbers along with a strong turnout at our FWATA Annual Meeting in April. We are hoping that this momentum will carry us through our next fiscal year where our annual meeting is being held in Kona, Hawai'i.

The FWATA investment account remains healthy with a balance of \$199,801.36 as of July 31<sup>st</sup>. We had a net yield of \$4,052.48 during our 2014-2015 fiscal year.

### Mike West, MS, ATC

District Treasurer

[MWest@rusd.k12.ca.us](mailto:MWest@rusd.k12.ca.us)



## Governmental Affairs Update

Lauren Forsyth, ATC

### California

The California GAC would like to thank everyone that has been involved in the current fight for title protection (AB 161). The bill has passed through the legislature without a single no vote (152-0) and has gained 4 coauthors (2 senators and 2 assembly members) along the way. The bill is currently on Governor Brown's desk. If you would like to send a letter of support to the governor please visit our [website](#). Every letter is printed and given directly to the governor. If you have any questions or would like to be further involved please contact [Lauren Forsyth](#).



20 CEUs



## MAKE PLANS TO ENJOY THE ALOHA SPIRIT ON THE BIG ISLAND OF HAWAI'I WHILE ATTENDING THE EDUCATIONAL PROGRAM!

There will be a total of 20 CEUs offered (15 Category A CEUs and 5 EBP CEUs). Pre-Conference CEUs will also be offered for an additional fee. Registration site will open on February 16, 2016. Pre-Registration rates for NATA Certified Members \$175.00 and NATA Certified Students/NATA Student Members \$100.00 available until June 17, 2016. All other categories are listed on the [website](#).

**CALL FOR PROPOSALS:** Interested in presenting in Hawai'i? Please refer to the FWATA Annual Meeting page under "Proposal Submissions" for information regarding proposal submission guidelines. **Proposals are due December 1, 2015.**



This breathtaking resort is available for FWATA attendees starting at \$175 (plus applicable fees, resort charge & taxes) to stay between July 8, 2016 – July 20, 2016. The daily resort charge of \$31.25 has been waived for FWATA group block. Make your reservations early by calling 844.235.6796 and mention FWATA or [Click Here](#). Special rates available until June 11 or until room block is filled.

This resort offers something for adults and kids! FWATA attendees booking a room under our block will have full access to all the benefits at no additional charge. These benefits include wireless internet access, self-parking, and the following activities: Yoga, Lei-making, Ulukele and Hula lessons, Manta Ray Talks, the Manta Ray pool super slide, tennis/basketball/sand volleyball and much more. Enjoy the unlimited complimentary use of the Kona Trolley to shopping centers, beaches, etc. Hotel details available at [HERE](#).

*continued...*





There will be special events for attendees and their guests to enjoy:

**SCHOLARSHIP GOLF TOURNAMENT** Thursday, July 14 at 1:00pm. What's better than golfing in Hawai'i and helping fund scholarships!

**WELCOME SOCIAL & LUAU** Wednesday, July 13 at 6:00pm. An additional fee for this traditional Hawaiian dinner and entertainment.

**AWARDS DINNER BANQUET** Friday, July 15 at 5:00pm to honor the 2016 award winners. This is included in your registration fee.

**COMING SOON** Local Features" Big Island highlights & Local ATs Sharing Da Aloha! Check the [website](#) monthly for all the updates.

**WE HOPE YOU CAN JOIN US!**





# Connect with FWATA!



## Public Relations

*Sarah Lyons, MS, ATC, PES*

Here are a few highlights and promotions that are happening with the Public Relations Committee in District 8.

Lorita Granger of UCLA athletics is the 2015 summer quarter FWATA Public Relations Excellence in Athletic Training Award recipient. "The nomination for Lorita Granger comes from my belief that through all of her time and effort with medical professionals, coaches, heading or participating on committees, policy-making, and personal interactions with high-risk student-athletes, she has had a profound impact on those student-athletes who have competed at UCLA. While there is a documented successful outcome that was a result of Lorita's SAMS program, the continual positive impact she has had on UCLA student-athletes is immeasurable." states **Tandi Hawkey**, Senior Athletic Trainer, UCLA in her submission letter.

