

# College Athletic Trainers' Society



CATS 2024 Spring Symposium  
For Athletic Trainers & Team Physicians  
May 16-18, 2024  
The Orleans Hotel  
Las Vegas, Nevada

[www.collegeathletictrainer.org](http://www.collegeathletictrainer.org)

## CONTINUING EDUCATION

### Athletic Trainers:

The College Athletic Trainers' Society (BOC Provider #P548) is pending approval by the Board of Certification, Inc. to provide continuing education to Athletic Trainers. This program is eligible for a maximum of 16 Category A CEUs. ATs should claim only those hours actually spent in the educational program.

Physicians: This Live activity, College Athletic Trainers' Society (CATS) Spring Symposium, with a beginning date of 5/16/24, has been reviewed and is acceptable for up to TBD Prescribed credit(s) by the American Academy of Family Physicians. Physicians should claim only the credit commensurate with the extent of their participation in the activity.

NCSA: National Strength and Conditioning Association (NCSA) approved up to TBD CEU(s) in category A for certified individuals attending approved sessions at this event.



#### Program Key:

A = BOC Category A CEU

N = NCSA CEU

NV = Not Available Virtually

V = Virtual Presentation for In-Person Attendees

## Registration

Wednesday, May 15	Early Registration	5:30 p.m.— 7:00 p.m.
Thursday, May 16	Registration	10:00 a.m.— 12:00 p.m.
	Exhibit Hall Open/Brunch Provided	
Friday, May 17	Late Registration	7:00 a.m.—8:00 a.m.

## Educational Program *(program is subject to change)*

### THURSDAY, MAY 16

12:00 p.m. – 12:45 p.m.	Keynote: Professionalism In Sports Medicine Ronnie Barnes, MS, ATC, NY Giants
12:45 p.m. - 1:45 p.m.	Communication. Skill Development & Best Practices Sarah Derrenbachner, Evolveability
1:45 p.m. – 2:45 p.m.	Break with Exhibitors
2:45 p.m. – 3:30 p.m.	Understanding Bloodwork in the Athletic Population Heather Ontiveros, DHSc, ATC, PA-C
3:30 p.m. – 4:30 p.m.	Unlocking Peak Performance: Navigating Current Trends in Athlete Fueling Katie Knappenberger, MS, RD, CSSD, ATC, Northwestern University
4:30 p.m. – 5:15 p.m.	Break with Exhibitors
5:15 p.m. – 5:45 p.m.	Exertional Heat Stroke in Football: What's Going On Upstream? Scott Anderson, ATC, CATS, University of Oklahoma (retired)
5:45 p.m. – 6:15 p.m.	Liver and Kidney Injuries during Collegiate Football Season Anthony Pass, ATC, University of Colorado
6:15 p.m.—6:45 p.m.	Complex Regional Pain Syndrome, a complicated "Twist" following co-occurring foot and ankle injuries Diana Padilla, MS, ATC, Arizona State University
6:45 p.m.	Gatorade Social (Poolside)

### FRIDAY, MAY 17

8:00 a.m. – 9:30 a.m.	<b>Participation and Clearance of High Risk Athletes:</b> Shared Decision Making and Return to Play: Tough Cases, Hard Decisions Kim Harmon, MD, University of Washington Managing the Risk: Implementing the Informed Consent Process Kenny Boyd, ATC, Baylor University The Athlete Experience Navigating a High Risk Cardiac Condition Q&A with Jared Butler, Washington Wizards (virtual) Moderator: Carrie Rubertino Shearer, ATC, Baylor University
9:30 a.m. – 10:15 a.m.	Break with Exhibitors

## Educational Program (continued)

FRIDAY, MAY 17 (continued)

### General Session

- 10:15 a.m. – 11:00 a.m. Grade III UCL Injury In a Division I Men's Basketball Athlete's Shooting Arm  
Bob Mangine, PT, ATC, University of Cincinnati
- 11:00 a.m. – 11:45 a.m. Novel Psychoactive Substances on College Campuses  
Andrew Holt, PharmD, Aegis Sciences
- 11:45 a.m. – 1:15 p.m. Lunch
- 1:15 p.m. – 2:15 p.m. Tightrope Surgery  
Jeffrey Guy, MD, University of South Carolina
- 2:15 p.m. – 3:00 p.m. Break with Exhibitors

