



CONNECTICUT AT Update

Winter 2012

The Official Newsletter of the Connecticut Athletic Trainers' Association.

President's Message

Dear Friends,

Happy New Year to each of you! The end of the year and the start of the new year is the ideal time to reflect on our accomplishments and to assess where we want to go in the future. The new year always brings hope of positive change and better times ahead. I'm optimistic that 2012 will be a good year for the CATA!

Notable CATA Accomplishments in 2011

- Inducted Cathy Horne, Kathy Pirog, Maryann Laska, and Rick Burr into the CATA Hall of Fame
- Named the Kathy Pirog CATA Undergraduate Scholarship
- CATA was the recipient of the Daniel L. Campbell Legislative Award, in recognition for long term strategic legislative planning in state legislative affairs
- CATA was recognized by the NATA Foundation for contributions to the Foundation associated with the establishment of the CATA Penny F. Dunker-Polek Scholarship
- 3 students represented iLEAD in Washington, DC
- Initiated CATA Student Advisory Committee, ad hoc to Executive Committee
- Initiated CATA Athletic Training Program Service Award (will be awarded in 2012)
- Initiated CATA SSATOY Award (2012 symp)
- Proposed legislation to update the AT practice act made it out of PH Comm

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NATA Position Statement: Preventing Sudden Death in Sports

Be sure to read the new [NATA Position Statement on Preventing Sudden Death in Sports](#). in the upcoming JAT. This statement provides crucial recommendations for insuring that we're as prepared as possible for life-threatening emergencies. There are new recommendations regarding emergency planning, and detailed information about what have been identified as the top ten causes of sudden death in sports. Our colleague Dr. Doug Casa was the Co-Chair of the group that developed this comprehensive statement.

A Note on Treating Exertional Heat Stroke (EHS):

The recommendations for treating EHS include monitoring core temperature rectally, since it has been well-established that rectal temperature is the only effective method of taking core temperature. The statement's authors and the NATA recognize that there may be settings in which athletic trainers are unable to take a rectal temperature. It is strongly recommended that you review the position statement, with particular attention to treatment of EHS, with your Team Physician or Medical Advisor, as well as appropriate school or institutional administrators. If you will not be taking a rectal temperature while treating EHS, it is recommended

Continued on page 2.

Secondary School Athletic Trainer of the Year Award

Do you know an individual who demonstrates exemplary commitment as an athletic trainer in the secondary school setting, is a well-respected member of the school and community, as well as being active in the advancement of the profession through activities such as professional service, research, education and public speaking? If so, please consider nominating them for the Secondary School Athletic Trainer of the Year Award! The Secondary School Athletic Trainer's Committee is pleased to announce this inaugural award beginning in 2012. Nominations will be accepted between February 1st and April 1st, with the winner being announced at the CATA symposium. For all eligibility criteria as well as additional information visit the [CATA website](#) on February 1st.

Donate to the CATA Scholarship Fund

Please consider making a donation to the CATA Scholarship Fund. The CATA presents five undergraduate and one graduate scholarship to student members of the CATA each year. You can help support the future, by giving NOW!

Send donations made payable to:
CATA Scholarship Fund
P.O. Box 155; Durham, CT 06422

President's Message continued from page 1.

Moving on to 2012:

- **EATA:** It was good to see everyone at EATA in Boston. The 2012 conference was the best attended EATA ever. Make plans for Buffalo in 2013! I know, you're thinking, "Buffalo... in January?" Prices will be far lower than what we've seen the past few years, the educational programming is always excellent, and why not eat real Buffalo wings when you're watching the NFL playoffs?
- **Proposed D1 dues increase:** The District 1 Executive Council voted on a proposed \$10 increase in district dues for 2013, \$5 would go to the district, and \$5 would come back to the state. This increase must be approved by the membership. Voting will take place in February, so that the 2012-2013 fiscal year budget can be developed by the end of March. This is the first district dues increase in many years. The funds that would come back to the state would help to continue to support our committees and legislative activities. The district funds would help support travel for state Presidents (which was cut back three years ago), and a small room stipend to allow specified District 1 Committee representatives to attend EATA (attendance would become mandatory for those Chairs). There will be additional information in the upcoming District 1 notes, with a more detailed explanation of the reasons for the requested increase.
- **Thanks to R.J. Mortali,** the Connecticut Student Delegate to the EATA for his work on the outstanding student program at EATA! R.J. is a student at SCSU, and just completed his first year of a two year appointment at the EATA Student Delegate. Great job!
- **CATA Awards and Scholarships – Feb. 1** A call for nominations for the CATA Athletic Trainer of the Year and CATA Secondary School Athletic Trainer of the Year Awards will be accepted starting February 1. Applications for the five CATA undergraduate scholarships and

the one Master's level graduate scholarship will be accepted beginning Feb. 1. We will notify the membership via e-blast when the nomination period opens.

