



CONNECTICUT AT Update

Fall 2009

The Official Newsletter of the Connecticut Athletic Trainers' Association.

A Time of Challenge and Opportunity

As we enjoy the autumn season that is upon us and reflect on the passing of summer, one thing is certain, change will always occur. For most, change can be challenging, for others, an exciting prospect of opportunity. With the recent APTA and NATA settlement, both will occur—challenge and opportunity. Even before the news of the settlement was released, the Executive Council of the CATA recognized through our strategic planning process, that significant change was required within our organization and these changes would bring with them both considerable challenge and opportunity. To address these impending challenges, the CATA has sought to improve its organizational structure and the way we do

business, which has resulted in significant improvements internally and externally. To continue to address needed changes, the CATA has also begun to



Tim Speicher
MS, ATC, LAT, CSCS

examine our practice act and revenue position within the state.

The CATA Executive Council, Chairs, our lobbying firm and external stakeholders; will begin an examination of how to address the second initiative of our strategic plan.

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Governmental Affairs Begins New Session

With a short legislative session this year in Connecticut, and many special session meetings still taking place due to budget issues, the field is set for a fast paced and interesting year legislatively. With last year's legislative success in passing the AED bill, the Governmental Affairs Committee hopes to build on that momentum and continue to improve the working environment for athletic trainers in the state. On a more global scale the NATA has reached a settlement in the federal antitrust case with the APTA and has posted the resulting "Joint Statement of Cooperation" on the NATA web site. [Click here to read the NATA/APTA Joint Statement](#)

There are two important proposed federal bills of interest to Athletic Trainers. HR 1137, "Athletic Trainers Equal Access to Medicare Act of 2009" is critically important to the profession. The bill will ensure that Medicare beneficiaries

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CATA Unveils New Web Site

If you haven't checked the CATA web site lately, you should. The CATA's new site has been updated with a tremendous amount of new content, including the most recent announcements that affect not only Athletic Trainers working in the state of Connecticut, but also the profession as a whole. The new web page will also be updated with upcoming events and a list of CATA

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Jason Hannum is New Editor of "AT Update"

The CATA welcomes Jason Hannum as the Editor of "AT Update," the quarterly newsletter of the CATA. Hannum takes over for Vicky Graham, who had been Editor since 2006.



After graduating from Iowa State with a degree in Exercise and Sports Science, Hannum served as the Athletic Trainer for both Stamford High

School and Convent of the Sacred Heart in Greenwich, CT. Hannum is now the Athletic Trainer and Assistant Athletic Director for Greens Farms Academy in Westport. Along with his dual responsibilities at GFA, Hannum is also serves as the co-teacher for the Sports Medicine Class at Westhill High School.

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**CATA
Executive Council
2008-2010**

(866) 284.3370

PRESIDENT
Tim Speicher
Sacred Heart University
Tim.Speicher@ctathletictrainers.org

PAST PRESIDENT
Paul Manwaring
Central Connecticut
State University
Paul.Manwaring@ctathletictrainers.org

PRESIDENT ELECT
Vicky Graham
Wesleyan University
vicky.graham@ctathletictrainers.org

SECRETARY
Carrie Graham
Carrie.Graham@ctathletictrainers.org

TREASURER
Meghan McCaffrey
Quinnipiac University
meghan.mccaffrey@ctathletictrainers.org

**CATA
Board of Directors**

Julie Alexander
Sacred Heart University
Julie.Alexander@ctathletictrainers.org

Don Bagnall
Hopkins School
don.bagnall@ctathletictrainers.org

Stacy Ciarleglio
Select Medical
stacy.ciarleglio@ctathletictrainers.org

President's Message continued.

Strategic Direction II

The CATA will work to promote and secure employment within the traditional (e.g., high school/ collegiate/ professional) and non-traditional settings and gain third-party reimbursement. There is tremendous will on the part of our members, volunteers and stakeholders to move our profession forward under Strategic Direction II. To do so, considerable fortitude will be needed, but most importantly, an attitude of healing will be essential. *"In every community, there is work to be done. In every nation, there are wounds to heal. In every heart, there is the power to do it—Marianne Williamson."* As we work with others, even our adversaries, on how to realize the opportunities before us under Strategic Direction II, we must remind ourselves that the wounds of the past can heal and a new direction can be set for any who have the power to see the challenges that lay before them as opportunities to be realized.



