



Arizona Athletic Trainers' Association

2024

AzATA 47th
ANNUAL
WINTER
SYMPOSIUM

JANUARY 26TH - 28TH, 2024

Sheraton Mesa Hotel at Wrigleyville West
860 N Riverview, Mesa, AZ 85201

PHOTO BY CODY DOHERTY



Message from AzATA:

Our AzATA Board of Directors and committee members are eager to welcome you to the 47th Annual Winter Symposium! Last year we had nearly 300 attendees, more than 30 speakers and educational sessions, and an unprecedented 26 sponsors! AzATA is dedicated to surpass expectations, and cater the symposium to the evolving needs of our membership and community.

This year's event features an array of hybrid, immersive sessions addressing the latest trends, emerging technologies, and best practices in "The Future of Athletic Training". The facets that you can expect to see again this year include strategically-designed layout and structure, innovative technology and support, and unparalleled networking opportunities with peers, leaders, and sponsors. We will continue to feature an expanded vendor hall with long-time partners, new connections, and will look forward to joining everyone at our Annual Casino Night fundraiser Saturday evening. Proceeds from this fund raiser go towards our Governmental Affairs Committee to assist with legislative efforts.

There are a few changes to expect this year, specifically with an increase in our fee structure. AzATA's approach to the Winter Symposium has been to focus on providing a needed service to our members. Although our ability to increase attendance, adapt to changing technology, and increase our sponsors has positively impacted our association, we have also had to face inflation costs associated with the venue, software, and dining. These rising expenditures have put our association at an ~\$5,000 operating loss for Winter Symposium 2023. Our board remains committed to providing you with an engaging experience, while pursuing a net-zero balance for this year's event. We have diligently reviewed comparable events, and feel very confident that the cost and value of our Winter Symposium continues to meet or exceed similar events. Again, what remains unchanged is the provision of high-quality content offered in various formats, making AzATA's annual conference your one-stop-shop for evolving continuing education and more.

As ambassadors of progress and innovation in athletic training, your presence adds immeasurable value to this gathering. We encourage you to embrace this opportunity fully, sharing insights, and forging connections that will continue long after the conference concludes. In the spirit of gratitude, we hope you join us at the heart of our symposium; the annual Honors & Awards Luncheon. The ceremony serves as the platform in which we can express heartfelt gratitude to you all for your engagement and support as members and attendees, and we can honor the successes and achievements of our esteemed colleagues.

We extend our deepest appreciation for your continued support and dedication to the field of athletic training. Let us start the new year together, at the AzATA Winter Symposium 2024 - we hope to see you there!

-- AzATA Board of Directors & Symposium Organizers

**AZATA 47TH ANNUAL WINTER SYMPOSIUM
JANUARY 26TH - 28TH, 2024**

WEEKEND SNAPSHOT

2024 Symposium

16.5 CEUs Live (In-Person & Virtual), 24.0 CEUs On-Demand

Brought to you by Barrow Concussion Network



PHOTO BY SINCERELY MEDIA

PHOTO BY KANE REINHOLDTSEN

FRIDAY 1/26*

3.0 CEUs

*Intended for HOSA Advisors


In conjunction with
AzHOSA Sports Medicine Conference

- 8:15 AM - 11:30 AM** Morning content/networking
- 11:30 AM - 12:30 PM** Lunch
- 12:30 PM - 3:00 PM** Afternoon content/networking

SATURDAY 1/27

7.5 CEUs

7:00 AM REGISTRATION OPENS

- 7:45 AM - 8:10 AM** Welcome & Vendor Introductions
- 8:10 AM - 11:30 AM** Morning content
 - 10:10 AM - VENDOR BREAK (20 MIN)
- 11:30 AM - 12:30 PM** Morning content cont'd
- 12:30 PM - 1:45 PM** **Honors & Awards Luncheon** 
- 1:45 PM - VENDOR BREAK (20 MIN)
- 2:05 PM - 5:35 PM** Afternoon content

SATURDAY 1/27 NIGHT

6:00 PM - 9:00 PM

★ Casino Night Fundraiser ★

Free entry with registration

Raffle Prizes

Cash Bar

Brought to you by Frio Hydration



Benefiting Governmental Affairs Committee

SUNDAY 1/28 VIRTUAL

6.0 CEUs

8:00 AM ZOOM OPENS

- 8:15 AM - 12:30 PM** Morning content
 - 10:15 AM - BREAK (15 MIN)
- 1:30 PM - 2:30 PM** Afternoon content



Arizona Athletic Trainers' Association (BOC AP#: P333) is approved by the Board of Certification, Inc. to provide continuing education to Athletic Trainers (ATs). This program is eligible for a maximum of (16.5) live Category A hours/CEUs and a maximum of 24.0 on-demand Category A hours/CEUs. ATs should claim only those hours actually spent in the educational program.

CONTACT

TECHNICAL SUPPORT

EMAIL M&E AT

EVENTS@AZATA.NET

REGISTRATION/PAYMENT

EMAIL TREASURER AT

TREASURER@AZATA.NET

EDUCATIONAL CONTENT

EMAIL PEC AT

PEC@AZATA.NET

HONORS & AWARDS

EMAIL H&A AT

AWARDS@AZATA.NET

BOARD OF DIRECTORS

EMAIL BOD AT

BOD@AZATA.NET

Executive Sponsors



**Phoenix
Children's**



Dignity Health



STRUCTURE & FUNCTION
EDUCATION



Outcomes by HOPCo



FRIO
HYDRATION



Sports Medicine

Platinum Sponsors

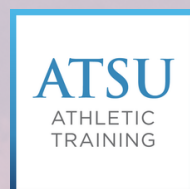
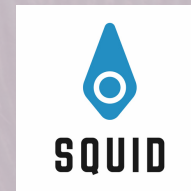
PHOTO BY CODY DOHERTY



AZATA 47TH ANNUAL WINTER SYMPOSIUM
JANUARY 26TH - 28TH, 2024

Silver Sponsors

PHOTO BY CODY DOHERTY



AZATA 47TH ANNUAL WINTER SYMPOSIUM
JANUARY 26TH - 28TH, 2024

Sponsors

PHOTO BY CODY DOHERTY

**Special Designations for items
brought to you by sponsors:**

Meeting

Casino Night



Name Badges

**Stop the Bleed Kits
& Attendee Bags**



Dignity Health®

Registration

Timeline

Registration
Early Bird Extended!
Through Fri 12/22
17th

Regular
Dec. 23rd -
Jan. 14th

Late
Jan.
15th - 26th

Event
Jan.
26th - 28th

Fee Structure

Updated December 2023 - Adjusted HOSA Fees

Registration Type		Early (- 20%)	Regular	Late (+ 20%)
Member	Full-Conference	\$150.00	\$190.00	\$230.00
Non-Member (+60%)	Full-Conference	\$245.00	\$305.00	\$365.00
Associate Member (+ 10%)	Full-Conference	\$165.00	\$210.00	\$250.00
Student (- 50%)(Graduate and Undergraduate)	Full-Conference	\$75.00	\$95.00	\$115.00
Retired Member	set rate	\$20.00	\$20.00	\$45.00
<i>High School Student (Winter Only)</i>	<i>set rate</i>	<i>\$65.00</i>	<i>\$65.00</i>	<i>\$65.00</i>

Registration Info

- Information on mailing your payment will be included in your registration confirmation email. A \$10.00 fee will be charged for any returned check. If you wish to pay by PO, please register online and provide the invoice to your school for payment.
- A 100% refund will be given with written request to Casey McKay (treasurer@azata.net) before January 12, 2024. After this date, no refunds will be given.
- Any questions regarding payment should be directed to Casey McKay (treasurer@azata.net)
- Any questions regarding registration should be directed to Megan DeHaven (secretary@azata.net)
- Membership will be verified online using the latest NATA/AzATA records. Individuals whose membership lapses prior to the start of the Winter Meeting will receive an invoice at the time of check-in for the amount of the difference between member and non-member registration for the category and day/days for which registered.
- If you should need a copy of the proof of credit/certificate, there will be a \$15.00 reissue fee.

