



CONCUSSION NEWS
POP WARNER TACKLES CONCUSSIONS

Pop Warner, the nation's oldest and largest youth football organization, is requiring a note from a doctor before letting anyone who's suffered a head injury back on the field.

"It takes all the pressure off a coach," said Jon Butler, Pop Warner's executive director. "There is no decision -- the child is out until being signed off by a trained medical professional."

Read more online at http://sports.espn.go.com/espn/news/story?id=5821127

NDHSAA CONCUSSION MANAGEMENT PROCEDURE

Due to the increased focus on minimizing the risk for athletes exhibiting signs, symptoms and behaviors of a concussion, the National Federation of State High School Associations (NFHS) has placed the following language in all sports rule books beginning in 2010-11:

"An athlete who exhibits signs, symptoms or behaviors consistent with a concussion (such as loss of consciousness, headache, dizziness, confusion, or balance problems) shall be immediately removed from the contest and shall not return to play [that day] until cleared by an appropriate health--care professional."

It is highly recommended that every coach, official, student--athlete and parent should successfully complete the 20 minute NFHS online course "Concussion in Sports - What You Need to Know". The course can be accessed at: www.nfhslearn.com

To implement this rule change, the NDHSAA Medical Advisory Committee recommended concussion management procedures, which were approved by the NDHSAA Board of Directors at their September 14, 2010 meeting. Read the entire concussion management procedure at http://www.ndhsaa.org/files/NDHSAA\_Concussion\_Policy.pdf

ELECTION NEWS

As most of you should know by now the NDATA is holding elections next month for President and Vice President. In early December I will be sending out ballots for these two positions. I would like to have all votes collected by the last week of December so that I have time to count them notify the winners. On pages 4-6 of this newsletter you can find a brief biography for each of the candidates and what position they are seeking. There is still time if you or anybody you know would like to join the race, the deadline for applications is November 25, 2010.

- Scott Witte, Nominating Committee Chair, wittes@fargo.k12.nd.us

ANNUAL MEETING SCHEDULE

The 2011 NDATA State Meeting is tentatively scheduled for April 1 & 2 in Grand Fork. Watch for more details on the NDATA website.

The 2011 MAATA Meeting is scheduled for March 18 & 19 in Omaha, NE. Watch for more details on the MAATA website. http://maata.net/annual

The NATA 62nd Annual Meeting & Clinical Symposia is scheduled for June 19-22, 2011 in New Orleans. Watch http://nola.nata.org for more details.

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**EXECUTIVE DIRECTOR REPORT**

Dear NDATA Members,

This spring 2011 our district will be holding elections for a new district president. Information will be forthcoming regarding that election. The 2011 MAATA meeting will be held in Omaha, NE, Friday and Saturday, March 18-19, 2011. Conference center will be the Doubletree Downtown.

Also our Spring 2011 NDATA State Meeting committee (Sara Bjerke, Steve Westereng, and I) have come up with a tentative date for the meeting. We have it scheduled for Friday and Saturday, April 1-2, 2011.

Sincerely,

Mark Romanick  
NDATA Executive Director

**PRESIDENT'S LETTER**

I am nearing the end of my second term as NDATA President and it's been an enjoyable experience. I want to thank all our members for their support of our state organization. I want to give a special thanks to our members who have served, or currently serving as committee chair persons or Board of Directors.

Our annual state meetings have required a lot of extra time and effort from to make happen. I want to thank everyone who has been involved with our past state meetings. The venues and CEU presentations have been awesome.

Scott Witte is working diligently on looking for qualified candidates for the President and Vice President positions. Elections will be sent out in December. Please vote for your next leadership.

I am encouraging our membership to nominate a fellow athletic trainer for the NDATA Hall of Fame or for any district/national awards they may deserve. We are currently looking for a person interested in becoming our Government Affairs chair. Megan Willard has assumed Scholarship and Honors and Awards Chair person. She can be contacted at: [willarm@fargo.k12.nd.us](mailto:willarm@fargo.k12.nd.us) If anyone is interested in becoming involved in the NDATA as a chairperson, please contact Jon Darling at; [darlinj@fargo.k12.nd.us](mailto:darlinj@fargo.k12.nd.us)

We are possibly chartering a coach bus for the 2011 March 17<sup>th</sup> – 19<sup>th</sup> District Meeting in Omaha. The bus would depart from Fargo early Thursday morning and return to Fargo Saturday evening. This is something that we are looking at doing each year for the District Meeting if all goes well.

Again, thanks to everyone who makes our association what it is. I know we will keep striving to move forward and continue to do good things for our members.

Sincerely,

JD  
President NDATA

## NEWS FROM THE MAATA

### What's New?

We have a **new website** with incredible features. Take a moment to browse through our site and let us know what you think.

**Check out the forum.** If you are a registered member of our website, use this feature to your advantage. You can post topics of conversation, health care or organization related questions, and much more. Sign up or sign-in and start talking to us!

