



2019 NORTH TEXAS ATHLETIC TRAINERS' SOCIETY SYMPOSIUM

Saturday April 13, 2019

7:15 a.m. – 2:30 p.m.

University of Texas at Arlington

M.A.C. – Maverick Athletic Center

500 W Nedderman Drive, Arlington, TX 76019

www.ntats.org

PROFESSIONAL SCHEDULE

7:15 a.m. – 8:30 a.m.	Registration / Breakfast / Visit Exhibits	
8:30 a.m. – 9:15 a.m.	NTATS Forum / Business Meeting/NATA Foundations (Lonestar Auditorium)	
9:15 a.m. – 10:15 a.m.	Athlete Mental Health: Tips for Success Keynote Speaker: Dr. Katherine Buck, Director of Behavior Medicine John Peter Smith Family Medicine Residency Location: Lonestar Auditorium BOC Domains 1, 2, 3 & 4*	1.0 CEUs
10:15 a.m. – 10:30 a.m.	Break / Visit Exhibits	
10:30 a.m. – 12:00 p.m.	Breakout Sessions (Concurrent Sessions)	
10:30 a.m. – 11:15 a.m.	Breakout 1: Mindfulness: Applications for the Athletic Trainer Presenter: Bill Borowski, MBA, LAT, ATC, LPTA Location: PEB 213 BOC Domains 4 & 5*	.75 CEUs
11:15 a.m. – 12:00 p.m.	Breakout 2: Current Techniques in Hip Mobility Presenters: Emma Hoffman, MSAT, LAT, ATC & Brooks Klein, PT, DPT Location: MAC 102A BOC Domains 2 & 4*	.75 CEUs
12:00 p.m. – 1:15 p.m.	Lunch / Visit Exhibits / Round Tables	
12:15 p.m. – 1:00 p.m.	Policies & Principles: Best Practices & Recommendations for the Practicing Athletic Trainer Presenter: Scott Galloway, MBA, LAT, ATC BOC Domain 5*	.75 CEUs
1:15 p.m. – 2:30 p.m.	Student Athletic Trainer Olympics / Door Prizes (Main Gym of MAC)	
2:30 p.m.	Adjournment	

Total CEUs = 3.25

Breakfast and lunch provided. There is not cost for the professional program.

*Domains based on BOC Practice Analysis (7th Edition)



North Texas Athletic Trainers' Society (BOC AP# P2530) is approved by the Board of Certification, Inc. to provide continuing education to Athletic Trainers. This program is eligible for a maximum of 3.25 Category A hours/CEUs. ATs should claim only those hours actually spent in the educational program.



Learning Objectives

- Name symptoms and presentation of common mental health concerns in high school athlete populations.
- Identify practical conversation tips for sensitive mental health conversations with athletes.
- Summarize key strategies for successful team based mental health care of the high school athlete.
- Identify what mindfulness is and how it can be developed in the practitioner as well as a therapeutic technique for the athlete.
- Identify the benefits of mindful meditation on the practitioner.
- Explain the relationship between the athletic trainer's mindfulness and their effectiveness as a practitioner based on current research.
- Evaluate potential factors regarding restricted hip mobility.
- Demonstrate manual techniques to correct hip mobility restrictions.
- Examine policies, procedures and facilities to ensure the safe, effective and legal provision of athletic healthcare services.
- Identify best practices for creating a behavioral health plan for your setting.



Speaker Bios

Katherine Buck, PhD

Dr. Buck is originally from eastern North Carolina and still calls the Carolina beaches home. After graduate school at East Carolina University (M.S. - Marriage and Family Therapy, Ph.D. – Clinical Health Psychology), she headed to the mountains of Colorado for internship and fellowship training at the University of Colorado SOM in Denver. Her fellowship training was in primary care psychology and medical education, so the opportunity to become the director of behavioral medicine at JPS was a perfect fit! Her clinical interests include health and behavior change interventions in primary care, sleep medicine, and couples therapy. She is an active researcher and has interests in physician burnout and health, medical education, and sports medicine.

Bill Borowski, MBA, LAT, ATC, LPTA

Bill is a longtime Athletic Trainer with experience in the clinical, educational (middle school to college), professional and scholastic settings (10 years teaching Health Sciences). Bill grew up in Colorado (God's Country) with a lovely family and earned his Bachelor of Arts in Physical Education from Metropolitan State College in Denver. He went on to earn graduate degrees from both Texas A&M University Commerce and Texas Woman's University in Denton. His wife Tianna works at UT Southwestern and daughter Marie is a Registered Nurse at Baylor Grapevine Emergency Room. His hobbies include running, swimming and yoga—he meditates every morning and can attest to the benefits.

Emma Hoffman, MSAT, LAT, ATC

Emma received her Master of Science in Athletic Training degree from Old Dominion University in 2018 while completing a graduate assistantship at William and Mary, working with the football and baseball teams. She received her Bachelor of Science in Athletic Training degree in 2016 from Texas Christian University. During her time, she worked with various teams including the 2016 College World Series baseball team. She enjoys trail running and traveling to explore new places. Emma is passionate about treating athletes of all levels and enjoys helping athletes return to competition.

Brooks Klein, DPT, PT

Brooks received an Associate of Arts degree from Western Nevada College in 2011 and a Bachelor of Science degree in Community Health Sciences from the University of Nevada, Reno, in 2014. He then completed his Doctor of Physical Therapy degree in 2018 at the University of Nevada, Las Vegas. Brooks played baseball for four years at the collegiate level, earning All-Conference honors for three seasons. His senior year, he was named an NCAA Division I Academic All-American. He enjoys working with active individuals and baseball players of all levels.

Scott Galloway, MBA, LAT, ATC

Scott is currently the Associate Athletic Director for the White Settlement Independent School District. He served DeSoto ISD as Assistant Athletic Director & Director of Sports Medicine from 1999-2013 and 2015 to 2018. Scott worked for Texas Health Resources from 2013-2015. He holds a Bachelor's of Science degree in Health Education from Texas A&M University and an MBA in Healthcare Management from WGU Texas. Scott is licensed by the State of Texas and Certified by the National Athletic Trainers Association to practice as an Athletic Trainer. Scott has supported teams in 11 UIL state championships and 10 UIL state runners-up. Scott is an author and presenter for the Texas High School Athletic Directors Associations' athletic administrator's certification course. Scott helped author and implement HB 2038 which governs how Texas public schools manage concussions. He is a frequent national speaker on topics including Sickle Cell Trait and sudden death, GPS and athletic performance, concussion, and program development. Scott was recently inducted into the inaugural Texas State Athletic Trainers Association Hall of Honor. Scott has been awarded the John Harvey Humanitarian Award, the James Dodson New Horizon Award, and the Eddie Wojecki Award by the Southwest Athletic Trainers' Association. He currently serves as the Chief Operating Officer to the Southwest Athletic Trainers' Association, and is past chairman of the Texas State Athletic Trainers' Association.