The NATA Clinical Symposia & AT Expo is the premier educational event for athletic trainers. The NATA Convention Programming Committee has worked tirelessly to create an exciting slate of educational sessions June 26-29 in New Orleans. With housing for NATA 2018 currently open and registration opening in early March, now is the time to start planning your itinerary. Learn more at convention.nata.org.
Continuing Education Credits

Certified athletic trainers who attend all three days of the NATA 69th Clinical Symposia & AT Expo will earn up to 25 CEUs, with five of which possibly being EBP CEUs. Additional CEUs can be earned by attending Advanced Track Seminars, which are either 4 or 6 CEUs.

Know Your Formats

Everyone learns differently, which is why the NATA convention offers a wide variety of continuing education formats. Attendees can pick and choose sessions offered in their preferred format to maximize their professional development.

Professional Development by Membership Category

NATA MEMBERS

The registration fee for members (certified, career starter certified, associate, international certified, international non-certified and certified students) includes admission to all educational programming except Advanced Track Seminars, Minicourses and other preconference events, which are available at an additional cost.

STUDENTS

Non-certified students are eligible to attend the Athletic Training Student Seminar, Feature Presentations, Sessions, Special Topics and Free Communications. Preconference Career Workshops are also available for an additional charge.

EDUCATIONAL PROGRAM

<table>
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<tr>
<th>Format</th>
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<th>Number of Speakers</th>
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<tr>
<td>Advanced Track Seminars*</td>
<td>4 or 6 hours</td>
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<td>Lecture &amp; Lab; Case Study Presentations</td>
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FREE COMMUNICATIONS

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<td>Clinical Case Report</td>
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<td>1-2 hours</td>
<td>Varies</td>
<td>Presentation &amp; Discussion</td>
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*Pre-registration required.
Get Your Evidence-Based Practice CEUs

There will be seven sessions at the NATA convention eligible for EBP CEUs. Some of the EBP events run concurrently so registrants will be able to attend up to four of the seven and to earn up to 5 EBP Category CEUs out of the 25 CEUs offered at convention.

Participants must complete an online assessment for each BOC EBP CEU eligible event attended to receive their EBP CEUs. Each day during convention, eligible attendees with confirmed attendance will receive an email to complete a combination assessment/evaluation for all of that day’s events. These emails will be sent to the email address used to register for convention.

To receive EBP Category CEUs, the assessment/evaluation for the BOC EBP CEU eligible sessions must be completed and turned in by deadline (to be determined later) to receive EBP CEUs. Participants are encouraged to complete the evaluations as they’re received each day and complete the assessment/evaluation for all sessions. However, if assessments/evaluations are not completed for BOC EBP CEU eligible sessions by the specified deadline, participants will receive Category A CEUs for the event. Have your registration number ready as you will need to enter it to complete each day’s assessments/evaluations.

If you do not receive the email containing the assessment/evaluation link each day, make sure you are checking the email used for convention registration and check your junk/spam folder. If it is not there, email knowledgeinitiatives@nata.org with the email address you need the link sent to. It is the attendee’s responsibility to let NATA know, within a week following the close of convention, if they didn’t receive the assessment/evaluation email.

“Manual Therapies for Chronic Ankle Instability: An Update on the Evidence”  
3 to 4 p.m. Wednesday, June 27  
**Speaker: Mathew Hoch, PhD, ATC**

Several evidence-based manual therapy treatments have emerged to supplement the rehabilitation strategy for people with chronic ankle instability (CAI), such as joint mobilization and massage. These treatments can restore mechanical ankle function, improve sensorimotor function and enhance patient-reported function in CAI patients. This session will help fill a gap between the evidence and clinical practice by reviewing the rationale for using manual therapies with CAI patients, introduce the fundamental components to clinically perform manual therapy treatments and present evidence from mechanical, sensorimotor and patient-centered perspectives. The overall goal is to improve clinical competency to implement manual therapies and enhance CAI patient outcomes.