AZATA 47TH ANNUAL WINTER SYMPOSIUM
JANUARY 26TH - 28TH, 2024

FRIDAY*

2024 Symposium
January 26, 2024

3.0 CEUs Live, In-Person
*Intended for HOSA advisors

Brought to you by
Barrow Concussion Network



TIME	# CEUs	Canyon AB
8:15 AM	1.0	Sink or Swim: Pedagogy 101 For Athletic Trainers Teaching in Secondary Schools Alicia Montalvo PhD, MPH, LAT, ATC, CSCS 8:15a-9:15a 1.0 CEUs
9:15 AM	--	Break (15 min)
9:30 AM	1.0	<i>New!</i> NegotiATing for Yourself Cailee E. Welch Bacon, PhD, ATC, FNATA 1.0 CEUs
10:30 AM		Break (30 min)
11:00 AM	--	Open time (1 hour) or watch HOSA KEYNOTE
12:00 PM		Lunch (1 hour)
1:00 PM		Break (60 min)
2:00 PM	1.0	Work Based Learning and Lab Lessons in Secondary School Sports Medicine Programs: Differences and Design Wesley Wood, MS, MEd, ATC, LAT 2:00p-3:00p 1.0 CEUs
3:00 PM	Total CEUs 3.0	End of Programming

Session Categories
Secondary schools
Navigating AT career
Emergencies: Presentations & Response
Artificial Intelligence in healthcare
Topics to improve patient advocacy
Topics to improve patient outcomes

SATURDAY

2024 Symposium
January 27, 2024
 7.5 CEUs Live, In-Person

Brought to you by
 Barrow Concussion Network



TIME	# CEUs	Main Hall Canyon DFG	Breakout Canyon AB	Breakout Agua Fria	Breakout Arroyo	Breakout Madera	Vendor Hall Canyon HEC		
7:00 AM		Registration (45 minutes)							
7:45 AM		Welcome & Vendor Introductions (25 minutes)							
8:10 AM	1.0	Case Studies: WPW & HCM in Collegiate Football Athletes - Elizabeth Garcia MS, ATC, CPT 8:10a-9:10a 1.0 CEUs Brought to you by Banner Sports Medicine 			How to Incorporate Robotics and Technology into Neurological Injury Therapy - Jeremy Palmiscino, OTD, DTR/L, MBA, MS Trent Mayurama OTR/L, CKTD 8:10a-9:10a 1.0 CEUs Brought to you by Barrow Neurological Institute 	BOD Engagement Session o No CEUs o Not recorded 8:10a-9:10a	Vendor Hall Ends 3pm		
9:00 AM									
9:10 AM	1.0	Embedded Care for Tactical Professionals - Dominic Worrell MS, ATC, CSCS 9:10a-10:10a 1.0 CEUs Brought to you by Core Institute 	Option 1: Blood Flow Restriction Kendall L. Stewart, DAT, MS, LAT, ATC, CSCS, CES, PES Carter Boro AT, ATC 9:10a-10:10a 1.0 CEUs <i>New!</i>		Machine learning, artificial intelligence, and sports medicine - Alicia Montalvo PhD, MPH, LAT, ATC, CSCS 9:10a-10:10a 1.0 CEUs				
10:10 AM		Vendor Break (20 minutes)							
10:30 AM	1.0	Stroke: Identification, Treatment & Prevention - Daniel Gonzalez, MD 10:30a-11:30a 1.0 CEUs Brought to you by Frio Hydration 	Option 1: Athletes and the Pelvic Floor: What are We Missing? - Sara Gagliano, PT, DPT Sydney Stevens, PT, DPT PRPC Bekah Hibbert, MS, ATC 10:30a-11:30a 1.0 CEUs		AZ Athletic Trainers in Physician Practice John M. Valencia, AT, ATC, CSCS Erica Illium, M.Ed., ATC 10:30a-11:30a 1.0 CEUs				
11:30 AM	1.0	Arizona Interscholastic Association (AIA) Sports Medicine Advisory Committee (SMAC) Annual Update - Roger McCoy MD, CAQSM & David Hines, AIA Executive Director 11:30a-12:30p 1.0 CEUs	Option 2: Blood Flow Restriction Kendall L. Stewart, DAT, MS, LAT, ATC, CSCS, CES, PES Carter Boro AT, ATC 11:30a-12:30p 1.0 CEUs <i>New!</i>						
12:30 PM		Lunch (1 hour, 15 minutes) 12:30p-1:45p							
1:45 PM		Vendor Break (20 minutes)							
2:05 PM	1.0	The Use of Force Plates for Rehabilitation and Return to Play/Life Decisions - Corey Oshikoya Ed.D., LAT, ATC 2:05p-3:05p 1.0 CEUs Brought to you by Phoenix Children's 		Option 1: Emergency Care Simulation - Michael McKenney MS, AT, ATC, CSCS David Mesman DHA, MEd, AT, ATC Marc Eilers MS, AT, ATC, CES Brandon Warner, M.Ed., LAT, ATC, NAT, PES, CES 2:05p-3:05p 1.0 CEUs					
3:05 PM	1.5	Entrepreneurship in AT Panel: Moderated on behalf of DY Career Advancement Committee Moderator: Alicia Montalvo PhD, MPH, LAT, ATC, CSCS Panelists Casey McKay, DAT, LAT, ATC Jason A Klein, PT, DPT, ATC Kendall L. Stewart, DAT, LAT, ATC, CSCS, CES, PES Davonna Willis, MA, ATC, LMT 3:05p-4:35p 1.5 CEUs Brought to you by Structure & Function 			Active Shooter Possible Role of the ATC & Stop the Bleed (Student & Instructor Training) - Joshua Schmidt M.S., M.Ed., ATC, NREMT, EM-T 3:05p-4:35p 1.5 CEUs Brought to you by Dignity Health 	BOD Engagement Session o No CEUs o Not recorded 3:05p-4:35p			
4:35 PM	1.0	Reproductive Health Considerations: Your Role in Advising and Advocating for Your Patients Rachel Geoghegan, DAT, ATC 4:35p-5:35p 1.0 CEUs Brought to you by Honor Health Sports Medicine 	Option 2: Athletes and the Pelvic Floor: What are We Missing? - Sara Gagliano, PT, DPT Sydney Stevens, PT, DPT Bekah Hibbert, MS, ATC 4:35p-5:35p 1.0 CEUs	Option 2: Emergency Care Simulation - Michael McKenney MS, AT, ATC, CSCS David Mesman DHA, MEd, AT, ATC Marc Eilers MS, AT, ATC, CES Brandon Warner, M.Ed., LAT, ATC, NAT, PES, CES 4:35p-5:35p 1.0 CEUs					
5:35 PM	Total CEUs 7.5	◆ End of Programming ◆							
6:00 PM		★ Casino Night Fundraiser ★							
9:00 PM		Benefitting Governmental Affairs Committee							