**Tim Speicher, MS, ATC, LAT, CSCS
President**

Web Site continued.

Committees for those individuals looking for a new way to become involved in furthering the profession. Big thanks to Joe D'Ambrose and Liz Mason at Palm Creative for their expertise!

The CATA Web Page can be found by clicking [here](#).



www.nata.org

Governmental Affairs continued.

have better access to quality health care provided by state licensed or certified athletic trainers. Please visit the NATA's [Legislative Alert Center](#) for more information and to get involved. The "Josh Miller HEARTS Act of 2009", S. 1197, will help provide funding for AEDs for schools around the country (for details, see p. 3).

The GAC has been monitoring the state legislature's Program Review and Investigative Committee's review of the scope of practice determination for Health Care professionals. This review is in regard to the **process** by which scope of practice for health care professionals is determined in the state; at present the determination of scope is done legislatively. The review is **not** related to the scope of practice of any particular health care profession. There are currently 29 different types of health care professions licensed in the state, with Athletic Training being one of the more recent additions. Statutory scopes of practice for those professions are included in "practice acts", which detail specific provisions related to the specific health care profession. A detailed review of how scope of practice is determined in CT and other states was presented on October 1st. The remainder of the report will be presented in December, and will address any problem and changes identified by the review, as well as outline the role of the Department of Public Health in determining the scope of practice for health care professionals.

Last year Betty Gallo & Co. were introduced as the lobbyist for the CATA. The GAC is pleased to report that Ms. Gallo has agreed to continue serving as the CATA lobbyist for the second year. Gallo & Co. were integral in our successes as an organization last year, and the GAC looks forward to the continuing partnership.

Congress Considers AED Funding for Schools

The Josh Miller HEARTS (Helping Everyone Access Responsive Treatment in Schools) Act of 2009 (S. 1197), has been introduced in the U.S. Senate. This bill originated in the U.S. House of Representatives and has already been passed by the House. The Josh Miller HEARTS Act would establish a federal matching grant program to help increase the availability of automated external defibrillators (AEDs) in elementary and secondary schools nationwide, as well as require that grant recipients integrate AEDs into their school's emergency response plan or procedures. This bill is modeled after a successful initiative in Ohio which provided schools statewide with AEDs, and is named for an Ohio high school athlete who died suddenly while playing football.

Please contact Senator Christopher Dodd and Senator Joseph Lieberman and ask them to sign on as co-sponsors of the Josh Miller HEARTS Act. For more information, click [here](#).

SAVE the DATE!

EATA Annual Meeting

January 8-11, 2010

Boston, MA

More information is on the [EATA Web Page](#)

A reminder that the Connecticut State Meeting held at the EATA conference will be on Saturday January 9th from 4:00 - 5:00pm. The meeting will be held in the *Regis Room* at the Copley Marriott.

CATA 2010:

“Preventing Sudden Death in Sport”

The CATA will welcome several nationally recognized experts for the 2010 CATA Symposium. Dr. Doug Casa (exertional heat illness and dehydration), Eric Crespo, MD (cardiac-related issues), Scott Anderson, ATC (exertional sickling and rhabdomyolysis), Tim Neal, ATC (emergency preparedness in sports), and Dr. Erik Swartz (cervical spine injury) are on the agenda for a program you won't want to miss! Save the date for the 2010 CATA Symposium on June 2, 2010 at CCSU.

AT Students Spend Summer with the Sun

Meg Fenton from Hebron, CT, a senior athletic training student at the University of Connecticut, and Amy Zammataro from Quinnipiac University spent the summer working with the WNBA's Connecticut Sun under the supervision of Jeremy Norman, ATC.