### Afternoon Discussion Forums & Rehabilitation Breakout Sessions:

- 3:00 p.m. - 4:30 p.m. Mini Session A: Division I Medical Care Discussion Forum  
(NV) Leading Topic: Quality Service, Patient Satisfaction and Staff Fulfillment Through the Delivery of Athletic Training Services  
Speakers: Brian Vesce, DAT, ATC Northwestern Univ & Chad Clements, ATC, Boston University
- Mini Session B: Small Institutions Medical Care Discussion Forum  
(NV) Leading Topic: Turning Problems into Solutions... How to Love Your Job Again  
Speaker: Rosie Cheng, MPM, ATC, Carnegie Mellon
- Virtual Live/  
Mini Session C: Neuroplastic Adaptation for Rehabilitation of the ACL Update  
Speaker: Bob Mangine, PT, ATC, Cincinnati & Marsha Eifert-Mangine, PT, ATC, Mount St. Joseph University
- 4:30 p.m. – 4:45 p.m. Break (Exhibit Hall Closed)
- 4:45 p.m. – 6:15 p.m. Mini-Session D: Professional Development: Advancement Strategies & The Power of YOU!  
(NV) Brian Jones, ATC, University of Toledo  
Gretchen Fox, ATC, Eastern Michigan University  
Brad Pierson, ATC, University of Toledo
- Virtual Live/  
Mini-Session E: Dry Needling for Pain Management and Musculoskeletal injuries  
Brian Hertz, PhD, AT, SFDN, Structure & Function
- Mini-Session F: Basics of Functional Cast Therapy Workshop  
(NV) Jason Doctor, ATC, BSN Medical/Essity  
Rick Zimora, ATC, BSN Medical/Essity
- 6:15 p.m. Cocktail Hour for Young/Rising Professionals & Mentors

FRIDAY, MAY 17

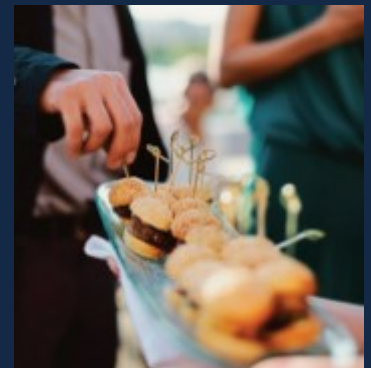
## YOUNG & RISING PROFESSIONALS MENTORS COCKTAIL HOUR

CATS is providing more opportunities for young and rising professionals to visit with seasoned athletic training mentors.

This cocktail hour is offered to help create new connections and network. Mentors are encouraged to bring younger staff to this event. Introduce your mentorees to peers. Connect with a seasoned athletic trainer who works with the same sport.

Additional event activities TBA.

Please RSVP for this event.



*...quality of life for the college athletic trainer"*

## Educational Program (continued)

### SATURDAY, MAY 18

8:00 a.m. – 8:45 a.m.	The Calm Before the Storm: Mindfulness-Based and Holistic Therapeutic Approaches to Psychological Treatment and Mental Performance Enhancements Kristi G. Hall, PsyD, University of Maryland, College Park
8:45 a.m. – 9:15 a.m.	Dermatomyositis in D3 Volleyball Player Janet Lin Craft, MA, ATC, San Jose State University
9:15 a.m. – 9:45 a.m.	Talar Dome Osteochondral Lesion, Microfracture Surgery on a Women's Basketball Athlete Jessica Kinder, ATC, Rutgers University
9:45 a.m. – 10:00 a.m.	Break
10:00 a.m. – 10:45 a.m.	Exercise Rx: Helping Athletes Recover from Sport Related Concussion Emily Kosderka, PhD, ATC, Linfield University
10:45 a.m. – 11:15 a.m.	When the Unthinkable Happens: Responding to the Death of an Athlete Spencer Mack, MS, ATC, Snow College
11:15 a.m. – 11:45 a.m.	Lumbar Morel-Lavallee Lesion in a Collegiate Football Player: A Case Report Jerry Lin, MS, ATC, Ohio University
11:45 a.m. – 12:15 p.m.	Compound Lower Leg Fracture in an NCAA Division I Football Player: A Case Study and Emergency Management Review Steven Lapso, MS, ATC, CSCS, Texas Tech University
12:15 p.m.	Dismissal