Session Categories
Secondary schools
Navigating AT career
Emergencies: Presentations & Response
Artificial Intelligence in healthcare
Topics to improve patient advocacy
Topics to improve patient outcomes

SUNDAY

2024 Symposium
January 28, 2024
 6.0 CEUs Live, Virtual

Brought to you by
 Barrow Concussion Network



TIME	# CEUs	Virtual on Zoom
8:00 AM	-	Zoom Opens
8:10 AM	-	Welcome & Introduction
8:15 AM	1.0	Point-of-care data: an integral element to improving clinical practice and advancing the profession Kenny Lam, ScD, ATC, FNATA 8:15a-9:15a 1.0 CEUs
9:15 AM	1.0	Industrial Athletic Training: The Bridge from Athletics to the Industrial World - Michael E. Chapman, EdD, LAT, ATC 9:15a-10:15a 1.0 CEUs
10:15 AM	--	Break (15 minutes)
10:30 AM	1.0	Sleep Matters: Impacts on Performance, Injury Risk & Recovery - Joyce Lee-Iannotti, MD 10:30a-11:30a 1.0 CEUs
11:30 AM	1.0	Raising the Bar in Concussion Management: Neuroplasticity Principles to Guide Intervention Using the Concussion Clinical Profile Screening Tool - Rebecca Bliss PT, DPT, DHSc 11:30a-12:30p 1.0 CEUs
12:30 PM	--	Lunch (1 hour) 12:30p-1:30p
1:30 PM	1.0	Implementing the Updated Concussion Guidelines Into Clinical Practice Tamara McLeod, PhD, AT, FNATA 1:30p-2:30p 1.0 CEUs
2:30 PM	1.0	Graft Selection in ACL Reconstruction Anup Shah MD, MBA 2:30p-3:30p 1.0 CEUs
3:30 PM	Total CEUs 6.0	End of Programming

Session Categories
Secondary schools
Navigating AT career
Emergencies: Presentations & Response
Artificial Intelligence in healthcare
Topics to improve patient advocacy
Topics to improve patient outcomes

Continuing Education Credit

PHOTO BY CODY DOHERTY

Claiming CEUs

Due to the various ways that AzATA offers educational content, you will have separate CEU statements of credit, for each delivery type;

- Face-to-Face (Live, in-person)
- Virtual synchronous (live, virtual)
- Virtual asynchronous (on-demand)

Best practice guidelines for claiming CEUs:

- Per BOC requirements, only claim credit for the hours you were actually present.
- Do not claim credit for duplicate content, i.e. if you attended the same AzATA session both live and on-demand, claim credit for only one of those formats.
- Use our CEU cheat sheet to determine your personalized count. Dependent on what sessions you attended, your CEU count may differ from the maximum offered for the weekend.

AzATA 2024 Credits Offered & Claiming Credit				
Format Offered	Friday	Saturday	Sunday	Max Available (What you will see on CEU Statement of Credit)
Live (Face-to-Face)	3	7.5	0	10.5
Live (Virtual Synchronous)	0	0	6	6
Virtual Asynchronous (On-Demand)	<i>*final run-time & CEUs TBD after editing</i> <i>**Best practice: Do not claim duplicate credit for the same session in both a live and on-demand format</i>			24



Standards
for BOC Approved Providers

VERSION JANUARY 2022
PUBLISHED JULY 2021
EFFECTIVE JANUARY 2022

Commentary: Programs can be delivered in a variety of formats:

- a. Face to face (F2F) vs Virtual:
 - i. F2F = delivered in person
 - ii. Virtual = delivered via the internet
- b. Asynchronous vs Synchronous:
 - i. Asynchronous = not at the same time (on demand)
 - ii. Synchronous = at the same time (live)

AZATA 47TH ANNUAL WINTER SYMPOSIUM
JANUARY 26TH - 28TH 2024

AzATA 2024 CEU Cheat Sheet

Session Name & Presenter	Format You Are Claiming	# CEUs Offered Live	On-Demand Run Time	# CEUs Claiming On-Demand
Sink or Swim: Pedagogy 101 For Athletic Trainers Teaching in Secondary Schools Alicia Montalvo PhD, MPH, LAT, ATC, CSCS	<input type="checkbox"/> Live Face-to-Face FRIDAY <input type="checkbox"/> On-Demand	1.0		
NegotiATing for Yourself Cailee E. Welch Bacon, PhD, ATC, FNATA	<input type="checkbox"/> Live Face-to-Face FRIDAY <input type="checkbox"/> On-Demand	1.0		
Work Based Learning and Lab Lessons in Secondary School Sports Medicine Programs: Differences and Design Wesley Wood, MS, MED, ATC, LAT	<input type="checkbox"/> Live Face-to-Face FRIDAY <input type="checkbox"/> On-Demand	1.0		
Case Studies: WPW & HCM in Collegiate Football Athletes - Elizabeth Garcia MS, ATC, CPT	<input type="checkbox"/> Live Face-to-Face SATURDAY <input type="checkbox"/> On-Demand	1.0		
How to Incorporate Robotics and Technology into Neurological Injury Therapy - Jeremy Palmiscno, OTD, OTR/L, MBA, MS & Trent Maruyama	<input type="checkbox"/> Live Face-to-Face SATURDAY <input type="checkbox"/> On-Demand	1.0		
Embedded Care for Tactical Professionals - Dominic Worrell MS, ATC, CSCS	<input type="checkbox"/> Live Face-to-Face SATURDAY <input type="checkbox"/> On-Demand	1.0		
Machine learning, artificial intelligence, and sports medicine - Alicia Montalvo PhD, MPH, LAT, ATC, CSCS	<input type="checkbox"/> Live Face-to-Face SATURDAY <input type="checkbox"/> On-Demand	1.0		
Stroke: Identification, Treatment & Prevention Daniel Gonzalez, MD	<input type="checkbox"/> Live Face-to-Face SATURDAY <input type="checkbox"/> On-Demand	1.0		
Athletes and the Pelvic Floor: What are We Missing? (2 session options) Sara Gagliano, PT, DPT, Sydney Stevens, PT, DPT., Bekah Hibbert, MS, ATC	<input type="checkbox"/> Live Face-to-Face SATURDAY <input type="checkbox"/> On-Demand	1.0		
AZ Athletic Trainers in Physician Practice John M. Valencia, AT, ATC, CSCS & Erica Illium, M.Ed., ATC	<input type="checkbox"/> Live Face-to-Face SATURDAY <input type="checkbox"/> On-Demand	1.0		
Arizona Interscholastic Association (AIA) Sports Medicine Advisory Committee (SMAC) Annual Update Roger McCoy MD, CAQSM & David Hines, AIA Executive Director	<input type="checkbox"/> Live Face-to-Face SATURDAY <input type="checkbox"/> On-Demand	1.0		
Emergency Care Simulation (2 session options) Michael McKenney MS, AT, ATC, CSCS David Mesman DHA, MEd, AT, ATC Marc Eilers MS, AT, ATC, CES, Brandon Warner, M.Ed., LAT, ATC, NAT, PES, CES	<input type="checkbox"/> Live Face-to-Face SATURDAY <input type="checkbox"/> On-Demand	1.0		
Entrepreneurship in Athletic Training Panel: Moderated on behalf of the D7 CAC Moderator: Alicia Montalvo PhD, MPH, LAT, ATC, CSCS, Panelists: Casey McKay, DAT, LAT, ATC, Jason A Klein, PT, DPT, ATC, Kendall L. Stewart, DAT, MS, LAT, ATC, CSCS, CES, PES, Davonna Willis, MA, ATC, LMT	<input type="checkbox"/> Live Face-to-Face SATURDAY <input type="checkbox"/> On-Demand	1.5		
Active Shooter Possible Role of the ATC & Stop the Bleed (Student & Instructor Training) Joshua Schmidt M.S; M.ED; ATC; NREMT; EM-T	<input type="checkbox"/> Live Face-to-Face SATURDAY <input type="checkbox"/> On-Demand	1.5		
Blood Flow Restriction (2 session options) Kendall L. Stewart, DAT, MS, LAT, ATC, CSCS, CES, PES & Carter Boro AT, ATC	<input type="checkbox"/> Live Face-to-Face SATURDAY <input type="checkbox"/> On-Demand	1.0		
Reproductive Health Considerations: Your Role in Advising and Advocating for Your Patients Rachel Geoghegan, DAT, ATC	<input type="checkbox"/> Live Face-to-Face SATURDAY <input type="checkbox"/> On-Demand	1.0		
The Use of Force Plates for Rehabilitation and Return to Play/Life Decisions - Corey Oshikoya Ed.D., LAT, ATC	<input type="checkbox"/> Live Face-to-Face SATURDAY <input type="checkbox"/> On-Demand	1.0		
Point-of-care data: an integral element to improving clinical practice and advancing the profession Kenny Lam, ScD, ATC, FNATA	<input type="checkbox"/> Live Virtual SUNDAY <input type="checkbox"/> On-Demand	1.0		
Industrial Athletic Training: The Bridge from Athletics to the Industrial World - Michael E. Chapman, EdD, LAT, ATC	<input type="checkbox"/> Live Virtual SUNDAY <input type="checkbox"/> On-Demand	1.0		
Sleep Matters: Impacts on Performance, Injury Risk & Recovery - Joyce Lee-Iannotti, MD	<input type="checkbox"/> Live Virtual SUNDAY <input type="checkbox"/> On-Demand	1.0		
Raising the Bar in Concussion Management: Neuroplasticity Principles to Guide Intervention Using the Concussion Clinical Profile Screening Tool - Rebecca Bliss PT, DPT, DHSc	<input type="checkbox"/> Live Virtual SUNDAY <input type="checkbox"/> On-Demand	1.0		
Implementing the Updated Concussion Guidelines Into Clinical Practice Tamara McLeod, PhD, AT, FNATA	<input type="checkbox"/> Live Virtual SUNDAY <input type="checkbox"/> On-Demand	1.0		
Graft Selection in ACL Reconstruction Anup Shah MD, MBA	<input type="checkbox"/> Live Virtual SUNDAY <input type="checkbox"/> On-Demand	1.0		
Total		24.0		TBD Max <small>*Final CEU TBD after editing</small>