“Myofascial Tissue: What We Now Know and How that Influences Interventional Decisions”  
4:15 to 5:15 p.m. Wednesday, June 27  
**Speaker: Todd Lazenby, MA, ATC**

Many clinicians lack an understanding of the integral function fascia tissue plays in overall health and in the ability of the body to adapt to mechanical stress. The prevailing thought was that fascia tissue was an inert “inconsequential residues that are less important than the tissues with which they are associated.” Recent evidence suggests that fascia is a viable, foundational structure, having a key role in the transmission of tension throughout the body. Through the processes of biotensegrity and mechanotransduction, fascia is a contributor to proprioception and a key player in the body’s ability to self-organize. With better understanding of these principles, clinicians can improve their clinical decision-making in selecting manual and/or modality interventions when treating soft tissue dysfunctions/injuries, leading to improved patient outcomes.
“Making the Grade in Returning Student Athletes to the Classroom”
4:15 to 5:15 p.m. Wednesday, June 27
Speaker: Tamara McLeod, PhD, ATC, FNATA

Appropriate management of a patient following concussion includes a brief period of rest, followed by a gradual return-to-activity progression that leads to full participation in school and sports. Successful integration of the health care and school environments is important in managing concussions. However, recent literature has reported a disconnect between the beliefs and practices of many members of the concussion management team. While the return-to-sport component is addressed well in athletic training education, less attention is given to addressing return to school, which leads to a lack of knowledge in this area among athletic trainers. This presentation will discuss the current evidence regarding rest and activity and the return-to-activity progressions. Special emphasis will be placed on the need for interprofessional collaboration when integrating a return to academics as part of the concussion management plan for the secondary school setting.

“Think Big: Emergency Action Planning on the Olympic Scale”
11:45 a.m. to 1:45 p.m. Thursday, June 28
Speakers: Ron Courson, ATC, PT, CSCS, and Felipe Tadiello, PT

The Olympics represent excellence in sport performance and an expectation of excellence in the medical care provided to its participants. The sports medicine care provided during these events necessitates evidence-based surveillance, emergency action plans and effective communication among its participating health care providers. Clinicians may have limited experience in planning large-scale events (e.g., tournaments, marathons, championships) that may or may not incorporate participants who represent varying cultural backgrounds. Events with limited emergency action plans may lead to ill-prepared medical teams in the event of rare, but unfortunate, catastrophic injuries. This evidence-based session consists of international leaders in sports medicine who have vast clinical and research experience in the development and execution of emergency actions plans based on the available evidence provided by injury and illness surveillance.

“Managing Post-Exercise Inflammation: From Ibuprofen to Cherries”
9:30 to 10:30 a.m. Friday, June 29
Speaker: Roberta Anding, MS, RD

Chronic inflammation in athletes, as a result of training or injury, is often treated with nonsteroidal anti-inflammatory drugs (NSAIDs). Although generally recognized as safe, long-term use may have deleterious consequences including gastrointestinal and renal complications. Alternatives to the management of chronic inflammation – including incorporating anti-inflammatory compounds such as those found in tart cherries and many other foods in the diet – are needed. Dietary strategies are numerous, however, athletic trainers often don’t have the nutrition training to make the best recommendations for their athletes. The evidence for efficacy of various dietary compounds to help manage inflammation will be provided to fill this gap.

“An Evidence-Based Approach to the Shoulder Exam”
9:30 to 10:30 a.m. Friday, June 29
Speaker: Steve Jordan, MD

There are more than 100 different physical examination tests described to evaluate the shoulder. Confusion exists with regard to not only the proper technique, but the validity of commonly used tests. In today’s fast paced environment, evidence-based accuracy and efficiency when examining athletes is important. This presentation will review the proper technique, statistical validation and relevance of the best tests based on current literature. The discussion will include a demonstration of an efficient sequence and algorithm incorporating all necessary tests to complete a thorough and comprehensive examination of the shoulder.
Combining Manual Therapy and Eccentric Exercise to Promote Lengthening in Athletes with Impaired Mobility