### CANCELLATION POLICY

A full refund will be made if cancelled 30 days prior to the first day of the symposium, April 16, 2024. For cancellations within 30 days, a \$50.00 cancellation fee will be deducted. However, exceptions for full refund may be allowed if attendee is required to provide athletic training coverage for post-season/ championship event or has a medical or family emergency. Written notification of cancellation is required in order to process a refund. CATS reserves the

### DISCLOSURE POLICY

All faculty members participating in continuing education programs sponsored by the College Athletic Trainers' Society are expected to disclose to the program audience any real or apparent conflict of interest related to the content of their presentations.

### NON-DISCRIMINATION POLICY

CATS does not discriminate on the basis of race, color, national origin, religion, sex, disability, military status, sexual orientation or age. CATS is committed to accessibility and non-discrimination in all aspects of its continuing education activities. Participants who have special needs are encouraged to contact program organizers so that all reasonable efforts to accommodate these needs can be made.

### REGISTRATION CHANGE FROM IN-PERSON TO VIRTUAL

Attendees have the option of switching from in-person to virtual for reasons such as illness, changes in work schedule, etc. Please contact us and we will switch your registration to virtual. If there is a difference in registration cost, i.e. paid for late registration or on-site registration, we will refund the difference upon written request.

*...quality of life for the college athletic trainer"*



# The Orleans Hotel & Casino

All educational sessions and exhibits will be held at:  
The Orleans Hotel & Casino  
4500 W. Tropicana Avenue  
Las Vegas, NV 89103  
(800) 675-3267 or (800) ORLEANS  
[www.orleanscasino.com](http://www.orleanscasino.com)

## Hotel Information

### Symposium Room Rates(\*)

Wed 5/15 \$52      Thurs 5/16 \$52      Fri 5/17 \$104      Sat 5/18 \$104      Sun 5/19 \$52

### Additional Pre & Post Symposium Hotel Room Rates(\*)

Mon 5/13 \$52      Tues 5/14 \$52      ///      Mon 5/20 \$52

**(\*)Additional Fees: There is a mandatory hotel resort fee of \$36.99 per room, per day. Other fees may apply. Upon arrival guests are required to post a \$100.00 security deposit via credit card.**

Individuals will need to book their hotel rooms at the CATS discounted rate directly through Passkey. Reservation link: <https://book.passkey.com/e/50657803>

Individuals may also call the Orleans Hotel Room Reservations Department at (800) 675-3267 and identify themselves as members of the **College Athletic Trainers Society** with Reservation ID: **CATE24P**

If you do not provide this ID, they will not receive the special rate and may be advised the hotel is sold out.

Orleans Hotel Room Reservations Department Hours:

Monday–Friday 7 a.m.–11 p.m. — Pacific Time

Saturday–Sunday 9 a.m.–5 p.m. — Pacific Time

All reservations must be made by **4/13/24**. Any reservations received after this date will be accepted on a “space available” basis. For extended stays, ask Reservations for additional room rates.

It is policy at The Orleans Hotel & Casino that each and every guest room be occupied by at least one adult, 21 years of age or older. The hotel reserves the right to refuse service or terminate service to any individual(s) at any time that is not in compliance with this policy.

### Hotel Highlights

- In-Room Wifi
- Complimentary Parking
- Outdoor Pool
- Spa and Fitness Center
- Kids Time—children ages 3 through 12

### Hotel Check In/Check Out

Check in time is 4:00 p.m. Check out time is 12:00p.m. Please remember to request late check-out times if needed. Late check-out times are dependent on hotel room availability.

***The Orleans Hotel polices and procedures are subject to change. Visit their website for the most updated information.***

*“Enhancing healthcare for the intercollegiate student-athlete and ...*

# Exhibitors

## SHOW HOURS

### Thursday, May 16

10:00 a.m. — 12:00 p.m.

1:45 p.m. — 2:45 p.m.

4:30 p.m. — 5:15 p.m.