Calculating CEUs

Continuing education units (CEUs) are based on contact hours. A contact hour is the time actually spent in the educational portion of the program. One contact hour equals 1 CEU (needs to be calculated to the nearest quarter hour).

Regardless of modality, whether delivering an event face-to-face or virtually, the CEUs are calculated based on "time on task". For virtual events, estimate the active participation time, whether that's reading, watching a video, or participating in program.

Assessments & Evaluations

PHOTO BY CODY DOHERTY

Claiming CEUs

How do I access the participant assessments/program evaluations?

Attendee participant assessments/program evaluations (PA/PEs) will be through Google Forms and access will be available in the following ways:

1. Via a QR code printed on your name tag (for live, in-person attendees)
2. Via a direct link that will be emailed to attendees at the symposium

When can I submit the participant assessments/program evaluations?

PA/PEs will need to be completed by the end of the weekend, and NO LATER than (1) week post-event. PA/PEs for each day will be open and accessible NO EARLIER than at the conclusion of presentations.

- *Please note:* It is recommended that you complete ALL of your on-demand viewing prior to submitting the form as it requires answers for each session (or for you to mark "did not attend").

What do I do if I have issues submitting the PA/PE?

In person at the symposium, please contact the Professional Education Committee at the symposium or via email at pec@azata.net

What happens after I submit my PA/PEs?

Upon submission, you will immediately receive a confirmation email. If you do not receive this email, your PA/PE submission was not successfully received. Your confirmation email will include a link you can use to edit your submission if needed.

How do I receive my CEUs?

For live content, you will receive your CEUs via email, to the email you registered with, no later than (60) days post event. These have typically been sent in the month following the symposium. Please ensure your AzATA account is set up to receive marketing/event emails. For on-demand content, you will receive your CEUs upon successful submission of your PA/PE.

What do I do if I do not receive my CEUs?

If it has not been (60) days since the event, please be patient, and check in with the PEC after that timeframe. If it has been (60) days since the event, please email the PEC at pec@azata.net. They will work with you to cross check your registration/check-in.

Replacement CEUs

If you are needing CEUs to be resent to you, please first check the following:

- Spam and trash folders
- Settings on your AzATA account to allow marketing/event emails
- Your AzATA account email is up-to-date and accessible

If you still do not find the CEUs you are looking for and need to request re-issuance, please be advised that there is a re-issuance fee.

"AzATA Policies & Procedures: 7.2.H(10)d

Re-issuance of CEU statements will incur a \$15 fee for lost or missing certificates from a previous symposium once attendance is verified."

**AZATA 47TH ANNUAL WINTER SYMPOSIUM
JANUARY 26TH - 28TH 2024**

Virtual Checklist

Virtual (Zoom) Checklist

Thank you for your participation in the Arizona Athletic Trainers' Association Annual Symposium. We are delighted to have you! We will be using ZOOM to facilitate our meeting.

We want to make sure that you're ready to engage fully in the virtual portion of our Winter Symposium and have created a checklist for you. One thing to keep in mind, this will be a **webinar format and as an attendee you will NOT have the ability to turn on your microphone or video during the Symposium.**

Please use the **Q&A feature to ask questions** to the presenters. **If a presenter asks a question answer in either the chat or polls offered during the session.** We ask that you keep all questions and comments professional and free of distractions from other members. The moderators will choose questions from the Q&A to ask the presenter at the end of each presentation, but please feel free to post questions as you go in the Q&A.

- ✓ ZOOM is installed on your computer.
 - This step is OPTIONAL - you can run ZOOM off the website, but it is much more convenient to have the software installed.
- ✓ ZOOM Account set up
 - Go to zoom.us/signup
 - Free account is all that is required
 - Make sure to sign up with your FULL professional name that you would like to appear on your CEU certificate (name may be changed at any time)
 - ALL members receiving credit for CEUs MUST be signed into their own zoom account with their own names (no screen names)
 - Click the following link for detailed instructions on [HOW TO CREATE A ZOOM ACCOUNT](#)

What if I'm doing a watch party or have multiple members in the same household?

Please have each person sign in separately and you can mute the unwatched screens and leave them in a separate room

- ✓ You will receive an email the week of the event with a link to the registrant only symposium webpage that will house all zoom links needed for the day. — BOOKMARK this page for easy access.