**Our new events calendar is very useful.** You can save our events to your Outlook, Google Calendar, Apple's iCal, and more. If you are a registered member of this site, you can also post events to the calendar with ease.

**Member Profiles are available for all members.** Make it easy for people to find all your info in one place. You can add a small profile photo, your email and contact info, credentials, map location, and a bio.

**Committees each have their own BOARD to post news, information, events, etc.** Find someone in your committee that feels they can handle the responsibility of keeping your board updated regularly and we will give them a quick tutorial to learn how.

Visit <http://maata.net> for more information.

## NEWS FROM THE NATA

### Renew Early and Qualify for Prizes

Renew by Dec. 31 and be eligible for great prizes, including products from the NATA Store and the grand prize of free registration, airfare and lodging for the 62nd NATA Annual Meeting & Clinical Symposia.

### Sharpen Your Brain

NATA's Knowledge Center helps you keep up with best practices in all walks of your practice. Use your Free CEU Bucks before the reporting period ends!

### Go to the ATM

The Athletic Training Marketplace is growing by the week. Have you checked out this resource lately? Find contact information, product reviews and more in this online supplier directory.

### Foster Student Research

The Deloss Brubaker Award encourages students to prepare research manuscripts, laying the groundwork for tomorrow's science. Encourage your students to enter the writing contest!

### This Week in ROM

Membership renewal information and a story about how athletes recover from high-intensity athletics highlighted this week's Range of Motion. Take advantage of this resource!

Visit <http://nata.org> for more information.

## CONTINUING EDUCATION – 2010 CE INCENTIVES

### *Do You Have CE Due by 12/31/2010?*

Begin recording your CE activities now, as the BOC will give prizes to 2 lucky ATs who complete their CE reporting early. If an AT reports his/her CE by the end of November for the 2008-2010 reporting period, he/she will be eligible for a \$150 American Express gift card drawing being held in December.



### Prizes for December Drawing:

1. \$150 American Express gift card
2. \$150 American Express gift card

Each AT who reports by the end of November will also receive his/her new certification card by the end of the year (before it expires) provided that his/her 2010 certification fee has been paid.

Remember...you can log your CEUs in BOC Central™ as you earn them.



**NDATA PRESIDENT CANDIDATE BIOGRAPHY – Blaine Steiner**

Name: (First) Blaine (MI) A (Last) Steiner

Current NDATA Address: 526 Meadow Lane (City): Bismarck (State): ND (Zip): 58504

Place of Employment/School: Bismarck Public Schools / Career Academy

Title: Medical Related Career Instructor

Home Phone: (701) 527-1948 Business Phone: (701) 323-4340, ext. 3037

**Membership:**

NATA Member since: 1989 to 2008, 2010 to Present Year Certified: 1992 NDATA Member since: 2000

**Education:**

Degree:	Year:	Institution:
<u>B.S.</u>	<u>1992</u>	<u>University of North Dakota (Grand Forks, ND)</u>
<u>M.S.</u>	<u>1995</u>	<u>South Dakota State University (Brookings, SD)</u>

**PROFESSIONAL INVOLVEMENT:**

<i>State Office/Committee Assignments:</i>	Years Held:
<u>NDATA Vice-President</u>	<u>2005-to-Present</u>
<u>NDATA Public Relations Committee Chair</u>	<u>2005-to-Present</u>
<i>District/National Office/Committee Assignments:</i>	
<u>NAIA - Athletic Trainers' Association Region 3 Representative</u>	<u>2000 to 2005</u>

**In a brief paragraph please state your experiences and how they would benefit the NDATA.**

My name is Blaine Steiner and I am running for the office of President of the NDATA. I feel that my experience as the NDATA Vice-President and Public Relations Committee Chair, Assistant Professor and Program Director for the Athletic Training Education Program at the University of Mary, and 18 years of experience in the field of athletic training has prepared me for assuming this leadership position.

Serving as the Vice-President for the past six years has allowed me to have a greater understanding of the inner workings of the NDATA. If elected, I would like to continue and build upon the progress that the current President and Executive Director have established for our state Association. As the Public Relations Committee Chair I have come to understand the importance of communicating with the membership. I believe that communication across our state is difficult due to the distance between major cities and employment opportunities. As President I would like to encourage more and better communication between the membership across the state and from the various employment settings.

My position as Athletic Training Program Director at the University of Mary allowed me to experience many aspects of the athletic training profession while developing Leadership skills. I served as an Administrator in charge of the athletic training staff and students, while still having the opportunity to utilize my clinical skills as a certified athletic trainer. My role as an Assistant Professor allowed me to grow as an educator and further appreciate the need for continuing education in the field.

My 18 years of experience as a certified athletic trainer has displayed my commitment to the profession. Employment in the college, high school, amateur athletics and clinical settings has given me an insight and greater appreciation for all aspects of the profession and what members may desire from an association and its leadership.