Throughout the summer, daily responsibilities included pre and post practice/game treatments, along with developing and executing rehabilitation plans for the injured CT Sun players. “Overall, this was a great experience,” reported Fenton. “I learned a lot of new things, was able to see a large number of different injuries and treatment knowledge, all while futhering my overall knowledge and skill level as an athletic training student.” On multiple occasions, both Fenton and Zammataro were able to gain valuable first-hand experience sitting alongside Norman on the bench to assist with any on the court injuries. Adding to the experience for Fenton was the relationship she was able to build with Dr. Diana Heinman, the CT Sun's team physician and Dr. Ammar Anbari the team's orthopedic surgeon. “I was able to observe the team doctors working with the athletes on a regular basis,” said Fenton. “During one game I was able to see the application of stitches and the doctor also involved me in pre- and post- surgery evaluations.”

When asked to sum up her summer, Zammataro's answer came easily, “Working with the Sun this summer was a great experience. Just being around professional athletes and seeing how things are run in this kind of environment, was a once-in-a-lifetime experience. [Jeremy] taught me many manual therapy techniques and stressed the importance of getting our hands on the athletes instead of simply hooking them up to a modality.”

For more information on summer internships with the WNBA students are encouraged to visit the WBNA website, NATA website, or contact the athletic trainer working with the team of interest directly. The internships are usually unpaid, but provide the student with a wealth of hands on experience.



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Reaching Out to the Community, AT Students Perform Baseline Concussion Screening at a Local High School

Recently a handful of Quinnipiac University AT students lead by Elena Bochicchio, had the opportunity to assist Amity Regional High School in Woodbridge, Connecticut. Although Amity employs a full-time certified Athletic Trainer, performing baseline concussion screenings on every student-athlete participating in the fall football program was not a feasible task for this individual to take on alone. Katie Bryant, MEd, ATC approached Quinnipiac University with the idea of joining forces to tackle the task at hand. Seeing the opportunity too often missed, Bochicchio and her fellow students jumped at the opportunity to give back to the local community while helping a fellow AT in a worthy endeavor.



QU AT Student Elena Bochicchio performs a baseline screening test on an Amity High School football player

The group worked with more than fifty different individuals performing SAC and BESS tests. “Our goal in performing these tests was two-fold,” said Bochicchio. “We sought to not only perform the tests for their clinical importance, but we

also wanted to take the opportunity to begin educating the student-athletes on why baseline concussion screenings for a high-contact sport are so important.” The Quinnipiac students are hopeful that the opportunity to deliver their message in a one-on-one setting would make it more tangible and would then trickle down from the student-athletes to their parents, coaches, and friends, with the ultimate goal to increase people’s awareness of the severity of head injuries.



With the success of the collaborative effort in Amity, Bochicchio was asked about any future undertakings. “This year we plan on doing many more activities similar to this one within our local community. Not only do the individuals that we are working with benefit from our intervention, but it gives us as students the opportunity to apply our classroom knowledge, becoming familiar with the different populations we may work with in the future.” Many high schools struggle with lack of equipment, supplies, and personnel. Community service is often a much neglected act, but the Sports Medicine Program at Quinnipiac University is doing their part to move it back to the top of their priority list.

Mission Statement

The Connecticut Athletic Trainers' Association (CATA) strives to improve the quality of health care for athletes, patients and clients and enhance the profession of Athletic Training, through leadership, education, and cooperative efforts with other organizations and allied health professions.

Contact Info Change?

To those members who have moved, we need your help. Your corrected contact information is requested. Please go to the NATA website “Members Only” section www.nata.org/members1/members.cfm to update. Please be assured your information will not be given away. It will only be used for NATA membership communication.

Thank You,
The CATA Executive Council

Become a ‘Friend of the CATA’

Support the CATA Scholarship Fund by becoming a “Friend of the CATA”. All funds contributed by the “Friends” will go directly to the scholarship fund. Your contribution of \$25-99 will help the growth of this fund, and enable the CATA to honor more outstanding Athletic Training students. A tax-deductible gift to the “Friends” fund shows your support for the future of our profession. For more information, go to: www.ctathletictrainers.org/

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If you have questions regarding this publication, please contact the Connecticut AT *Update* Editor **Jason Hannum, ATC, LAT, STS**
jason.hannum@ctathletictrainers.org

Production and design by:
Sharri H. Jackson
sharrijackson@gmail.com

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Sign Up for CSMS *SportsMed* E-Newsletter

SportsMed, a quarterly newsletter distributed by the Connecticut State Medical Society's Committee on the Medical Aspects of Sports, will be distributed electronically only, effective immediately. If you would like to receive a copy of this publication, please send an e-mail to audreyhg@csms.org requesting to be added to the mailing list.

