



Est 1974

3Q2020

# NCATA Board of Directors

## Executive Committee

Jim Bazluki, Nina Walker, Nancy Groh and Jason Brafford





## Board of Directors

### 2020 Executive Committee

#### PRESIDENT

James M. Bazluki, MAEd, LAT, ATC, EMT

#### VICE-PRESIDENT

Nina Walker, MA, LAT, ATC

#### SECRETARY

Nancy Groh, EdD, LAT, ATC

#### TREASURER

Jason Brafford, LAT, ATC

#### PAST PRESIDENT

Scott Barringer, MEd, LAT, ATC, CAA

#### Committee Chairs

Please click [HERE](#) for a complete list of NCATA Committee Chairs.

Since 1974, the NCATA has served to support athletic trainers, to promote and advance the profession of athletic training in North Carolina. The NCATA is a member of the Mid-Atlantic Athletic Trainers' Association (District 3) and the National Athletic Trainers' Association.



## PRESIDENT'S MESSAGE

Jim Bazluki, MAEd, LAT, ATC, EMT

Greetings (*from a distance*) colleagues:

To say the times are slightly different would be an understatement. The simple yet busy days of an AT have been replaced with complex uncertainty sprinkled with the unknown. As our traditional start of the fall seasons has started for some, delayed for others, and cancelled for some – we all find ourselves in new and additional roles. COVID Testers, COVID

Screeners, COVID Call Centers, Contact Tracers, virtual teachers and hopefully some traditional AT roles as well. We certainly are showing our versatility and adaptability during these unusual times. I can assure you – the challenges are still coming our way, but I know we will be able to adapt and rise to the challenge.

The challenges of the pandemic are affecting sports at all levels. Each with different resources to address the challenge, the outcomes of our efforts are yet to be realized. We all hope that the safeguards we put in place will be adequate to minimize the risk to our patients as well as to ourselves. Nothing is risk free, so I certainly hope your employment setting works to get you the supplies and materials you need to stay safe and help implement the policies necessary to create a safe environment. The NCHSAA continues to release new updates for high school athletics as does the NCAA. Nothing is set in stone and changes might keep occurring as time marches on. The NCHSAA 2020-2021 updated sports season can be [VIEW HERE](#). Make sure you follow local rules and guidance as it relates to facility use, cleaning guidelines and PPE use. Follow local policy on reporting exposures, positives and contract tracing. The only person who will always look out for you – is yourself!

A few general items as ATs that I wish to remind our membership. We are at the beginning of award nomination season. We have very deserving members who would make excellent candidates for NCATA, MAATA and NATA awards. Nomination criteria and forms are on each respective website. Make it a goal with the extra downtime to nominate a worthy colleague. Election season for the NCATA is also around the corner. This cycle we will be electing a Treasurer and Vice President. Please take a look at the website to look at the criteria and responsibilities for office and talk with your colleagues about running yourself or encouraging someone who you think would do an excellent job in the position. Also please update your ATLAS profiles, the link is on our website.

COVID-19 has put a lot of our plans and projects on hold, but rest assured the leadership of the NCATA is monitoring the legislature and continuing to work on your behalf. Any questions you have or that arise during your year, please let us know. We get emails about scope of practice and licensure. While we don't give legal advice on the law, we will make sure it gets into the right hands for evaluation and guidance. Making us aware also helps us stay on top of what is happening in your practice area and allows us to be able to address topics as they arise.

Please stay safe, help your patients stay safe and together we will get through this.

Stay Strong,  
**Jim Bazluki, MAEd, LAT, ATC, EMT**  
 NCATA President



## Vice President's Message

Nina Walker MA, LAT, ATC

Dearest Colleagues,

Wow, what a crazy 5 months. Hoping you all have been taking some time for self-care and joining some of the fantastic talks the AT Cares and EDAC have put on to help us share and learn about topics like social justice and the stress of COVID. As a black woman it has been a really tough summer to navigate all that is happening around the country. But it has been great seeing all those who have committed and continue to work on allyship and anti-racism. Please know how important these efforts are to me, your diverse patients, athletes, colleagues and friends. Continue to keep cultural competency at the forefront of your practice. Our Diversity, Equity and Inclusion Committee is working hard to provide content. I will say that it does sadden me that out of approximately 2000 ATs in our state only 140 have chosen to follow it. Please consider following @NCATA\_DEI on twitter to learn about all groups and expand your knowledge. The more we know the better we can be!!!

