

VNATA 2020 Preliminary Program* – Athletic Training Student Seminar

*Subject to Change

Monday, July 13, 2020

10:30 am – 11:30 am

Avoiding Complacency in the Profession of Athletic Training: What NASA's Loss of the Space Shuttle Columbia Can Teach Us

Mary Kirkland, MS, LAT, ATC, NASA

Michael Ciannilli, NASA

In this presentation, NASA takes you back in time on a journey over a half century ago as America prepared for its first, ill-fated, Apollo 1 flight in 1967. Follow on to the iconic Apollo 13 mission to the Moon and then enter into the 1980's for the tragic launch of Space Shuttle Challenger. Finally arrive at 2003 as Space Shuttle Columbia prepares to return home from its 28th and tragic final mission into space. Learn how complacency directly contributed to the loss of these historic missions and engage in an extensive conversation on what the difficult, but invaluable, lessons learned from these tragic events can teach us today in the profession of Athletic Training. This experience is brought to you by NASA's Apollo Challenger Columbia Lessons Learned Program (ACCLLP). ACCLLP is the Agency's innovative effort to reimagine, reintroduce and effectively share the lessons learned from its history with an eye towards ensuring future mission success.

At the conclusion of this session, participants will be able to:

1. Understand the crucial role of communication and relationship building in promoting mission success and preventing undesired outcomes.
2. Appreciate the role of newer and/or younger staff in providing critical and perhaps less biased perspectives.
3. Appreciate the invaluable role of promoting the diversity of thoughts and ideas to obtain successful results.

1:30 pm – 2:30 pm

Leading from the Middle: Learning to Advocate for an Equitable Profession

Sean Rogers, DAT

At the conclusion of this session, participants will be able to:

1. Explain the current structure of the National Athletic Trainers' Association and identify opportunities for students and young professionals to get involved.
2. Identify foundational leadership principles as it relates to Young Professionals in athletic training.

3. Apply and integrate concepts of cultural competency, advocacy and inclusion to foundational leadership principles.
4. Analyze opportunities and potential to create positive change through leadership.
5. Discuss the professional benefits of involvement and leadership.

2:45 pm – 3:45 pm

Working Hard to Find Your Niche; How the Industrial Setting Found Us

Dalton Tice, ATC

Matthew Greene, ATC

Tiffani Hall, ATC

Heather Koster, ATC

Due to what is sometimes viewed as a “normal internship” or a “normal career pathway,” while attending an undergraduate program, often times the future seems to be easily predicted. Life however can take different turns and present opportunities that may not have been part of “the plan.” During this breakout session, we will create discussion on how the profession is changing and prepare Athletic training students for some of the unknowns they may encounter. These unknowns can help shape a professional career or create road blocks. The approach and actions taken determines the outcome. Various scenarios and concepts will be reviewed in order to demonstrate how to overcome barriers and help students recognize opportunities to “find their niche”.

At the conclusion of this session, participants will be able to:

1. Demonstrate new fields and topics that are emerging in the profession.
2. Describe the need for future professional involvement to continue to grow the profession..
3. Define the ways students can contribute as the profession moves forward and expands its vision.
4. Discuss future opportunities for ongoing policy changes to implement best practices in SS athletes.

Tuesday July 14, 2020

11:00 am – 12:00 pm

Athlete Mental Health in the Age of COVID-19

Erin Haugen, PhD, LP, CMPC

The past several months brought a number of changes to the sport environment due to COVID-19, many of which have the potential to impact the mental health and well-being of athletes. Although the transition back to sport is likely welcome for many athletes, they continue to deal with many stressors in and out of sport that complicate the return to play process, particularly as it relates to mental health and well-being. This presentation will discuss the challenges athletes are facing during the pandemic and throughout the return to sport, including but not limited to psychosocial stressors and performance

concerns. The presentation will also discuss ways that those in athletic training can support athlete mental health and well-being during the time of COVID-19.

1:15 pm – 2:15 pm

The 10 Things Every Newly Certified Athletic Trainer Must Know

Tory Lindley, MA

Timothy Weston, MEd

Many newly credentialed ATs are active in the job market for the first time. The thrill of passing the BOC board exam is typically coupled with the fear of ‘what’s will be next in my career?! These AT’s are now faced with a pivotal period of transitioning to practice, having their first opportunity to set career goals and making informed decisions around several opportunities for specific clinical specialization. Professional and personal adjustments as a newly credentialed clinician can be both overwhelming and challenging. First job success can often be an indicator of longevity as an athletic trainer. This presentation will focus on specific ways to succeed during the first year of their career as an athletic trainer.

At the conclusion of this session, participants will be able to:

1. Illustrate the critical steps necessary to take in order to transition effectively to AT practice.
2. Recognize the clinical, ethical and professional responsibility required of each credentialed AT.
3. Prepare a professional plan for success.
4. Prepare a personal plan for success.

Wednesday, July 15, 2020

11:30 am – 12:30 pm

Life After Graduation: How to Take an Active Role in Advancing the Athletic Training Profession

Rodney Caffey, LAT

Transitioning from being an athletic training student to a healthcare provider. What all did I learn from the mistakes I made. What does being an athletic trainer in sports performance look like? How do you integrate yourself as an athletic trainer with other professionals? What sets you apart? What are employers looking for? How to prove your worth.

At the conclusion of this session, participants will be able to:

1. Demonstrate new fields and topics that are emerging in the profession.
2. Describe the need for future professional involvement to continue to grow the profession..
3. Define the ways students can contribute as the profession moves forward and expands its vision.
4. Discuss future opportunities for ongoing policy changes to implement best practices in SS athletes.