8 a.m. to 3 p.m. Tuesday, June 26

Speakers: Laurie Devaney, PT, MSc, ATC, Lindsey Lepley, PhD, ATC, and Joseph Ingriselli, DPT, MA, ATC

Athletic endeavors require adequate mobility throughout the kinetic chain to ensure optimal performance and prevent injury. Mobility restrictions may be due to functional adaptation, capsular stiffness and reduced muscle length. Typical management involves soft tissue mobilization, joint mobilization, passive stretching and dynamic exercise. Current practice is evolving to recognize the role of eccentric exercise in driving structural adaption of muscle. The purpose of this session is to integrate knowledge of muscle physiology, manual techniques and exercise interventions in the development and application of individual and team-based strategies to improve sport-specific mobility.

Psychological Rehabilitation of Physical Injury

8 a.m. to 12 p.m. Tuesday, June 26

Speaker: Jim Taylor, MD, PhD

This workshop will focus on the psychological rehabilitation of physical injury. As any athletic trainer knows, when an athlete sustains a serious injury, the mind can also become “injured.” Though most athletes recover mentally from their injuries in the natural course of rehabilitation, many struggle psychologically and emotionally, which can slow their physical recovery and interfere with a return to their sport. This seminar will explore key mental areas that impact injury rehabilitation and return to sport. It will also provide many tools ATs can use to provide their patients with a comprehensive rehabilitation experience that can ensure total physical and psychological recovery and a successful return to their sport.

Video Analysis and Prevention, Treatment, and Performance Strategies for the Throwing Athlete

8 a.m. to 3 p.m. Tuesday, June 26

Speakers: Mark Lydecker, MPT, OCS, ATC, Jeffrey Walter, LAT, ATC, TPT, and William George, MS, LAT, ATC

This session will build around current concepts and evidence in the management of the overhead athlete. Special tests, exercise selection and application, corrective drills and throwing program discussions will adjunc video analysis of pitching and throwing mechanics in this unique population.

Fascia in Sport Injury Prevention

8 a.m. to 3 p.m. Tuesday, June 26

Speakers: Antonio Stecco, MD, PhD, and Warren Hammer, DC, MS

This seminar will illustrate new studies of the gross and histological anatomy of the human fasciae, and explain the biomechanical model for the human fascial system currently applied in the manual technique. The fascial manipulation is based on the concept of myofascial units united in myofascial sequences and involves manual friction over specific points on the deep muscular fascia. This underlying rationale and the resultant analytical process guides the therapist in the combination of points to be treated and allows therapists to work at a distance from the site of pain, which is often inflamed due to non-physiological tension. This set of lectures and labs taught by specialty physicians and public safety athletic trainers will give participants these tools.
Learning Labs

Learning Labs include both a lecture and hands-on component. They don’t require advanced registration or an additional fee. Attendance is first come, first served with a limit of 150 attendees.

WEDNESDAY, JUNE 27

7:30 to 9:30 a.m.
• “Integrating Lower Extremity Injury Prevention Techniques into Strength and Conditioning Programs,” presented by Ryan McCann, PhD, ATC, CSCS

10 a.m. to 12 p.m.
• “Posterior Chain Activation and Rehabilitation,” presented by Carolyn Peters, MA, ATC, CSCS
• “Vestibular Assessment and Therapy for Concussion Management,” presented by Ryan Tierney, PhD, ATC

12:45 to 2:45 p.m.
• “Rehabilitation 2.0: Addressing Neuroplasticity in Musculoskeletal Rehabilitation,” presented by Dustin Grooms, PhD, ATC
• “From the Lab to the Clinic: Implementation of Clinical Outcome Measures for Anterior Cruciate Ligament Rehabilitation and Return to Sport,” presented by Shelby Baez, MS, ATC

THURSDAY, JUNE 28

7 to 9 a.m.
• “Upper Extremity Proprioceptive Neuromuscular Facilitation: Emphasis on Strengthening, Including Eccentric Techniques,” presented by Carolyn Greer, MA, ATC
• “Instrument-Assisted Soft Tissue Mobilization Using the Fascial Abrasion Techniques,” presented by Saul Luna, ATC, LMT