VENUE INFO

Sheraton Mesa Hotel at Wrigleyville West

860 N Riverview, Mesa, AZ 85201



SHERATON

EST. 1937

Amenities

Business Center

Meeting Space

Fitness Center

Onsite Bar

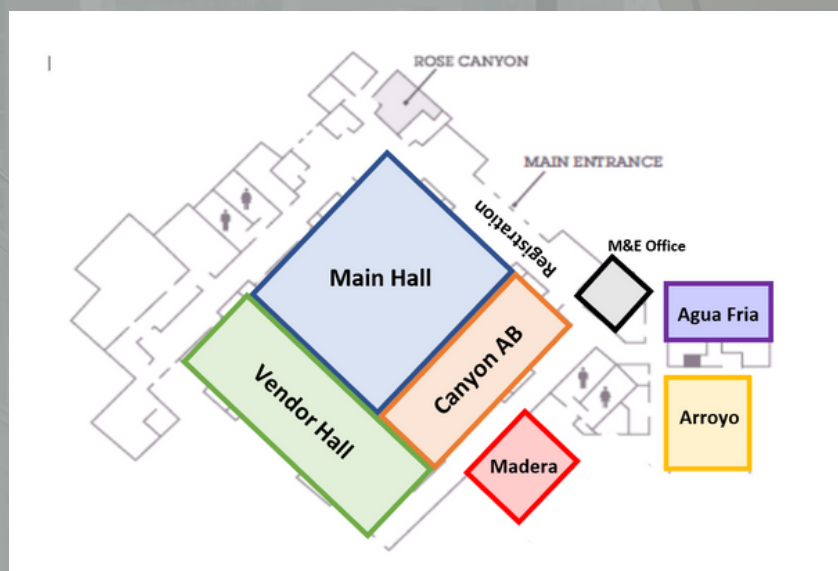
Pool

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Roulette, Blackjack, and Craps!

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Previous **prizes** include sporting event tickets, signed sport memorabilia, gift baskets, AT equipment, and more!



Food & Drink



Music, Free Appetizers,
& Free Beer courtesy of
Frio Hydration



Additional drinks available via cash bar

Honors & Awards Luncheon

2023 Awards Recipients

WARREN H. LEE
ATHLETIC TRAINER OF
THE YEAR

**Alicia Montalvo PhD,
LAT, ATC, CSCS, CES**



PRESIDENT AWARD

**Laurie White, MS, ATC
and
Alison Valier, PhD, ATC**



SPECIAL RECOGNITION
AWARD

Dr. Kostas Economopoulos



HONORARY AZATA
MEMBER

Dr. Javier Cardenas



MICHAEL E. NESBITT
SCHOLARSHIP

Ryan Mahler



LANNY WILLIAMS
SCHOLARSHIP

Vincent Pawelczyk



LANNY WILLIAMS
SCHOLARSHIP

Myles McAllister



LANNY WILLIAMS
SCHOLARSHIP

Kayla Foster



Speakers & Sessions

PHOTO BY CODY DOHERTY



Montalvo PhD, MPH, LAT, ATC, CSCS

BIO: Masters in Public Health, Arizona State University. PhD in Kinesiology, Penn State. Currently an Assistant Teaching Professor of Movement Sciences in the College of Health Solutions at ASU, and a research fellow at the Emory Sports Performance and Research Center. Serves as the Chair of the Communications Committee for AzATA and as the district rep for the Career Advancement Committee.

SESSIONS:

1. Sink or Swim: Pedagogy 101 For Athletic Trainers Teaching in Secondary Schools
2. Machine learning, artificial intelligence, and sports medicine
3. Moderator: Entrepreneurship in Athletic Training Panel: Moderated on behalf of the D7 Career Advancement Committee

LEARNING OBJECTIVES

1. **Sink or Swim:**
2. **Machine Learning:** Describe applications of artificial intelligence and machine learning (AI/ML) in healthcare and sports medicine
3. **Entrepreneurship:** 1. Identify and describe various employment settings and models of athletic training. 2. Distinguish the difference in places of employment of athletic trainers. Evaluate non-traditional opportunities for athletic trainers to supplement their income.

Wesley Wood, MS, MED, ATC, LAT

BIO: Wesley Wood is the Program Specialist for Health Science Technologies at the Arizona Department of Education, Career and Technical Education Unit. Prior to this position, Ms. Wood was a High School Assistant Principal specializing in Career and Technical Education. She was a Sports Medicine Teacher for 20 years, and has been a Certified Athletic Trainer for 25 years.

SESSIONS:

Work Based Learning and Lab Lessons in Secondary School Sports Medicine Programs: Differences and Design

LEARNING OBJECTIVES

- Define ADE's qualifications for Work Based Learning
- Distinguish between Work Based Learning Lessons and Lab Lessons
- Evaluate lessons for work based content and lab skill practice



Kendall L. Stewart, DAT, MS, MHI, LAT, ATC, CSCS, CES, PES, cert. DN

BIO: BS Kinesiology, San Diego State University, MS Kinesiology, Michigan State University, Doctorate in AT, Temple University, Masters in Healthcare Innovation, Arizona State University. Currently a full-time AT at Arizona State University. Member of the medical pool for USA Bobsled and Skeleton. Founder of 2K Therapy Solutions. He lives in Chandler with his wife Holly and two daughters, Rylie and Abigail.

SESSIONS:

1. Panelist: Entrepreneurship in Athletic Training Panel: Moderated on behalf of the D7 Career Advancement Committee
2. Blood Flow Restriction

LEARNING OBJECTIVES

- Identify and describe various employment settings and models of athletic training. Distinguish the difference in places of employment of athletic trainers. Evaluate non-traditional opportunities for athletic trainers to supplement their income.
- Identify indications and relative/absolute contraindications for using BFR. Create a treatment plan for a patient using common BFR guidelines (sets, reps, rest time, loading percentage, etc.) Differentiate different BFR products and understand which is best suited for clinical practice.

Davonna Willis, MA, ATC, LMT

BIO: BA in AT, Xavier University, MA in Health Education, Columbia University. Currently the owner of Owner of 4 Nineteen Education & Training. Organizer of the first Black Massage Therapist Conference in Charlotte, NC, 2023. Rooted in the Bronx, Davonna is a well-rounded business professional especially accomplished in the area of holistic physical rehabilitation therapy.

SESSIONS:

Panelist: Entrepreneurship in Athletic Training Panel: Moderated on behalf of the D7 Career Advancement Committee -

LEARNING OBJECTIVES

- Identify and describe various employment settings and models of athletic training.
- Distinguish the difference in places of employment of athletic trainers.
- Evaluate non-traditional opportunities for athletic trainers to supplement their income.



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Jason A Klein, PT, DPT, ATC

BIO: BS Athletic Training, Northern Arizona University, Doctorate in Physical Therapy, Northern Arizona University. Jason is co-owner of The Physio Shop, a multidisciplinary outpatient clinic that combines physical therapy, athletic training and wellness services in the Tucson and Flagstaff areas.

SESSIONS:

Panelist: Entrepreneurship in Athletic Training Panel: Moderated on behalf of the D7 Career Advancement Committee -

LEARNING OBJECTIVES

- Identify and describe various employment settings and models of athletic training.
- Distinguish the difference in places of employment of athletic trainers.
- Evaluate non-traditional opportunities for athletic trainers to supplement their income.