Looking for Secondary School ATs

The Secondary Schools Committee is looking for additional members to serve on this important committee. Currently the SSATC is working to build a comprehensive network of secondary school Athletic Trainers. If you are the athletic trainer in a secondary school and would like to be involved please contact Analia Pizzi at analia.pizzi@ctathletictrainers.org.

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Christine Schneider, ATC, LAT
PO Box 2884
Phone 860-287-7047
Danbury, CT 06813
Fax 203-744-0847
proactivesptmed@aol.com

Please Contact Chris
If You Are Interested In Joining
The Per Diem Team

CATA

Committee Chairs

COMMITTEE ON REVENUE
Eleni Diakogeorgiou

eleni.diakogeorgiou@ctathletictrainers.org

CORPORATE SPONSORSHIP
VACANT

GOVERNMENTAL AFFAIRS
Matt Rothbard

matt.rothbard@ctathletictrainers.org

Doug Bowie

douglas.bowie@selectmedicalcorp.com

NEWSLETTER

Jason Hannum

jason.hannum@ctathletictrainers.org

PUBLIC RELATIONS

Anita Eisenhauer

anita.eisenhauer@ctathletictrainers.org

Chris Schneider

chris.schneider@ctathletictrainers.org

RESEARCH & EDUCATION

Stephanie Mazerolle

stephanie.mazerolle@ctathletictrainers.org

SECONDARY SCHOOLS

Analia Pizzi

analia.pizzi@ctathletictrainers.org

SYMPOSIUM

Vicky Graham

vicky.graham@ctathletictrainers.org

A Call to the Political Minded

The Governmental Affairs Committee is looking for new members. The GAC is looking for widespread representation across the political landscape of Connecticut, covering each of the five districts. The GAC would gladly welcome members from any district, but is focusing their efforts on Northwest CT, Eastern CT, and Fairfield County. If you are interested please contact one of our GAC Co-Chairs Matt Rothbard at matt.rothbard@ctathletictrainers.org or Doug Bowie at doug.bowie@ctathletictrainers.org.

Do You Know an Unsung Hero?

Athletic Trainers are often unsung heroes, but there are always those who stand out among the rest of us. Please take a moment to think about your AT colleagues, and about who you know that deserves to be recognized for contributions to our profession. The NATA has begun accepting nominations for the 2010 Awards. These awards are numerous, but include, Hall of Fame, Most Distinguished Athletic Trainer, Athletic Trainer Service Award, The **nomination form** is brief, and can be completed online. Think about it now, and take a minute to nominate someone.

The deadline for nominations is November 15th!

Concussion DVD Coming to High Schools

Featuring Mike Golic

The Connecticut Concussion Task Force (CCTF) has produced a video to educate high school students about concussion, and will be distributing the DVD to every high school in the state. The video features former NFL player and ESPN radio personality Mike Golic, health care providers in Connecticut who manage concussions, and several high school athletes from the state who speak candidly about their experiences after concussion.

Click here for information and to learn more about the CCTF and their mission.

NEW!
CATA Phone Number
(866) 284-3370

Have a question or concern? An idea? Want to volunteer? Please use this number to contact any of the CATA Executive Council members or Committee Chairs.

AT License Fees Increase

The fee for an Athletic Training license and for renewal of an AT license increased effective October 1, 2009. Professional license fees for other health care providers and others who are required to be licensed also increased when the General Assembly passed HB 6802. The fee for an initial AT license is now \$190, and the fee for AT license renewal is now \$200. All pending application and licenses that expire on or after October 1, 2009 are subject to the increased fee.

NPI

Register for your National Provider Identification (NPI) number, no matter what practice setting you work in! For more information **Click Here**.



www.natafoundation.org