Want to spotlight an **Excellent Athletic Trainer** you work with, mentor or admire? Just visit the FWATA website and submit your nomination.



Want to stay current with all FWATA updates and news. Make sure you add **[contact@fwatad8.org](mailto:contact@fwatad8.org)** to your contact list to review our monthly e-mail campaigns.

Are you spreading awareness, volunteering or receiving awards for service? Please share at CONTACT US on our website or e-mail us at **[contact@fwatad8.org](mailto:contact@fwatad8.org)**. Check our website, facebook and twitter pages to stay up to date in District 8.



## Nevada PR Committee

As part of a curriculum class, senior students in UNLV's athletic training program will be setting up a booth for the National Night Out event at the Henderson Community Expo on Oct. 17th. Their topic is Sports Medicine Solutions for the Youth Athlete. The expo is an annual event that showcases products and services for health and wellness, fire and crime prevention, and public safety. For more information please click **[HERE](#)**.

On November 14th, Nevada Athletic Trainers Association will be holding a fundraiser at La Piazza, Las Vegas for the annual Bags Tournament. This is Nev-ATA's first year involved in this fun filled and competitive cornhole tournament. Nev-ATA will be selling Nev-ATA logo name tags so we can be properly identified when working events around the state.

Nevada Athletic Trainers will meet up on Nevada Day, October 30th for the annual state meeting. The meeting is to take place at UNLV and offers 6 CEUs.



## FWATA P7



## Honors & Awards Committee

*Hazel Ando, MS, ATC*

### 2016 FWATA Award Nominations open November 15, 2015!

2016 FWATA Honors and Awards nominations will be accepted between November 15 – December

15, 2015. The new process requires nominees to submit the nomination form by December 15. If the candidate meets the criteria they will be notified of the nomination. The candidate must submit a completed application by February 15, 2016. Nomination form will be available on the FWATA website November 1, 2015.

### 1994 Hall of Famer "Lew Crowl" Oral History

In collaboration with Isabel Archuleta, Chair of History & Archives, Lew Crowl was interviewed in April at the FWATA Annual Symposium. ***Did you know that.....*** Lew studied under NATA founding member Ernie Biggs at Ohio State. In the early 1960's he started a clinic where high school athletes could get athletic training and physical therapy services. Lew retired at age 70 although he wanted to keep working! You can find the "Wisdom of Lew Crowl" on the FWATA website in mid-October!

The committee will annually conduct an oral history interview with a FWATA Hall of Fame member.



## Research and Grants

*Michelle Cleary*

The FWATA **Research and Grants Committee** conducts the Free Communications and Research Grants programs each year. For the awards competition in the **Free Communications Program**, the committee selects presentations

from both the Peer Reviewed and Student Exchange Tracks to be judged and selected during the FWATA Annual Meeting; winners will receive awards ranging from \$100 to \$225. Additionally, the committee awards up to \$3,000 each year for research grants. **Proposals are due February 5 of each year** for both Programs. Applications and submission information, click [HERE](#).

**Looking for motivated members to join the Honors & Awards Committee**

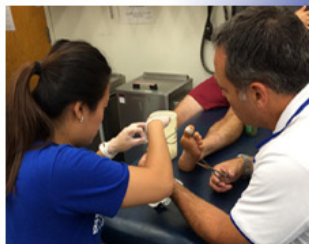
**Nevada and Hawaii Representative to serve on the Nominations Sub-Committee.**

Please submit letter of interest and CV to Chair, [Hazel Ando](#).