Casey McKay, DAT, LAT, ATC

BIO: BS in AT, South Dakota State University 2014. MS in AT, A.T. Still University 2016. Doctor of AT, A.T. Still University 2018. She currently works for AT Direct full time while staying home with her two year old daughter Layne. When she is not busy working games or organizing events, she likes to do anything outdoors from going camping with her family to spending time at the lake or going for a ride on their UTV.

SESSIONS:

Panelist: Entrepreneurship in Athletic Training Panel: Moderated on behalf of the D7 Career Advancement Committee -

LEARNING OBJECTIVES

- Identify and describe various employment settings and models of athletic training.
- Distinguish the difference in places of employment of athletic trainers.
- Evaluate non-traditional opportunities for athletic trainers to supplement their income.



David Hines

BIO: BA in Education, Arizona State University. Masters in Educational Leadership, Nova University. Joined the AIA in July 2008 after a 30 year career as an educator, coach, and administrator in the Mesa School District. David became the Executive Director of the AIA in 2017, and oversees all daily operations of the AIA, including membership, tournaments, operations, and marketing.

SESSIONS:

Arizona Interscholastic Association (AIA) Sports Medicine Advisory Committee (SMAC) Annual Update

LEARNING OBJECTIVES

- Describe the role and composition of the AIA SMAC
- Appraise the key SMAC initiatives for the 2023-24 and 2024-25 academic year
- Discuss the issues facing the AT profession today, including AT shortages, burnout, workloads, and the AIA's circle of influence
- Discuss key updates to the AIA Preparticipation Sports Physical Form



Roger McCoy

BIO: MD, Wright State University. Family Practice Residency, Toledo Hospital. Sports Medicine Fellowship, Michigan State University. Currently Sports Medicine Physician/Assistant Clinical Professor U of A College of Medicine Phoenix. Current Arizona Interscholastic Association Sports Medicine Advisory Committee Chair. Extensive history as team physician for high school, collegiate and professional teams, including Arizona State University, the Arizona Diamondbacks, and the Arizona Rattlers.

SESSIONS:

Arizona Interscholastic Association (AIA) Sports Medicine Advisory Committee (SMAC) Annual Update

LEARNING OBJECTIVES

- Describe the role and composition of the AIA SMAC
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Michael McKenney MS, AT, ATC, CSCS

BIO: BA Exercise Science, Albion College. MS in Sports Health Care, A.T. Still University. Currently completing doctoral research related to simulation in AT education. AT with an extensive clinical background, currently serving as associate professor and clinical education coordinator for the Grand Canyon University Athletic Training Program. Current clinical work includes high school, collegiate, and action sports.

SESSIONS:

Emergency Care Simulation

LEARNING OBJECTIVES

- Improve athletic training professional's competence with basic life support skills related to sudden cardiac arrest.
- Perform immediate and acute care for an athlete experiencing a medical emergency.
- Discuss important concepts of effective pre-hospital emergency care.



David Mesman DHA, MEd, AT, ATC

BIO: BS in Athletic Training and MEd, Northern Arizona University. Currently serves as as an Associate Professor at Grand Canyon University with a focus on Prevention, Emergency Care, Leadership and Health Care Administration. David has also served the AzATA for 6-years as Vice-President and is currently in the final year of 6-year term as President.

SESSIONS:

Emergency Care Simulation

LEARNING OBJECTIVES

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- Discuss important concepts of effective pre-hospital emergency care.



Marc Eilers MS, AT, ATC, CES

BIO: BS in Athletic Training, University of Wisconsin-Stevens Point. MS in Kinesiology, Eastern Illinois. Currently serves as an assistant professor in the undergraduate and graduate Athletic Training programs at Grand Canyon University. He primarily practices as an Athletic Trainer working events with USA BMX, USA baseball, Perfect Game, and Section 7.

SESSIONS:

Emergency Care Simulation

LEARNING OBJECTIVES

- Improve athletic training professional's competence with basic life support skills related to sudden cardiac arrest.
- Perform immediate and acute care for an athlete experiencing a medical emergency.
- Discuss important concepts of effective pre-hospital emergency care.



Brandon Warner, M.Ed., LAT, ATC, NAT, PES, CES

BIO: BS in Athletic Training, University of Wisconsin-Stevens Point. MEd, University of Virginia. Doctoral Candidate in Kinesiology, University of North Carolina. Currently entering his 12th year at Grand Canyon University and his 8th as the Athletic Training Program Director. He currently works with USA BMX and in the student clinic at Grand Canyon University. Member of AzATA Professional Education Committee, and was the former college and university board of director. Warren H. Lee Athletic Trainer of the Year recipient, 2020.

SESSIONS:

Emergency Care Simulation

LEARNING OBJECTIVES

- Improve athletic training professional's competence with basic life support skills related to sudden cardiac arrest.
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Elizabeth Garcia MS, ATC, CPT



BIO: Bachelor's in AT, Fresno State. MS in PE, University of New Mexico. Currently an AT with Banner University Medicine, Orthopedics and Sports Medicine Department. She is embedded in the football program of University of Arizona, and Care Coordination within Banner. Recently obtained Phlebotomy certification. Optimal care of the athlete, research, and higher learning are her priorities.

SESSIONS:

Case Studies: WPW & HCM in Collegiate Football Athletes

LEARNING OBJECTIVES

- Discuss two cardiovascular disorders, including diagnosis, care, and management.
- Review steps taken in order to clear these student athletes to actively participate.
- Review a timeline occurring over one year, in which an HCM diagnosis begins to become a medical disqualification.

Daniel Gonzalez MD



BIO: Dr. Daniel I. Gonzalez is an Assistant Professor at Barrow Neurological Institute. Dr. Gonzalez also serves as the Associate Program Director of the Neurology Residency Program. He is trained and certified in Vascular Neurology and has had the pleasure of participating as the physician lead in Tele-Stroke and Mobile Stroke Unit endeavors. He is passionate about community education and outreach regarding stroke identification, treatment, and prevention.

SESSIONS:

Stroke: Identification, Treatment & Prevention

LEARNING OBJECTIVES

- Outline the global burden of stroke
- Discuss the importance of early identification
- Distinguish between the different types of stroke
- Illustrate the importance of time
- Briefly outline treatment options
- Discuss secondary stroke prevention

Corey Oshikoya Ed.D., LAT, ATC



BIO: Currently an assistant clinical professor in Northern Arizona University's Master's in Athletic Training education program. In addition to his current academic responsibilities, he has over 25 years of clinical experience providing care for professional and collegiate athletes. He has held offices and committee memberships at the state, district, and national levels. Is currently the chair of the BOC's Professional Practice and Discipline Committee and a member of CAATE's Diversity, Equity, Inclusion, Ability, and Leadership Development Committee.

SESSIONS:

The Use of Force Plates for Rehabilitation and Return to Play/Life Decisions

LEARNING OBJECTIVES

- Define the purpose and practical use of force plates in physical rehabilitation.
- Identify the variety of tests associated with force plate evaluations.
- Describe the benefits of force plate technology in return to play and life decisions.