### Friday, May 17

9:30 a.m. — 10:15 a.m.

2:15 p.m. — 3:00 p.m.



# Sponsors

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Strategic Partners



According to the education levels described by the BOC, the following continuing education course is considered to be Advanced Level.

## Learning Objectives

### THURSDAY, MAY 16

Professionalism In Sports Medicine

Learning Objectives:

Communication. Skill Development & Best Practices

Learning Objectives:

1. Explain the difference between active listening vs critical listening.
2. Explain the difference between giving and receiving feedback.
3. Prepare to have difficult conversations while strengthening relationships.
4. Recognize best practices as it relates to communication in today's society

Understanding Bloodwork in the Athletic Population

Learning Objectives:

Unlocking Peak Performance: Navigating Current Trends in Athlete Fueling

Learning Objectives:

1. Integrate and update screening tools in order to identify risk for common nutrition challenges (REDS, Eating Concerns, Dietary Supplement Use)
2. Choose a nutrition intervention for a group of athletes based on identified risks and needs
3. Navigate dietary supplement and diet questions and trends with simple frameworks and impactful resources

Exertional Heat Stroke in Football: What's Going On Upstream?

Learning Objectives:

1. Identify linemen as the football population most at risk for exertional heat stroke.
2. Educate coaches and strength coaches regarding factors of risk for exertional heat stroke in football linemen
3. Target actions to prevent exertional heat stroke in football linemen.

Liver and Kidney Injuries during Collegiate Football Season

Learning Objectives:

1. Identify the anatomy and function of the liver and kidneys
2. Create an evaluation method for kidney and liver injuries
3. Examine protective equipment used to prevent kidney and liver injuries
4. Explain treatment interventions and imaging preferences
5. Construct appropriate rehabilitation and return to play plans

### FRIDAY, MAY 17

Complex Regional Pain Syndrome, a complicated "Twist" following co-occurring foot and ankle injuries

Learning Objectives:

Participation and Clearance of High Risk Athletes

Learning Objectives:

Grade III UCL Injury In a Division I Men's Basketball Athlete's Shooting Arm

Learning Objectives:

Novel Psychoactive Substances on College Campuses

Learning Objectives:

Tightrope Surgery

Learning Objectives:

NCAA Div-I Institution Medical Care Discussion Forum

Leading Topic: Quality Service, Patient Satisfaction and Staff Fulfillment Through the Delivery of Athletic Training Services

Learning Objectives:

1. Understand the value of including substance use treatment as a critical part of mental health services within college athletics.
2. Explain the contextual nuances of working with college student-athletes on substance use concerns.
3. Consider the environment of athletic departments as a factor in developing a substance use treatment program for student-athletes, including ethical mandates related to communication and confidentiality.
4. Begin to develop, or enhance, a substance use treatment program within the mental health services currently available at their institution.

Small Institutions Medical Care Discussion Forum

Leading Topic: Turning Problems into Solutions...How to Love Your Job Again

Learning Objectives:

1. Survey institutions' administrative policy and healthcare management issues and discuss how the NCAA or sports medicine departments are addressing these issues

Neuroplastic Adaptation for Rehabilitation of the ACL Update

Learning Objectives:

## FRIDAY, MAY 17 (cont.)

### Professional Development:

#### Advancement Strategies and The Power of YOU!

##### Learning Objectives:

#### Dry Needling for Pain Management and Musculoskeletal injuries

##### Learning Objectives:

1. Participants will be able to recognize the value of applying dry needling for treating pain and improving functional outcomes when treating common orthopedic pathologies and sport-related dysfunctions.
2. Participants can compare dry needling's effects to other forms of treatment for common orthopedic pathologies and sport related dysfunctions.
3. Participants will be able to recognize the physiological effects of dry needling for treating pain and improving functional outcomes when treating common orthopedic pathologies and sport-related dysfunctions.
4. Participants will understand tools vs. Philosophy of treatment and how dry needling fits into AT practice.
5. Participants will be able to recognize the educational preparation of athletic trainers and its relationship to dry-needling practice.
6. Participants will understand that Athletic Trainers may face restrictions through their state practice acts, and will understand how to practice accordingly.