**Click on button above for general information, resources and links for D8 Members.**





## FWATA P8



## College & University Committee

*Jamie DeRollo, MBA, ATC, EMT*

The National CUATC Committee has been hard at work for you on the following Projects: (1) The BOD approved the request for funding to sponsor Best Practices Healthcare Summit. Currently the agenda topics, attendees and other logistics are being finalized. (2) There has been a Risk Management and Insurance Industry Education Initiative, where presentations were given to URMIA National and District meetings on ATs role in managing concussions. (3) The Liability and Risk Management toolkit is in review and will be available soon. (4) Appropriate Medical Coverage in Intercollegiate Athletics (AMCIA) Document is currently under revision. (5) Online presentations were given to athletic training curriculums as well as state and district meetings on the College/University Athletic Trainer Value Model. (6) The Junior College/Community College Subcommittee has formed a steering committee to address the needs, vision and goals of the JC/CC Subcommittee. (7) We are in the beginning phase of forming a sub-committee for Intermural/Recreational Club Sports.

The NATA has sent out a quarterly E-Blast specific to the College and University Setting on September 9. Some highlights include Common Health and Safety Issues Discussed in '10 for 10' presentations, the College Value Model helps communicate the AT's value and more!

Your FWATA CUATC group welcomes your feedback for pertinent issues at our level that need to be addressed and that we can present to the National Committee. If you did not receive the CUAT E-Blast or if you are not receiving regular informational emails, please contact your divisional rep listed on the FWATA web page or feel free to email me, Jamie DeRollo, your CUATC District 8 Chair.



## Ethnic Diversity Advisory Committee

*Mimi Nakajima, EdD, ATC*

The NATA Ethnic Diversity Advisory Committee (EDAC) had a successful Annual Meeting in June that took place in St. Louis. We're excited for the many activities that occurred and were put on by the committee, and thank those who participate:

- The annual service project took place on Tuesday, June 23 at DJ's Place and at the Boys and Girls Club of Greater St. Louis. More than 40 athletic trainers gathered and played with the children and had lots of fun!
- Educational session "Cross Cultural Mentoring: Perspectives in Education and in the Profession" was held on Wednesday, June 24<sup>th</sup> with speakers, Scott Michel, M.A, ATC, Clinical Education Coordinator at Mercyhurst University; Jennifer Deranek, MEd, ATC, Doctoral Candidate at Western Michigan University; and Dr. Albert Bimper, Senior Associate Athletics Director at Colorado State University. It was a great session with many active discussions on understanding the process of developing and fostering positive mentoring relationships.
- If you were not able to come to the events this year, hope to see many of you in Baltimore next year!

We are always looking for recommendations for nominations of Athletic Training awards at the local, district and national levels. The EDAC has two student scholarships (John A. Mayes Scholarship and David H. Perrin Scholarship), as well as the Bill Chisolm Professional Service Award. All scholarship and award deadlines are February 10<sup>th</sup>. We look forward to many applications!

I also encourage everyone to apply for any and all of the EDAC Diversity Enhancement Grant:

- Grants up to \$5000 is available for educational institutions seeking to enhance ethnic diversity within the profession Grant money can be used





## FWATA P9

to: develop a program, disseminate information related to health care issues relevant to ethnically diverse populations, or enhance professional development of ethnically diverse ATCs

- Deadline for the grant is October 1<sup>st</sup> and April 1<sup>st</sup> of each year

EDAC has a mentor database, searchable by state, employment setting, ethnicity, and professional interest. If you are interested in becoming a member, please visit our **website** and submit the form. For students, go to the website and find your ideal mentor!

EDAC is available to all the membership, of every background. We invite everyone to our events. Also, we want to know of any events you are hosting on the topic of ethnic diversity or if you have an ethnically diverse speaker. Please **email** the information to me.

Please visit the NATA **website** to see all of the things that the committee is doing. Please follow us on Facebook and Twitter!