9:15 to 11:15 a.m.
• “The Role of the Thoracic Spine in Shoulder Rehabilitation: An Integrated Approach,” presented by Richard Boergers, PhD, ATC

5:15 to 7:15 p.m.
• “Core Slings,” presented by Brian Catania, MPT, ATC, SCS
• “Musculoskeletal Sonography: Basic Principles and Application Techniques in Athletic Training,” presented by Rachel Tatarski, MS, LAT, ATC

FRIDAY, JUNE 29

7 to 9 a.m.
• “A Best-Practice Preseason Evaluation to Assess Risk of Injury in Overhead Athletes,” presented by Adam Rosen, PhD, ATC
• “Manual Therapy for Lumbopelvic Disorders,” presented by Michael Higgins, PhD, ATC, PT

10:45 a.m. to 12:45 p.m.
• “More Than a Feeling: Using Exercise to Manage Emotional Responses in Sports Performance,” presented by Britni Racus, MS, LAT, ATC
• “Abdominal Injuries: Differentiating Systemic from Muscular Injuries Through the Clinical Exam,” presented by Meghan Lewis, MA, LAT, ATC

Minicourses

Minicourses are offered throughout the day Tuesday, June 26, and cost an additional fee to attend. Preregistration is required, and attendees will earn 1 CEU.

3 to 4 p.m.
• “Problem Based Treatment in Action: Using Evidence to Prevent Pitching Injuries” Speaker: James Day, EdD, ATC, CSCS
• “Best Practices for Prevention of Medial Tibial Stress Syndrome” Speaker: Zachary Winkelmann, MS, LAT, ATC
• “Using Problem-Based Learning to Improve Clinical Examination and Diagnosis Skills” Speaker: Keith Belmore, MS, LAT, ATC

4:15 to 5:15 p.m.
• “Chronic Unusual Pain Syndromes” Speaker: Dave Priebe, MD
• “Hand Injuries in Athletes: Operative and Bracing Consideration” Speaker: Anthony Lungstrum, MS, ATC, OTC
• “Weathering Weather: Updating the Knowledge Gap” Speaker: Brett McQueen, ATC

5:30 to 6:30 p.m.
• New Trends in Emergency Care: An Update Speaker: David Fitzhugh, PhD, ATC
• New Developments in the Pediatric Concussion Speakers: Kody Moffat, MD, ATC, and Becky Docter, MA, ATC

Advanced Tracks and Minicourses are preconference events. Check convention.nata.org for other preconference professional development and CEU opportunities so you can plan your schedule accordingly.
Explore the Convention Themes

While an array of topics will be discussed and examined during NATA 2018, the Convention Programming Committee has identified educational themes for some of the programming. Here are the trending topics you can expect to learn more about during NATA 2018.

**GlobalizATion**

As the athletic training profession continues to grow around the world, globalization will be emphasized this year. These sessions include, but are not limited to:

- **“Fascia in Sport Injury Prevention”**
  8 a.m. to 3 p.m. Tuesday, June 26
  *Speakers: Antonio Stecco, MD, PhD, and Warren Hammer, DC, MS, DABCO*

- **“Think Big: Emergency Action Planning on the Olympic Scale”**
  11:45 a.m. to 1:45 p.m. Thursday, June 28
  *Speakers: Ron Courson, ATC, PT, CSCS, and Filipe Tadiello*

- **“Sport-Related Concussion Standard of Care Guidelines that Incorporate the 5th International Consensus Conference on Concussion in Sport (2016) Recommendations”**
  1:15 to 3:15 p.m. Friday, June 29
  *Speaker: Thomas Kaminski, PhD, ATC, FNATA*

**Psychosocial/Mental Health**

Psychosocial and mental health are important topics essential to patient care. There will be more than 11 sessions dedicated to these topics during NATA 2018, including:

- **“Sleep Recommendations for Competitive Athletes”**
  8 to 9 a.m. Wednesday, June 27
  *Speaker: John Boudreaux, PT, LAT, ATC*