#### Basics of Functional Cast Therapy

##### Learning Objectives:

1. Perform and apply different upper extremity FCT casts.
2. Explain the proper application techniques and uses of the product.
3. Differentiate between FCT and Thermoplastic or SAM splints.

## SATURDAY, MAY 18

#### The Calm Before the Storm: Mindfulness-Based and

##### Learning Objectives

1. To present to the sports medicine provider with an alternative treatment for the presentation, evaluation, and management of common psychological and mental and performance issues utilizing skills derived from mindfulness.
2. Facilitate mindfulness instructions and techniques for the sports medicine providers in group attendance.

#### Dermatomyositis in D3 Volleyball Player

##### Learning Objectives:

1. Explain the totality of signs and symptoms of dermatomyositis.
2. Implement a plan of care that addresses the patient's musculoskeletal deterioration and a proactive approach to maintaining the current state of mobility
3. Appraise medicinal interventions and their accompanying side effects

#### Talar Dome Osteochondral Lesion, Microfracture Surgery on a Women's Basketball Athlete

##### Learning Objectives:

1. Recognize osteochondral injuries to the talar dome
2. Evaluate, treat, and rehabilitate after microfracture surgery
3. Consider load management strategies in the post-operative basketball athlete

#### Exercise Rx: Helping Athletes Recover from Sport Related Concussion

##### Learning Objectives:

1. Identify exercise protocols from existing literature for use with recovery from sport related concussion
2. Implement the best research evidence related to timing, frequency, intensity, mode, & duration when prescribing exercise programs for treatment of sport related concussion
3. Identify possible uses for the Buffalo Concussion Treadmill Test BCTT in concussion management
4. Implement the components of the Buffalo Protocol from post injury treadmill test to exercise prescription to clearance treadmill test.

#### When the Unthinkable Happens: Responding to the Death of an Athlete

##### Learning Objectives

#### Lumbar Morel-Lavallee Lesion in a Collegiate Football Player: A Case Report

##### Learning Objectives:

1. Identify Morel-Lavallee Lesions when evaluating and treating hematomas.
2. Recognize when to make appropriate referrals when conservative treatments have failed to avoid further complications

#### Compound Lower Leg Fracture in an NCAA Division I Football Player: A Case Study and Emergency Management Review

##### Learning Objectives:

1. Define lower leg open fracture grading
2. Identify key factors in emergency action planning
3. Use a multi-modal rehabilitative approach





## College Athletic Trainers' Society

2024 Spring Symposium for Athletic Trainers and Team Physicians  
May 16–18, 2024  
Las Vegas, Nevada

### Registration

Registration is available on our website. Go to [www.collegeathletictrainer.org/Symposiums](http://www.collegeathletictrainer.org/Symposiums)

### Payment

**Make Checks Payable to:** College Athletic Trainers' Society  
(FED ID# 25-1735622)

**For Credit Card Payments:** Register online. Go to [www.collegeathletictrainer.org](http://www.collegeathletictrainer.org) > Symposiums

<b>In-Person Registration Fees</b>	<b>Early Registration</b>	<b>Late Registration</b>	<b>Onsite Registration</b>
To guarantee registration, online registration and early registration is strongly recommended. Attendance is limited.	Must be received by: 4/16/24	Must be received by: 4/30/24	Must confirm with CATS prior to arrival to see if space is available
<b>College/University Athletic Trainer</b> * Must be certified/licensed athletic trainer employed by college or university or work directly with intercollegiate student-athletes	\$ 160	\$ 185	\$ 230
<b>Physician</b> *For team physicians who directly with intercollegiate student-athletes.	\$ 325	\$ 325	\$350
<b>ATC, Fellow, Resident, Other Allied Healthcare Professional</b>	\$ 205	\$ 230	\$ 275
<b>Virtual Registration Fees</b>			
<b>Certified Athletic Trainer or Team Physician</b> * Virtual registration is only open to certified athletic trainers and team physicians who directly with intercollegiate student-athletes.	\$160	\$160	n/a

Mail check and registration form to: College Athletic Trainers' Society  
c/o Jenny Moshak  
P.O. Box 20437  
Knoxville, TN 37940

Email: [cats@collegeathletictrainer.org](mailto:cats@collegeathletictrainer.org)