It has been amazing seeing all of the talented athletic trainers pivoting and showing administrators what we do the best, organize and care for the health and safety of all. This has been a stressful and confusing time but there have been so many stories of those that have rolled up their sleeves and sat at the decision making tables to show how prepared we are for this kind of crisis. We need to make sure that our colleagues in administration, and other health care professions learn about how we can lead in this environment, so speak up, document and show your worth.

My heart goes out to those of you facing uncertainty with your positions and those that have already been furloughed or let go. Please help us know what you need to help with this difficult time. And please reach out if you are in distress. AT Cares is here for you and so are we. Be on the lookout for surveys/polls. We want to know which schools have needed to adjust their hiring of ATs. We need to focus on these programs to make sure these students are protected during this vulnerable time, and there is an understanding of the value ATs have for all students.

A special thanks to all those who have contributed to this newsletter. There is so much great information, please take time to read it. It has been really fun having new and fresh faces getting involved with our committees and seeing old ones return. Speaking to our YPs the thing they are looking for most is mentors. Please check out GATHER mentorship page to increase our D3 mentor/mentee relationships. This is one of the most valuable things you can do for this profession. Sharing your skills and learning from others are the biggest gift we can give each other.

Keep Swimming folks! You are doing GreAT!!

Be Well and Take Care,  
Nina



## NCATA Board of Directors

(L-R) Jim Bazluki, Jason Brafford, Dan Duffy, Nina Walker, Nancy Groh, Emily Gaddy, Jon Schnier, Steve Womack



## Secretary's Message

Nancy Groh, EdD, LAT, ATC

It's time for everyone to take a moment to pause and reflect as we continue to navigate the "new normal" in our workplace, home, and socially. COVID-19 has presented itself as a bigger challenge than we first imagined, but rather than focus on its negative impacts, consider what you have learned in spite of it and what positive outcomes have resulted. Many of us have learned to become more flexible and resilient, juggling the impacts and changes on sometimes a daily basis. Some of us learned how to creatively deliver a hands on learning experience in a virtual environment, others developed their knowledge in the use of technology and the delivery of telemedicine as they strengthened their abilities in designing rehabilitation plans that could be carried out at home by their patients. We continue to face the unknown as we move forward relying on the best evidence to inform our decisions in delivering healthcare to our patients in the safest manner.



I want to continue to share my gratitude for those who have served at the frontlines in providing point of care to COVID-19 positive patients as well as those who performed symptomatic screening of patients seeking medical care. Equally, I want to commend our membership who have served on the many advisory and policy making committees who have been faced with making the difficult decisions of how to proceed with work, sport, education, and so much more. We are proud of everyone's contributions and hope you will consider sharing your stories with us by submitting them to [THIS LINK](#).

On a final note, I want to encourage our membership to be more intentional to learn about and teach cultural competence. The spirit of diversity has always persisted in the athletic training values, but how intentional have we been in developing a true understanding of the differences in how others experience life based on ethnicity, gender, sexuality, and race? We embrace empathy as an important quality of being a healthcare provider, but how can we truly realize it as an action if we don't have a real understanding of our patient as a whole? The issue of racial inequality is not new, but has recently become at the forefront of our society encouraging us to recognize the injustice that continues in our society through media outlets #Black Lives Matter! Some may comment that all lives matter which is true, but we need to also acknowledge that all are not and have not been treated equally and consider what challenges others face as both groups and individuals; this is how we can develop and embrace the true spirit of empathy. Be open to diversity in all aspects of your life welcoming your neighbors, peers, and acquaintances. Learn from the differences between individuals, communities, and cultures. Openness will help us all grow and inspire us to make this world a better place.