Dominic Worrell MS, ATC, CSCS



BIO: AT with 15 years experience, including over a decade in the collegiate setting. Currently working with Air Force Special Warfare as a contracted Athletic Trainer. For the last 4 years he has provided embedded musculoskeletal care as a part of the Human Performance Optimization program for the Pararescue community. Serves as a board member and volunteer for the Greater Tucson Fire Foundation, a non-profit that supports firefighter health and wellness initiatives in the Southern Arizona region.

SESSIONS:

Embedded Care for Tactical Professionals

LEARNING OBJECTIVES

- Differentiate models for AT employment within tactical settings.
- Demonstrate the need for ATs within tactical populations and illustrate the value of existing programs.
- Establish framework to evaluate efficacy of embedded human performance/sports medicine programs.

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John M. Valencia, AT, ATC, CSCS

BIO: John Valencia has been an AT for 37 years. He has worked in collegiate, high school, industrial, and various settings. He has an extensive history of serving on multiple AzATA committees and task forces. He also served as the AzATA Vice-President, assisting in AZ's licensure effort, and has received the AzATA Service Award. He is known for being an entrepreneur, owner, and administrator in the athletic training profession. He is currently the Sports Medicine Director and Community Liaison for Tucson Orthopaedic Institute.

SESSIONS:

AZ Athletic Trainers in Physician Practice

LEARNING OBJECTIVES

- Identify the different roles that an athletic trainer can be employed in a physician practice.
- Discuss the current challenges facing athletic trainers in physician
- Describe how additional certifications may affect the ability of the athletic trainer to function in physician practice.



Erica Illium, M.Ed., ATC

BIO: BS in AT, Purdue University. Masters in Higher and Post-Secondary Education, Arizona State University. After collegiate setting work, she transitioned to an athletic training role at Banner Sports Medicine and Concussion. Currently, she is the Sports Medicine Manager for Banner University Phoenix overseeing a total of eight clinical ATs, across four clinics, and continues to part of the clinical team

SESSIONS:

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- Identify the different roles that an athletic trainer can be employed in a physician practice.
- Discuss the current challenges facing athletic trainers in physician
- Describe how additional certifications may affect the ability of the athletic trainer to function in physician practice.



Sara Gagliano, PT, DPT

BIO: Bachelors, University of Iowa. Doctorate of Physical Therapy, Creighton University. Iowa native who joined Spooner PT in 2011. Sara has undergone advanced training in pelvic floor dysfunction, pelvic and breast oncology, sports medicine, and orthopedic conditions. She is passionate about bringing awareness to the specific considerations of pelvic health into orthopedic care for all patients, especially athletes.

SESSIONS:

Athletes and the Pelvic Floor: What are We Missing?

LEARNING OBJECTIVES

- Discuss how the pelvic floor can be the missing links for male and female athletes whose injuries we are not seeing improvement in during the rehabilitation process
- Develop subjective and objective clinical skills in screening for pelvic floor issues in athletes
- Describe Cozean screen tool and how to handle sensitive conversations with athletes when it comes to the pelvic floor



Sydney Stevens, PT, DPT, PRPC

BIO: Bachelors, Northern Arizona University. Doctorate of Physical Therapy, University of Southern California. Sydney has undergone advanced training in male and female pelvic floor dysfunction, prenatal and postpartum, pharmacology and nutrition considerations, dry needling, blood flow restriction, and orthopedic conditions. She has recently earned the Pelvic Rehabilitation Practitioner Certification (PRPC)

SESSIONS:

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Rebekah Hibbert, MS, ATC

BIO: Bachelors in AT, Franklin College. Masters, University of South Carolina. Bekah has had a wide variety of athletic training experience including in the collegiate, high school, physician office, and military settings. She currently works as Spooner's Director of Sports Medicine. She is passionate about bringing the athlete's sports medicine network together and providing collaborative care.

SESSIONS:

Athletes and the Pelvic Floor: What are We Missing?

LEARNING OBJECTIVES

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- Describe Cozean screen tool and how to handle sensitive conversations with athletes when it comes to the pelvic floor



Joshua Schmidt M.S.; M.ED; ATC; NREMT; EM-T

BIO: Masters in Education, Northern Arizona University. Masters in Kinesiology, A.T. Still University. Professor of Human Anatomy and Physiology Yavapai College Full Time Professor. Sworn Deputy Yavapai County Sheriff's Office since 2011. SWAT Team Member and Medic Yavapai County Sheriff's Office. Advanced Law Enforcement Rapid Response Instructor. Arizona Peace Officers Standardized and Training Specialist Instructor

SESSIONS:

Active Shooter Possible Role of the ATC & Stop the Bleed (Student & Instructor Training)

LEARNING OBJECTIVES

- Define what a mass shooting or active attack is and the prevalence within the United States.
- Recognize the civilian steps of an Active Attack to include avoid, deny, and defend or run, hide, and fight.
- Utilize Stop the bleed skills to potentially help survivable penetrating trauma wounds.
- Understand the potential role of an ATC in these types of events.



Jeremy Palmiscno, OTD, OTR/L, MBA, MS

BIO: Creighton University. MBA, Grand Canyon University. Jeremy Palmiscno has eight years of clinical experience in neuro-rehabilitation at Barrow Neurological Institute in Phoenix, AZ. He is currently the program coordinator for the mTBI/concussion program and Barrow Bridge Program. He is also the Outpatient Site Clinical Coordinator of Education for outpatient occupational therapy. His additional specialties include quality improvement, neurotechnology, robotics, and virtual/augmented reality.

SESSIONS:

How to Incorporate Robotics and Technology into Neurological Injury Therapy

LEARNING OBJECTIVES

- Identify three robotics / neurotechnology commonly used in neurological rehabilitation among BNI's continuum of care.
- Differentiate assistive technology versus neurotechnology in neurological rehabilitation.



Trent Mayurama OTR/L, CKTP

BIO: BS in Physical Sciences and Occupational Therapy, University of Alberta in Canada. Trent is the Program Manager for Rehabilitation Technology at Barrow Neurological Institute (BNI) in the Barrow Neuro-Rehabilitation Center since 2018. Trent has developed and grown the Barrow Assistive Technology program to be a global presence in the clinical use of rehabilitation robotics and technology.

SESSIONS:

How to Incorporate Robotics and Technology into Neurological Injury Therapy

LEARNING OBJECTIVES

- Identify three robotics / neurotechnology commonly used in neurological rehabilitation among BNI's continuum of care.
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Kenny Lam, ScD, ATC, FNATA

BIO: BS in AT and Master of Education in Human Movement, Boston University. Doctor of Science, Boston University. Dr. Lam is currently a professor of clinical research within the Department of Interdisciplinary Health Sciences at A.T. Still University (ATSU). He also serves as the director of the Athletic Training Practice-Based Research Network (AT-PBRN) and as the vice chair of the Institutional Review Board at ATSU - Mesa campus.

SESSIONS:

Point-of-care data: an integral element to improving clinical practice and advancing the profession

LEARNING OBJECTIVES

- Identify methods by which athletic trainers can collect point-of-care data (eg, electronic medical records, computers, mobile devices).
- Describe ways point-of-care data can be used to enhance clinical practice (eg, inform staffing decisions, advocate for comprehensive patient care, improve quality of patient care).
- Describe ways point-of-care data can be used to advance the athletic training profession (eg, support domains and items of the Athletic Training Research Agenda)



Michael Chapman, Edd, LAT, ATC

BIO: BS in AT, Michigan State University. MA in Sport Management, Wingate University. Doctorate of Education in Organizational Leadership, Gardner-Webb University. Dr. Chapman currently serves as an Assistant Professor at Spalding University in Louisville, KY. Dr. Chapman played a pivotal role in creating the Amazon Injury Prevention Specialist program and served as a Risk Manager for Zappos.com. Additionally, he contributed to building the Global Ergonomic (Biomechanics) Engineering program.