- **“Management of Critical Incident Stress”**
  12:45 to 1:45 p.m. Wednesday, June 27
  *Speakers: David Middlemas, EdD, ATC, and Jim Thornton, MS, ATC, CES*

- **“Mother May I? Athletic Training Moms: Dual Roles Can & Do Occur”**
  5:15 to 6:15 p.m. Thursday, June 28
  *Speaker: Jamie DeRollo, MBA, ATC*

- **“Kids in Crisis: The Secondary School Athletic Trainer’s Role in Mental Health”**
  7:30 to 8:30 a.m. Friday, June 29
  *Speaker: Stacey Ritter, MS, ATC*
Everyone wants to return home from the NATA convention with a new skill or knowledge in their toolbox, and this year will be no different. With more than 20 sessions looking at a variety of emerging skills and knowledge, attendees can learn new skills such as:

“The Role of Mobile Technology Within the Assessment of Concussion”
7:30 to 8:30 a.m. Thursday, June 28
Speaker: David Howell, PhD, ATC

“Joint Decisions: Marijuana, Sports and the Legalized Landscape”
9:15 to 10:15 a.m. Thursday, June 28
Speakers: Lara Gray, MS, RD, CSSD, and Erika Kuhr, MEd, ATC, CSCS

“Orthobiologics: The World of Stem Cell and Platelet Therapies”
1:15 to 2:15 p.m. Friday, June 29
Speaker: Andrew Gottschalk, MD

“In Search of True Value: Calculating your Worth with Legitimate Math”
3:30 to 4:30 p.m. Friday, June 29
Speaker: Reid Fisher, EdD, ATC, LAT

More than 30 sessions will take place during NATA 2018 that fall under the treatment and clinical application theme. They include, but are not limited to:

“Does Prediction Lead to Prevention? Discussing and Translating the State of Evidence for Injury Risk Screening”
8 to 9 a.m. Wednesday, June 27
Speakers: Tim Gribbin, MEd, ATC, and Sarah De la Motte, PhD, MPH, ATC

“Rehabilitation 2.0: Addressing Neuroplasticity In Musculoskeletal Rehabilitation”
12:45 to 2:45 p.m. Wednesday, June 27
Speaker: Dustin Grooms, PhD, ATC, CSCS

“Recognition, Evaluation and Management of Triangular Fibrocartilage Injuries”
12:45 to 1:45 p.m. Wednesday, June 27
Speaker: Gary McIlvain, EdD, LAT, AT

“Examining the Underlying Mechanisms Behind Soft Tissue Therapies: Are We Stretching the Truth?”
1:15 to 2:15 p.m. Friday, June 29
Speaker: Kenneth Cieslak, DC, ATC, CSCS

CURATE YOUR CONTENT
This is just a small sampling of the hundreds of educational offerings planned for NATA 2018 in New Orleans. Visit convention.nata.org to view the Preliminary Program, a helpful online tool that allows you to tailor your convention schedule to your learning preferences. You can sort through the hundreds of sessions by date, speaker, topic, level, learning format and more. Start planning your itinerary now to maximize your professional development experience.
NEW FOR 2018

What: Preconference event for collegiate ATs
All athletic trainers working in the collegiate setting are invited to a brand new preconference educational event hosted by the NATA Intercollegiate Council for Sports Medicine. Collegiate ATs and other sports medicine practitioners will come together to address emerging and existing issues that affect the collegiate student athlete.

The format will include educational programming, directed discussions and peer-to-peer leaning opportunities for attendees.

More details will be available soon.

First-Time Attendee Orientation
“How to Maximize Your Time at Convention”

Are you a new NATA member or a member who is attending the NATA convention for the first time? Attend the First-Time Attendee Orientation to learn how to get the most out of your NATA 2018 experience.

Date: 7 a.m. Wednesday, June 27

RSVPs are required. Sign up for this event when you register for convention at convention.nata.org/registration.

Free breakfast, coffee and giveaways!
Congratulations to our national award winners, who will be honored during NATA 2018 this June in New Orleans!