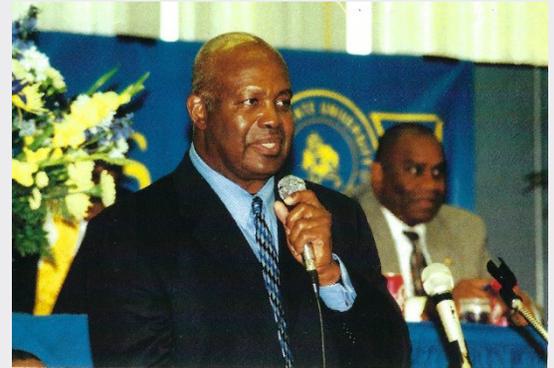
# Memorial

With sadness we have said goodbye to some incredible athletic trainers. Take some time to read about their influence on those around them. We send our condolences to their families, friend and the patients/athletes that love them.



**Tracy D'Errico**  
Athletic Trainer  
NC State  
[READ MORE HERE](#)

**Thomas Bynum**  
Retired Athletic Trainer  
NC A&T  
[READ MORE HERE](#)



**Scott Ward**  
Athletic Trainer  
Fike High School  
[READ MORE HERE](#)



WOULD YOU LIKE US TO COME TO YOUR LOCATION FOR A COURSE?  
EMAIL US :  
DOUBLEEEDUCATION@GMAIL.COM

Approved for Physical Therapy and Athletic Trainer CEUs

f @evidenceandexpertise  
@double\_e\_education

# Wake County Athletic Trainers Take Advantage of COVID-19

by Randy Pridgen MS, LAT, ATC

The Wake County Athletic Trainers has taken advantage of our COVID-19 time by doing something we never had the opportunity to do - meet! The group has been virtually meeting weekly since March as a whole to work on issues to improve our situation and following the COVID-19 guidelines brainstorming ideas to meet the guidelines. From that larger group, a smaller group was formed to work specifically on updating our job description for the county. The workgroup consisted of Eric Hall (Cary HS), Brent Dorenkamp (Wakefield HS), Molly Arey (Holly Springs HS), Kelly Robertson (Broughton HS), Heather Pagel (Fuquay-Varina HS) and Randy Pridgen (East Wake HS). Also, from the larger group a smaller group started a weekly "bookclub". We would pick different on-line CEU opportunities to complete and some great discussion and ideas came from those meetings. As we got closer to school starting and seeing that we would be teaching virtually, the bookclub evolved becoming a "curriculum" club. That group has been phenomenal in creating teaching resources in Google Classroom for all of the athletic trainers in Wake County to use. We've gotten much accomplished and continue to work and grow as a unified group of Wake County Athletic Trainers.

## The NCATA License Plate Dream is Still Alive

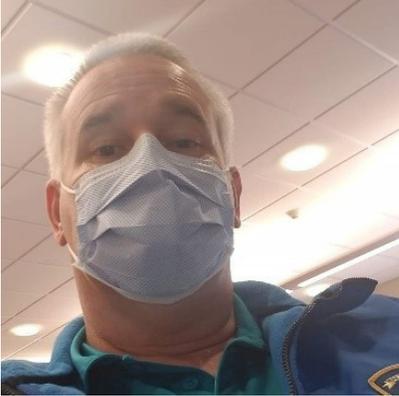
Kevin King has led the campaign to accrue enough interested applicants to secure the option of NCATA specialty license plates. What a fantastic public relations and professional advocacy idea this is! So, why aren't they available yet? It's sad to say, but we are still not close to the 300 applicants needed for these specialty plates. This is quite surprising as are membership is quite large. If you have not completed an application, please strongly consider doing so; there is no upfront cost to you, and your application doesn't secure you to a guaranteed commitment when we meet our goal and the license plates are made as an option. Just have your car registration and driver's license with you to fill out the application. [Click Here](#) for more information and directions on how you can complete your application!