SESSIONS:

Industrial Athletic Training: The Bridge from Athletics to the Industrial World

LEARNING OBJECTIVES

- Explore the differences between traditional athletic training and the specialized considerations required for addressing occupational health and safety concerns in industrial environments.
- Understand and illustrate the practical implementation of athletic training techniques and interventions within an industrial framework.
- Develop a foundational understanding of how to design and implement effective industrial health and wellness programs.



Joyce Lee-Iannotti, MD

BIO: MD, University of South Carolina. Neurology and sleep fellowship, Cleveland Clinic Foundation. Stroke Fellowship, Mayo Clinic. Triple board certified in general neurology, sleep medicine, and vascular neurology. Currently serves as the program director of the sleep fellowship medicine program at the University of Arizona, in conjunction with the Phoenix VA Medical Center, and director of Sleep Disorders Center. Recipient of AZ ACP Researcher of the Year, 2023. Serves on multiple national positions, including Vice chair of the Sleep Division of the American Academy of Neurology (AAN), Vice-Chair of the AAN Sections and Subspecialties Subcommittee, Director of the Sleep Medicine Fellowship Program Directors Council sponsored by the American Thoracic Society (ATS), and serves on the board of directors for the American Academy of Sleep Medicine (AASM) Foundation.

SESSIONS:

Sleep matters: Impacts on Performance, Injury Risk & Recovery

LEARNING OBJECTIVES

- Compare and contrast normal and abnormal sleep
- Distinguish how sleep impacts the mind and body
- Distinguish how sleep impacts athletic performance
- Recommend good sleep hygiene tips and ways to implement healthy sleep in athletic routine

Speakers & Sessions

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Tamara McLeod, PhD, AT, FNATA

BIO: Bachelor's in AT, Fresno State. MS in PE, University of New Mexico. Currently an AT with Banner University Medicine, Orthopedics and Sports Medicine Department. She is embedded in the football program of University of Arizona, and Care Coordination within Banner. Recently obtained Phlebotomy certification. Optimal care of the athlete, research, and higher learning are her priorities.

SESSIONS:

Implementing the Updated Concussion Guidelines Into Clinical Practice

LEARNING OBJECTIVES

- Discuss the revisions to the SCAT6
- Describe the components of the SCOAT6
- Differentiate the aspects of rehabilitation versus return to play in the revised RTS strategy
- Develop aerobic exercise progressions with and without formal exercise testing



Rebecca Bliss PT, DPT, DHSc

BIO: Combined undergraduate-graduate Master of Physical Therapy, Ithaca College. Doctorate in Physical Therapy, Des Moines University. Doctor of Health Science, University of Indianapolis. Dr. Bliss currently a Clinical Assistant Teaching Professor in the Doctor of PT program at the University of Missouri and is a board certified in Neurological PT. She also serves the role of Program Coordinator for the Neurological PT Residency. She holds her Certificate in Vestibular Rehabilitation from the APTA, as well as Advanced Vestibular Certificate.

SESSIONS:

Raising the Bar in Concussion Management: Neuroplasticity Principles to Guide Intervention Using the Concussion Clinical Profile Screening Tool

LEARNING OBJECTIVES

- Understand the incidence and key to recognition of multifactorial symptomologies in post concussion injury
- Utilize the Concussion Clinical Profile Screening Tool for early identification of impairments and contextual factors impeding recovery
- Describe current evidenced based approaches to active rehabilitation in sport related concussion



Cailee E. Welch Bacon, PhD, ATC, FNATA

BIO: BS AT, Boston University. MS and PhD, Old Dominion University. Post-doctoral research fellowship, A.T. Still University. Currently a professor in the Department of AT Programs and a research professor in the Department of Basic Science at A.T. Still University. Serves as the Associate Director for the Athletic Training Practice-Based Research Network (AT-PBRN). Named an NATA Fellow in 2023.

SESSIONS:

NegotiATing for Yourself

LEARNING OBJECTIVES

- Review current status of compensation in the field of athletic training.
- Identify negotiable components when discussing salary and benefits.
- Identify ways to assess your value, and how to advocate for your worth.
- Discuss the criteria that influence the negotiation process.

Speakers & Sessions

PHOTO BY CODY DOHERTY



Carter Boro MS, LAT, ATC

BIO: Bachelor's in AT, Fresno State. MS in PE, University of New Mexico. Currently an AT with Banner University Medicine, Orthopedics and Sports Medicine Department. She is embedded in the football program of University of Arizona, and Care Coordination within Banner. Recently obtained Phlebotomy certification. Optimal care of the athlete, research, and higher learning are her priorities.

SESSIONS:

Blood Flow Restriction

LEARNING OBJECTIVES

- Identify indications and relative/absolute contraindications for using BFR.
- Create a treatment plan for a patient using common BFR guidelines (sets, reps, rest time, loading percentage, etc.)
- Differentiate different BFR products and understand which is best suited for clinical practice.

Rachel Geoghegan, DAT, ATC

BIO: Dr. Rachel Geoghegan recently joined the faculty of the Department of Athletic Training at A.T. Still University in July, 2023. Prior to becoming a full-time educator, she practiced clinically for 17 years in the college/university setting, most recently at Boston University. While at BU, Rachel specialized in pelvic health and female athlete health concerns, and she developed and ran her own weekly pelvic health clinic within the Athletic Training Department. She has also served as a consultant to athletic trainers across the nation on female athlete health concerns, including pregnancy and the nuances of weight-restricted women's sports.

SESSIONS:

Reproductive Health Considerations: Your Role in Advising and Advocating for Your Patients

LEARNING OBJECTIVES

- Discuss the increasing prevalence of pregnant athletes across various levels of competition and identify members of an interprofessional care team to support all aspects of the pregnant athlete through the entirety of the pregnancy.
- Identify the stages of pregnancy and describe the physiological changes that occur at each stage that affect athletic participation.
- Implement appropriate activity modifications at each stage to protect the athlete and the developing fetus and monitor a pregnant athlete during exercise to recognize potentially life-threatening conditions.
- Discuss possible outcomes of a pregnancy and be able to provide appropriate and compassionate health-related education to all stakeholders.

Anup Shah MD, MBA

BIO: Orthopedic Sports Medicine Fellowship, Baylor College of Medicine. Shoulder/Elbow Fellowship, Harvard Medical School/Massachusetts General Hospital. MBA, Rice University. Currently a double board-certified orthopedic surgeon specializing in orthopedic sports medicine and shoulder surgery at Banner Sports Medicine. Certified by the American Academy of Orthopedic Surgeons and holds a Certificate of Added Qualification in Sports Medicine. Also serves as a team physician for the Phoenix Suns and Milwaukee Brewers and head team physician for Paradise Valley and Barry Goldwater High Schools.

SESSIONS:

Graft Selection in ACL Reconstruction

LEARNING OBJECTIVES

- Compare/contrast various graft options in ACL reconstruction
- Review the pros and cons of autograft and allograft
- Discuss outcomes of graft selection