- **CATA Election – 2012** Nominations for the CATA Executive Council will be accepted beginning March 1. We will be voting for: **President-Elect, Secretary, Treasurer, Board of Directors** (three positions). If you are interested in any of the positions, feel free to contact me with questions. We will notify the membership via e-blast when the nomination period opens.

Best regards,

Vicky
Vicky Graham

NATA Position... continued from page 1.

that you document that you have had the discussion about the recommended treatment. There is a form immediately after the position statement that was developed for this purpose. Most importantly, your standing orders should be updated to specifically delineate how you are to treat EHS.

Taking a Rectal Temp during EHS
Taking and monitoring rectal temperature while treating EHS is an educational competency for athletic training students. Students are being educated to manage EHS in this manner because it is currently the gold standard in treatment. Those of us who have not been trained to take rectal temperatures need to become familiar with the appropriate equipment and acquire this skill. CATA will be sponsoring CE workshops to address this and other skills required by the new educational competencies. More information will be forthcoming.



CATA Executive Council 2010-2012

(866) 284.3370

President

Vicky Graham

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President Elect

Carrie Graham

Past President

Ernie Hallbach

Secretary

Janelle Francisco

Treasurer

Meghan McCaffrey

CATA Board of Directors

Don Bagnall

Mary Cardarelli

Gary Morin

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.

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.

2012 CATA Symposium Agenda

Tuesday, May, 22, 2012
 Central Connecticut State University Student Union
 7:00am – 2:00pm

Understanding and Applying the New NATA Position Statements

- | | | |
|------------------------|---|---|
| 7:00 - 7:30am | Registration & Breakfast |  |
| 7:30 - 7:40am | Welcome | |
| 7:40 - 8:30am | “Appropriate Medical Care for Secondary School Aged Athletes,” Keith Loud, MD, MSc – Dartmouth Hitchcock, Lebanon, NH | |
| 8:30 – 8:50am | Q & A (Break: CATA Announcements & Raffle) | |
| 8:50 – 9:30am | “Preventing Sudden Death in Sports,” Ron Courson, ATC, PT, NREMT-I, CSCS - University of Georgia, Athens | |
| 9:30 – 10:00am | Q & A (Break: Exhibitors & Raffle) | |
| 10:00 - 10:45am | Implementing Safe Weight Loss and Maintenance Practices in Sport & Exercise,” Kathy Laquale, PhD - Bridgewater State University, Bridgewater, MA | |
| 10:45 – 11:05am | Q & A (Break: Announcements & Awards) | |
| 11:05 – 11:50am | Lunch & Exhibitors | |
| 11:50 - 12:40pm | “Evaluation of Dietary Supplements for Performance Nutrition,” Kathy Laquale, PhD - Bridgewater State University, Bridgewater, MA | |
| 12:40 – 12:50 | Q & A | |
| 12:50 - 1:40pm | “Pre-Season Heat Acclimatization Guidelines for Secondary School Athletes,” David Csillan, MS ATC LAT, Ewing High School, NJ | |
| 1:40 – 1:50pm | Q & A | |
| 2:00 - 3:30pm | Post Symposium Workshop - “Sacroiliac Mobilization,” George Giannoni, P.T., G.D.M.T., I.M.T., C. – CT School of Integrative Manual Therapy and Diagnostics, Bloomfield, CT | |

CONNECTICUT AT *Update*

The CATA Newsletter is a quarterly electronic publication. News and information for the newsletter should be sent to the Editor no later than the 1st of the month in January, April, July, and October. Details about newsletter submissions can be found [here](#).

The CATA publishes an e-blast each month that the newsletter is not published. Announcements, including CEU events and other information should be sent to the CATA Secretary no later than the 1st of the month in any month the Newsletter is not being published. Details about e-blast submissions can be found [here](#).

Information about purchasing newsletter advertisements or other sponsorship opportunities can be found [here](#).

Production and design by:
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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

NPI

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

CATA Committee on Revenue: Winter Update 2012

The committee on revenue has identified four major strategic directions for 2012 and hopes to complete various goals associated with each direction. Below you will find the CATA COR Strategic directions:

- Educate Members and Those Impacted by Athletic Training Reimbursement
- Enhance Communication and Involvement of Members and CATA
- Strengthen the Position of the ATC in the Connecticut Health Care Marketplace
- Assist Members who are seeking to gain reimbursement

We began to focus on our strategic directions by attending a lecture given by the CEO of Greenwich Hospital on the healthcare crisis and what is to come. We wanted to understand the healthcare marketplace as a whole before we decided how we would tackle our directions and accomplish our goals.