**HALL OF FAME**
Kent Biggerstaff, LAT, ATC
Nancy C. Burke, MS, LAT, ATC
John L. Davis, MS, ATC
Martin M. Matney, MBA, LAT, ATC
Gary Reinholz, AT Ret.
Rene Revis Shingles, PhD, AT, ATC
James L. Thornton, MA, LAT, ATC

**EVE BECKER-DOYLE LEADERSHIP AWARD**
Chuck Kimmel, LAT, ATC

**MOST DISTINGUISHED ATHLETIC TRAINER**
Kellie C. Huxel Bliven, PhD, ATC
Lorin A. Cartwright, MS, ATC, CAA
Neil Curtis, EdD, LAT, ATC
Stephen D. Donohue, LAT, ATC
Scott Lawrance, DHSc, LAT, ATC
Linda S. Levy, EdD, ATC
Dani M. Moffit, PhD, LAT, ATC
Forrest O. Peacha, MS, LAT, ATC
Stacey J. Ritter, MS, ATC
Matthew Rothbard, EdD, ATC
LesLee Taylor, PhD, LAT, ATC
Patricia M. Tripp, PhD, LAT, ATC
Lisa Walker, ATC

**ATHLETIC TRAINER SERVICE AWARD**
Timothy Acklkin, ATC, LAT
Barton E. Anderson, DHSc, AT, ATC
Scott A. Arceneaux, LAT, ATC
Timothy Atkinson, MEd, LAT, ATC
Kurt R. Behrhorst, ATC
Mark Bohling, MS, ATC, LAT
Debbie Bradney, DPE, ATC
Scott Byrd, LAT, ATC
Robert Cable, MS, ATC, NREMTB
Jennifer Carrol, PA-C, ATC, MA
Joseph W. Cunnane, MSED, ATC
Christopher Dean, LAT, ATC
John Doherty, MS, ATC, PT
Christina M. Emrich, MS, LAT, ATC
Shawn D. Felton, EdD, LAT, ATC
Thomas Ford, MS, AT Ret., CSCS
Daryl Funai, MEd, ATC
Greg Gardner, EdD, LAT, ATC
Keith M. Gorse, EdD, LAT, ATC
Dale F. Grooms, ATC
Grady Jonathan Hardeman, MEd, LAT, ATC
Brian Hatzel, PhD, AT, ATC
Scott Heinerichs, EdD, LAT, ATC
Troy C. Hershman, MS, ATC, LAT
Kasee Hildenbrand, PhD, LAT, ATC
Troy Hoehn, ATR, ATC, CSCS
J. Ty Hopkins, PhD, ATC
Chris King, ATC
Danielle Kleber, ATC
Michele Monaco, DSc, LAT, ATC
Justin H. Miller, MS, LAT, ATC
Erik Nason, MBA, LAT, ATC
Eric D. Nussbaum, MEd, LAT, ATC
Vince O’Brien, ATC
Gretchen Schlabach, PhD, ATC
Eric A. Schwartz, MEd, LAT, ATC
John J. Smith, MS, ATC
Carla E. Stoddard, MS, LAT, ATC
Kristen M Streeter, MS, ATC, PES

William F. “Bucky” Taylor III, MEd, LAT, ATC
Timothy Ward Tourville, PhD, ATC
Alison R. Snyder Valier, PhD, ATC, FNATA
Diane Scotti Vermaelen, ATC, LAT, PTA
Don Watt, MS, LAT, ATC
Christopher White, MS, LAT, ATC
Laurie White, MS, ATC

**GAIL WELDON AWARD OF EXCELLENCE**
Gretchen Schlabach, PhD, ATC

**FELLOWS**
Cathleen Brown Crowell, PhD, ATC

**HONORARY MEMBERS**
Ned Amendola, MD
E. Lyle Cain, MD
Walter “Wally” Collins
S. Wendell Holmes, MD
Sharri Jackson

**JACK WEAKLEY AWARD OF DISTINCTION**
Peter Indelicato, MD