NDATA PRESIDENT CANDIDATE BIOGRAPHY – Robyn Gust

Name: (First) Robyn (MI) M (Last) Gust

Current NDATA Address: 413 22nd St NW (City): Minot (State): ND (Zip): 58748

Place of Employment/School: Trinity Sports Medicine

Title: Sports Medicine Coordinator

Home Phone: ( 701 ) 340-4274 Business Phone: ( 701 ) 857-3486

Membership:

NATA Member since: 1993 Year Certified: 1994 NDATA Member since: 2000

Education:

Degree: BS Year: 1994 Institution: Minnesota State University Moorhead

MS 1997 Western Illinois University

PROFESSIONAL INVOLVEMENT: Use separate attachment if necessary

Table with 2 columns: State Office/Committee Assignments and Years Held. Rows include ND Committee on Revenue (2001 to 2008), ND Secondary School Committee (2008 to current), and ND Board of Athletic Trainer (2000 to 2005).

Table with 2 columns: District/National Office/Committee Assignments and Years Held. Rows include Dist. 5 Education and Research Grant Committee (2008 to current) and United States Deaf Olympic Team Medical Staff Appointee (1997 to current).

In a brief paragraph please state your experiences and how they would benefit the NDATA.

As a certified athletic trainer, I have been a part of many different atmosphere's of athletic training including Collegiate (NCAA I, NCAA II and NAIA), Clinical, High School and Olympic. These opportunities have provided me with great experiences and learning opportunities from many different fellow professionals around the country and the world. I utilize the many contacts from the different experiences often for answering questions, referrals and networking opportunities for coworkers, students and myself. Athletic Training is the profession I chose in high school and I feel I dove right into the profession and am very passionate about it. Since I moved to North Dakota, I have tried to stay involved in athletic training in our state and get others involved in my region as well. I feel it is important to try to be a part of the solution to the challenges we face as a profession in the state, district and national level.

I feel that communication is one of the most important aspects of our profession. Being a member of the United States Deaf Olympic Team medical staff since 1997 has greatly helped my communication skills. Learning sign language has not been the only challenge, but utilizing the sign languages of different countries as well as the different verbal languages of counties challenges a person to become a good communicator to ensure the correct information is exchanged. This has greatly enhanced my perception of communication in the "hearing" world I work in and helps me to be an effective communicator. I feel this helps me to be able to find ways to get my point across in the most efficient way for people to understand the message rather than get angry at the way the message is presented, even if the message is not a positive one.



**NDATA VICE-PRESIDENT CANDIDATE BIOGRAPHY – Sara Bjerke**

Name: (First) Sara (MI): E (Last): Bjerke  
Current NDATA Address: 4629 Loamy Hills PL (City): Grand Forks (State): ND (Zip): 58201  
Place of Employment/School: Altru Health System/ GF Red River High School  
Title: Athletic Trainer  
Home Phone: (701) 780-9125 Business Phone: (218) 791-0572

**Membership:**

NATA Member since: 1993 Year Certified: 1995 NDATA Member since: 1997

**Education:**

Degree: Year: Institution:  
BS Athletic Training 1995 University of North Dakota  
MS Exercise Science 1997 Northern Michigan University

**PROFESSIONAL INVOLVEMENT:**

*State Office/Committee Assignments:* Tri-chair of the NDATA Symposium in Grand Forks planning committee Years Held: 2008 and 2010-11  
*District/National Office/Committee Assignments:* None

**In a brief paragraph please state your experiences and how they would benefit the NDATA.**

I have been a certified athletic trainer in North Dakota for 13 years. With that experience, I believe that I could serve as vice president and make valuable contributions to our state association.

**NDATA VICE-PRESIDENT CANDIDATE BIOGRAPHY – Jennifer Swenson**

Name: (First) Jennifer (MI): Lynn (Last) Swenson  
Current NDATA Address: 1201 10<sup>th</sup> Ave N (City): Fargo (State): ND (Zip): 58102  
Place of Employment/School: North Dakota State University  
Title/Position: Assistant Athletic Trainer  
Home Phone: (701) 730-6255 Business Phone: (701) 231-9673

**Membership:**

NATA Member since: 1998 Year Certified: 2001 NDATA Member since: 1998

**Education:**

Degree: Year: Institution:  
B.S. 2000 North Dakota State University  
M.S. 2004 North Dakota State University

**PROFESSIONAL INVOLVEMENT:**

*State Office/Committee Assignments:* ND High School Liaison Years Held: 2003 to 2004  
NDATA Historian 2004 to present

*District/National Office/Committee Assignments:* None

**In a brief paragraph please state your experiences and how they would benefit the NDATA.**

In high school and college, I have had various leadership positions with the school's organizations and athletics. I took each position very seriously and worked hard to accomplish the goals that were set for each leadership role I had. My experiences in those leadership roles ranged from being in charge of volunteer committees to being president/captain for the organizations. I have limited experience in leadership roles on the state and national level for athletic trainers but given the opportunity I know I would work hard and provide leadership for the NDATA.



NDATA Executive Board Members

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NDATA News

If anyone has any news or ideas for future issues of the NDATA News, please contact Blaine Steiner, Public Relations Chair.