# First in Flight



# NORTH CAROLINA

## LIFESAVER RECOGNITION



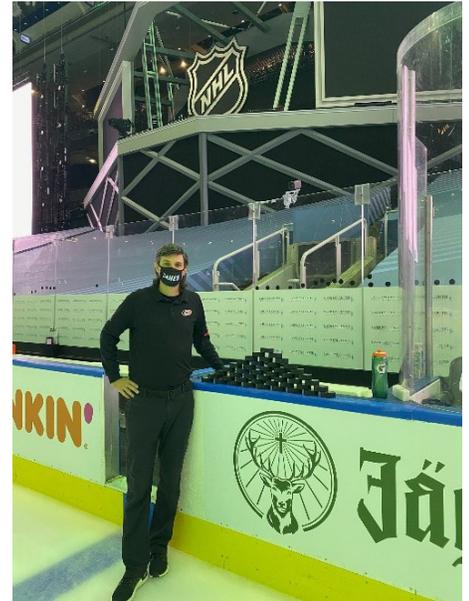
NCATA President Jim Bazluki and fellow Atrium AT Jade Witmer found themselves in an emergency situation during their work at the hospital. A few hours into the start of the shift they were alerted by security that a cardiac arrest was coming into the facility. The nurse stated they were on a skeleton staff and did not have the manpower to run a full code and requested assistance by someone who could help with CPR. They professionally joined the code team and supported the nurses and doctors, providing chest compressions and other vital aspects to help stabilize the patient. You never know when you can use your skills and help other professionals understand the value of athletic trainers in the healthcare team.

## ATs in Action During COVID

**Doug Bennett**

**Head Athletic Trainer Carolina Hurricanes**

Here with the Carolina Hurricanes my role as Head Athletic Trainer quickly added the responsibility of protecting our players and staff from COVID-19 and planning for a safe return to play for our sport. As the NHL plans for a re-start developed, my staff and I established health, safety, and hygiene protocols for our facilities that would allow our players to train and practice without increasing their personal and our communities risk of contracting COVID-19. We established groups, flow patterns and cleaning procedures. Our orders included masks, gloves, and technology for COVID-19 screening. We worked with community health officials to hire an Infectious Disease Consultant and a Facility Hygiene Officer who helped us develop our protocols and ensure compliance of them. In addition, we created a COVID-19 testing plan and schedule that fit our needs but also did not take resources away from our beloved North Carolina communities. As these protocols were put into action we were able to safely enter the NHL 'Hub City' Bubble and give our players the chance to chase their hockey playing dreams and maximize the Carolina Hurricanes chances of winning the ultimate of hockey prizes, The Stanley Cup.



**Nina Walker**

**Athletic Trainer UNC**

As the NATA Liaison for US Lacrosse I have had the opportunity to work on some great projects. As soon as COVID-19 became an issue, US Lacrosse created a medical advisory leadership group to research and address some best practices. This opportunity allowed me to share with physicians and other experts, healthcare from an athletic trainer's perspective. As the project developed, research increased which allowed me to learn more and share this information with my university. The final product resulted in a comprehensive document for youth sports as well as supporting documents and webinars to help families and coaches make educated decisions about summer activity. It is vital that ATs get involved with policy writing to make sure decisions are appropriate and feasible for those who need to implement it.

[US Lacrosse Return to Play](#)

# NCATA SCHOLARSHIPS

*It's never too early to submit applications for Scholarships.*

The NCATA offers three College scholarships (@ \$1,500 per) for current athletic training students enrolled at a college or university in North Carolina.

**To be eligible for consideration of an NCATA scholarship, the applicant must:**

1. Be a current member of the NCATA, applicant must provide a copy of current NATA membership card
2. Be currently enrolled in a CAATE accredited professional athletic training education program (ATEP) in North Carolina
3. Must have earned a minimum of 2.5 overall GPA, and a 3.0 in ATEP courses
4. Three letters of recommendation from the following sources:
  - ATEP Director
  - LAT, ATC clinical supervisor (must be different from program director)
  - one additional letter from: MD, instructor or Athletic Trainer
5. An official sealed transcript
6. An unofficial transcript with ATEP classes highlighted
7. An essay that must be typed, 10-point minimum, addressing future plans and goals for achievement

The application is completed online. All other supporting documentation must be emailed together and received by February 1st, except for the Official Sealed Transcript, which should be postmarked by February 1st. Please provide this email address, [ncatascholarships@gmail.com](mailto:ncatascholarships@gmail.com), to those submitting a Letter of Recommendation. The **Subject Line** should contain your Full Name.