He spoke about the need for healthcare providers, the decreasing reimbursement rates and the rising healthcare costs. Athletic Trainers are not the only providers fighting for their position and for insurance dollars. With the rising healthcare costs and the low reimbursement rates he focused on the area of prevention and the need for providers in this area. As Athletic Trainers we need to capitalize on one of our strengths and, one of the domains of Athletic Training – PREVENTION! We need to look for revenue generating opportunities outside of third party payors and focus on showing our value as healthcare providers and medical professionals.

The COR is committed to strengthening the position of the Athletic Trainer in Connecticut. We started with a survey sent at the end of 2011 asking members if they would call their insurance providers and ask why they do not recognize Athletic Trainers as healthcare providers. By understanding the why we feel as though we can better tailor our educational efforts to the insurance providers in Connecticut as well as to the insurance commissioner.

Continuing with this year's efforts the Connecticut COR is working closely with the NATA COR in updating useful information for revenue generation. When those updates are completed we will focus on updated our own reimbursement guidelines which you can find [here](#) and for more information on third party reimbursement click [here](#).

If you would like more information or would like to join or assist the COR please contact, eleni.diakogeorgiou@ctathletictrainers.org.

CCSU's Waskowitz Receives EATA Moyer Award



Dr. Robert Waskowitz, Team Physician and Medical Director of the Central Connecticut State University Athletic Training Education Program, was awarded the Dr. David G. Moyer Award at the 64th Annual EATA Meeting and Clinical Symposium. Dr. Waskowitz joined his late father, Dr. William Waskowitz,

as a recipient of the EATA's most prestigious award. Dr. William Waskowitz, the first Team Physician at CCSU, was honored in 1990. They are the only father and son duo to have won the award. In addition to his responsibilities with CCSU, Dr. Waskowitz has been an orthopedic consultant for the Summer and Winter X games for over a decade. He is a member of the Connecticut State Medical Society Medical Aspects of Sport Committee, and is involved with youth sports in Avon, where he resides with his wife and three children. Dr. Waskowitz completed his orthopedic sports medicine fellowship at the Steadman-Hawkins Clinic, and his residency at the University of Pittsburgh. He is a graduate of Amherst College, and the University of Vermont, College of Medicine.



Save the Date

**CATA Hit the Hill Day
March 28, 2012**

**Hartford
9:00am-12:00pm**



CATA Collects More Than 600 Coats for Button Up CT

Despite news reports of slow economic conditions, the giving spirit was in full effect throughout the state of Connecticut.

For the second year in a row, the CATA put out the call to help those in need,

Photo by: Jody Murray

by participating in the Button-up Connecticut program; five organizations answered the call and collected more than 638 coats.

Leading this year's charge, were the Athletic Trainers, along with the students, of Loomis Chafee School. "We were able to collect 116 jackets for the Button Up CT campaign, almost doubling the amount we gathered last year," remarked Jean Sapula, Loomis Chafee's Assistant Athletic Trainer. "In addition, we collected 51 more jackets which we donated locally, to the Windsor department of Social Services. Those jackets will be made available for participants in the town's food bank program."

Button-up Connecticut was started Dan Siracusa in 1992, and to date has delivered more than 125,000 coats to CT men, women, and children.

Even though the CATA drive has ended, Button-up Connecticut accepts donations throughout the year. To find a location near you, visit their [website](#).

A special thanks to those schools that acted as drop-off locations for this year's drive:

**New Canaan High School
Loomis Chaffee School**

**Sacred Heart University Student Athletic Training Club
University of Connecticut Student Athletic Training Society
Quinnipiac University Student Athletic Training Club
Acupuncture Therapy – Jody Murray
Western CT Physical Therapy & Danbury Orthopedics**



New Canaan High School's Athletic Trainer Diane Murphy-Kivell along with Bridget Rodin collected 150 coats.

Right: Jody Murray, from Acupuncture Therapy.



CATA

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Congratulations to:

Jason Polakowski - SCSU
EATA Free Communications Award

Matthew Almeida - SCSU
EATA Research Committee Undergraduate
Poster Award

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.

63rd NATA Annual Meeting & Clinical Symposia

June 26-29, 2012
St. Louis Missouri

Click [HERE](#) for more information.



www.natapac.org

Get Involved with the CATA!

The Public Relations Committee is looking for **YOU** to join the group. Please contact [Chris Schneider](#) or [Jason Hannum](#) for more information about the CATA PR Committee!

Thank You to our GOLD Corporate Partner



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Save the Date

BIAC Conference
March 9, 2012 - Hartford

Register now for the Brain Injury Association of Connecticut's 2012 conference, and sign up for the concussion track of programming. Early bird registration is ongoing. Click [here](#) for the program and conference brochure.

The BIAC is an approved BOC provider.



www.nata.org