## 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.

## Secondary Schools

*Stacey Ritter, MS, ATC*



SSATC and Gatorade are excited to announce the second year of The Gatorade Secondary School Athletic Trainer Award. This award recognizes a certified athletic trainer from each NATA district who has made outstanding contributions in furthering their high school's athletic care program or the overall profession of secondary school athletic training. Each winner will receive a \$1,000 grant toward the program featured in their submission; a Gatorade G Series Performance package – which includes everything from coolers and squeeze bottles to product and towels, a Sidelines Cart – that will help give teams' sidelines a professional look – and an all-expense-paid trip to NATA Annual symposia in 2016 (flight, accommodations and conference registration).

### Criteria:

- Active certified athletic trainer and a current member of NATA
- NPI #
- State Licensure # (If Applicable)
- BOC certified
- A full-time or part-time employee in the secondary schools

### Deadline:

- 12/30/15

### Application:

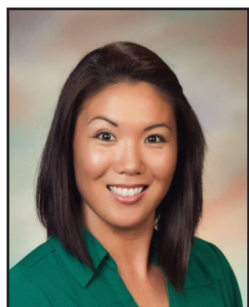
- Visit NATA.org for **application** details

Appropriate Use of Athletic Training Student Aides: A reminder that high school students should not be performing the duties of a certified athletic trainer. Please refer to the **NATA Statement**.



FWATA P10

## HAWAII ATHLETIC TRAINERS' ASSOCIATION



**Louise Inafuku, ATC, RD**  
Hawai'i D8 Representative

The Hawaii Athletic Trainers' Association Social Committee is excited to announce the start of the HATA Adventure Club!! We will be meeting the 4th Sunday of every month to get together for either a hike, rock climbing or any other fun activity. These activities are open to all HATA members and their family and friends. I've attached a photo of our first adventure ... Indoor rock climbing.



*Pictured above: front row: Eric Molnar. Back row: Louise Inafuku, ATC (Social Chair/Hawaii District 8 Rep), Sanam Rezazadeh (Adventure Club Co-coordinator), Karin Aaltonen, ATC (Adventure Club Co-coordinator), Jon Alarcio, ATC, Liana Finer, ATC, Becky Handel, ATC and Brett Jack.*



**Jason Bennett, DA, ATC**  
California D8 Representative

Our legislative bill (AB 161) has made it out of both the House and Senate with zero no votes against it and is now heading to Governor Brown. This bill will make it unlawful for a person to hold himself or herself out as an athletic trainer with the appropriate BOC certification. This will soon be our full-court press time with a letter writing campaign and visits to the governor by our lobbyist. When we get the call for action, I hope that we all will contribute a letter and spread the word to our patients, physicians, colleagues, parents, and administrators as this bill affects us all and the future of our profession in the state. We will make sure that the governor hears our voices loud and clear and that we want to protect the safety and welfare of our patients!

Another way to protect the safety and welfare of our patients is to file a report on the CATA website so that we can show that regulation is necessary for athletic training in California. I believe we have all seen someone claim to be an athletic trainer when they aren't appropriately credentialed and we need to report these instances to help our long-term efforts. The CATA managing board has adopted a new student supervision policy, in alignment with national AT standards, that students in the college setting must be supervised when providing athletic training services. In addition, high school students should not be providing athletic training services at all, and instead, should assist the athletic trainer in documentation that assists in demonstrating the value of the certified athletic trainer(s). I encourage all of us to discontinue using unsupervised students to act as our eyes and ears when we are not around as this just shows administrators that we need more students to provide optimal patient care instead of more certified athletic trainers. This practice does not assist our long-term efforts to increase the number of new jobs and to increase the quality of our existing jobs.

Our annual meeting in Sacramento is scheduled for February 20-22, 2016 with our Hit-the-Hill event scheduled for Monday February 22nd, 2016. We will be returning to the DoubleTree Hotel and our education agenda and housing links will be posted to our webpage soon. We plan to offer several EBP CEUs to get everyone started for the next reporting cycle and hope to see you there.