NCATA on [FACEBOOK](#)

NCATA on [TWITTER](#)

NCATA on [INSTAGRAM](#)

NCATA on the [WEB](#)

## NC Sports Medicine Symposium for Students Goes Virtual

*by Randy Pridgen MS, LAT, ATC*

The 2020 NC Sports Medicine Symposium had a much different look this summer. Due to COVID-19 and the state restrictions, we were unable to have our normal symposium at UNC-G. To continue our tradition, we decided to go virtual! Our staff consisted of Pam Dixon (Wilmington), Katie Hanes-Romano (Atkins HS), Lovie Taybron (Univ of GA) and Randy Pridgen (East Wake HS). We had to "think out of the box" to plan for our symposium. We used Zoom and it was a great platform to take advantage of the breakout rooms to teach our different levels of instruction.

Each student was also mailed a box of supplies (tape, prewrap, etc) to use for our skills sessions. Teaching the skills sessions was definitely a challenge but it worked out great for us! Although we had a small group of students (18), they were an amazing group of students. Going virtually allowed the opportunity for students from across the country to attend. We had students from the states of Washington, Texas, Illinois, New Hampshire, Virginia and North Carolina. During our last session, we were fortunate to have Katie Scott from the NATA office and Shone Gipson, Head Athletic Trainer of the New Orleans Saints to share with the students. It was a great 3 days with these amazing students and we definitely made the most of a unique situation!





## NCATA Leadership Institute

The fourth class of NCATA Leadership Fellows completed a virtual session in July. Dr. Carrie Graham delivered an interactive session titled, Creating a Civil and Inclusive Work Environment in Athletic Training. Leadership Fellows were allowed to learn about and discuss how Incivility erodes the workplace and how being inclusive creates many benefits to the work environment. Leadership Fellows include: Brandy Clemmer, Amanda Fitterer, Jarrett Friday, Kaitlin Griego, Grady Hardeman, Jolene Henning, Brandon Johnson, Beverly Justice, Kevin King, Jennifer O'Donoghue, Courtney Phelps, Megan Wahl and Johanna Williams.

### It's Never Too Early to NOMINATE

We have so many Certified Athletic Trainers' and other Healthcare Providers/Organizations that are well deserving of honors and awards...  
Don't Delay...Nominate early.

**NOMINATIONS ARE DUE ON JANUARY 1ST, 2021**

For more information on nomination criteria, [CLICK HERE](#).

# SUBMIT A NOMINATION

## MEMBER SPOTLIGHT

### CHRISTOPHER INA

*Manager of Athletic Training Services,  
Wake Forest Baptist Health (WFBH)*



Chris Ina has served proudly as an athletic trainer for 18 years, spending most of those years as a member of the Sports Medicine team at Wake Forest University. He has spent the last four years with Wake Forest Baptist Health (WFBH) helping to create and manage the outreach athletic training program.

In this role, he manages all aspects of the program for the Medical Center, partnering with 26 local high schools

across the region to provide outreach athletic training services for their student athletes, spanning the following counties: Alleghany, Guilford, Lexington, Wilkes, Winston-Salem/Forsyth, and Yadkin. He supervises 26 athletic trainers on staff that provide these outreach services, along with three regional Athletic Training Coordinators that help to manage the day to day operations of each region. WFBH provides each high school a full time athletic trainer to provide medical coverage for all athletic practices, and home games, working closely with each school's Athletic Director to make sure the needs of all student athletes are met.

His primary responsibilities as Manager of Athletic Training Services are helping to develop and grow the outreach program to new school districts. He also works closely with the Marketing Department to help promote the outreach athletic training services program and the profession of athletic training to the community.

Chris shares that one of the most challenging parts of his job has been the unknown. "Not knowing if or when athletics would resume, waiting for decisions from the NCHSAA on if, when, or how athletics would resume. Athletic trainers are great planners, but in order to make a plan you need information. The lack of information was stressful at times, but with the help of my staff, we worked together to make the best out of a difficult situation."

The impact of COVID-19, and with the sports world on hold, his job responsibilities changed a bit:

"My focus became rethinking the job role of the outreach athletic trainer and how we could utilize their skills and abilities in other ways. I had to think outside the box a bit, but athletic trainers pride themselves on being able to adapt and think quickly on their feet. When athletic were suspended on March 13, with the help of my AT Coordinators and our Orthopaedic Clinic Managers, we were able to redeploy the entire outreach athletic training staff into our Orthopaedic clinics. While working in the clinics, the athletic trainers provided much needed assistance with COVID-19 screenings and temperature checks for our patients and assisted with overall clinic workflow. While these new roles were not glamorous, my AT staff adapted well and they provided a much needed service to our patients and providers."

When decisions were made to resume athletic workouts in the high schools, Chris and his Athletic Training Coordinators were able to serve on the "return to sports" committees for various school districts that are partners of WFBH - "While serving on these committees, we were able to provide recommendations on health and safety guidelines and protocols that would allow the safe return of both athletes and coaches to the fields once again. A major component to this eventual return was educating coaches, parents, and school administration on topics such as, proper hand hygiene, social distancing, the importance of wearing a mask, and proper disinfection of high touch surfaces. Most importantly, we helped to develop the protocols for when an athlete or coach could return to workouts after possible COVID-19 exposure or confirmed positive test. Serving on these committees was a rewarding experience."

With most of the partnered school districts allowing athletics to resume, the outreach athletic trainers are back at their high schools monitoring workouts, enforcing the COVID-19 guidelines, and providing the high schools with the much needed assistance they require as they tackle the lofty task of opening the doors to students once again.

## Coping with the Stress

It's the start of August and any other given year...

- The temperature starts changing
- Stores are having sales
- Fruits & veggies are at their tastiest
- Last vacations are happening
- Excitement is rising about going back to school
- And schedules/ routines are beginning to return to normal



**NOT THIS YEAR!** COVID-19 has changed 66.67% (4 out of 6) things on this list. The climate is still changing and produce are still delicious but not having control or an understanding of 66.67% of our life is scary. August 2020 is here and many of us are trying to cope with and overcome the stress of uncertainty. So how do you get over that insidious fear that derails even the most positive people? I believe the answer is different for everyone, you have to consider: personality, experience, context, and motivation.

That being said, NCATA-DEIC would like to extend the following recommendations for coping with the ever changing uncertainty:

- **Re-evaluate** what you are focused on. Are you wasting energy on things you cannot control? Or are you using your precious energy to do things that will get you positive results?
- **Change your perspective.** Do you see your situation as half empty, full of limitations and lack? Or are you seeing this global pandemic and national civil uprising as an opportunity for change?
- **Look within and dig deep.** Search for the root cause of your fear. This should not be answered quickly with one response, but rather you need to dig really deep into your past experiences to understand what is really causing your paralyzing fear. If it is lack of knowledge, then get informed. Limited or no skills, then learn how to do whatever (if its homeschooling >> [click here](#)).
- **Open your mouth.** 1) Ask for help, stop struggling/ suffering in silence. Ask for professional support ([click here to learn more](#)) 2) Do deep breathing, there is a lot to be said for the benefits of **deep breathing, meditation** (try **headspace**), and **exercise**. Each will significantly improve your mood, perspective on life, and overall health. and 3) Talk it out, but only in a way to leads to a positive or productive outcome. "Misery loves company" and "A joy shared is twice a joy".

There is not a one size fits all approach to coping with the current stressors. So be sure that you are taking care of yourself during this period of constant stress because you deserve more, your loved ones want and need the best of you, and I want to see more of your greatness.

## Focusing on Your Mission in the Midst of Uncertainty



Are you passionate about athletic training and health care but concerned about furloughs, layoffs, or unemployment? Given the global pandemic millions are having to pivot professionally and many athletic trainers are struggling to figure out how to pivot given our very specific skill set.

Last week Ginger Bandeen (pictured left), LCSW owner and founder of **Mission Driven Data** presented a webinar entitled Focusing on Your Mission in the Midst of Uncertainty. As a fellow health care worker she offered a great perspective on how to match your mission (or passion) with your ability to understand volumes of information and serve the public in a way that matters to you. Watch Ginger's webinar replay for free ([click here](#)).

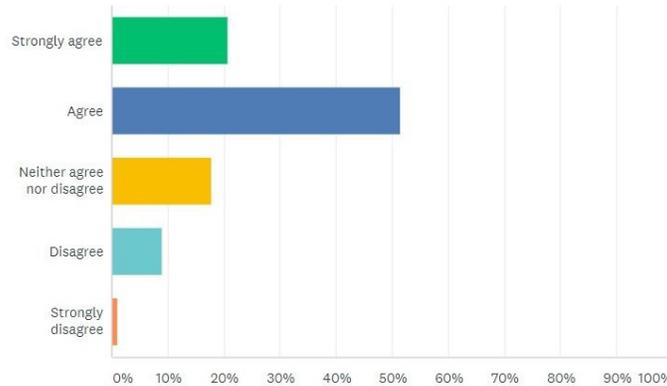
## Diversity, Equity, & Inclusion Committee Membership Survey

To date 101 of 1347 NCATA Members completed the survey and shared their feelings, thoughts, and experiences related to diversity, equity, and inclusion at work and school. Here are the results for two questions:

Continued...

### I trust my work/school to be fair to all people.

Answered: 101 Skipped: 0



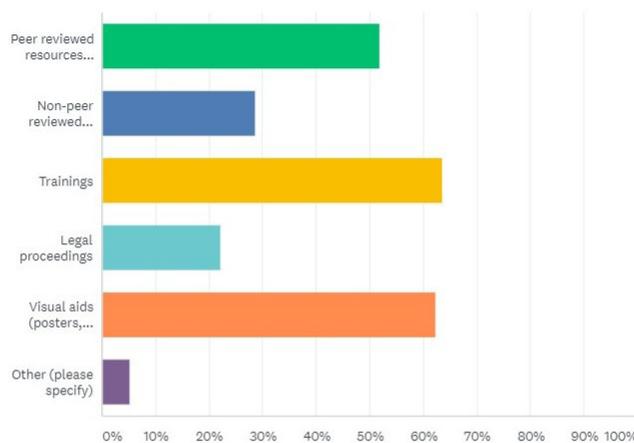
ANSWER CHOICES	RESPONSES
Strongly agree	20.79% 21
Agree	51.49% 52
Neither agree nor disagree	17.82% 18
Disagree	8.91% 9
Strongly disagree	0.99% 1
<b>TOTAL</b>	<b>101</b>

These findings suggest that many of you feel your work and schools treat you fairly but there are also some on you that do not feel supported. The NCATA is here to serve our membership, please contact the **Executive Board** if you need any support or advocacy.

As a result of your request the DEIC is working to create a repository of downloadable visual aids on our **webpage**. These visual aids will cover a vast array of topics on diversity, equity, and inclusion. This is coming soon.

Are there diversity, equity, and inclusion resources you would like to have access to?

Answered: 77 Skipped: 24



ANSWER CHOICES	RESPONSES
Peer reviewed resources (journals and/or journal articles)	51.95% 40
Non-peer reviewed resources (magazine articles, reviews, editorials, newsletters, etc.)	28.57% 22
Trainings	63.64% 49
Legal proceedings	22.08% 17
Visual aids (posters, videos, etc.)	62.34% 48
Other (please specify)	Responses 5.19% 4
<b>Total Respondents: 77</b>	



**Instagram**  
ncathletictrainers



Find us on  
**Facebook**

Go to the [NCATA Facebook](#) page



**Thank You Corporate Sponsors**

The North Carolina Athletic Trainers' Association would like to thank the following 2020 corporate sponsors.

**PLATINUM**



**Emerge Ortho**

Emerge Stronger. Healthier. Better.

**GOLD**



**Caduceus**  
International Publishing

**GET YOUR WORD OUT!**

Advertise with the NCATA

The NCATA is now offering Advertising space in our Quarterly Newsletter. Our newsletter is electronically distributed to all NCATA members. You will be asked to submit 300 dpi jpg or high resolution PDF.

Please contact Eric Hall for additional information.

**Price Breakdown:**

**1 Issue**

Full Page 8.5" x 11"	\$100
Half Page 8.5" x 5.25"	\$75
Quarter Page 4" x 5.25"	\$60

**4 Issues**

Full Page 8.5" x 11"	\$320
Half Page 8.5" x 5.25"	\$280
Quarter Page 4" x 5.25"	\$200

**BRONZE**

**RALEIGH ORTHOPAEDIC**

**RALEIGH ORTHOPAEDIC  
PERFORMANCE CENTER**

