



ULTIMATE STUDENT ATHLETIC TRAINER CHAMPIONSHIP GUIDELINES

Purpose

The Ultimate Student Athletic Trainer Championship is an encompassing approach to testing the multi-faceted skills of student athletic trainers. The competitions strive to create a sense of accomplishment, team-work, and sportsmanship between students and schools.

NTATS Contests

Taping Contest (1 student per school)

Quiz Bowl (2 students per school)

National Athletic Training Month (NATM) Video Contest- ATs Are Health Care (1 entry per school)

Injury Poster Contest- Mental Health (1 entry per school)

National Athletic Training Month (NATM) Poster Contest- ATs Are Health Care (1 entry per school)

Student Athletic Trainer (SAT) Olympics (1 team per school/ 5 students per team/ first 25 schools to register)

Contest Point Values

1st Place- 10 pts

2nd Place- 8 pts

3rd Place- 6 pts

Participation- 2 pts

In the event of a tie, the higher placement in the SAT Olympics will win

Awards

Certificates will be awarded to the top 3 winners for all contests. The top place school, throughout all contests, will receive a trophy and a gift card for a pizza party.

Contact Information

If you have any questions or concerns regarding the contest information, contest rules, or student symposium, please contact:

Maria Rosanelli, MEd, LAT, ATC
NTATS Student Program Co-Chair
Maria.Rosanelli@risd.org

Jordan Greene, MS, LAT, ATC
NTATS Student Program Co-Chair
Jordan.Greene@wylieisd.net

An athletic trainer from each high school must be a paid member of NTATS to be awarded in contests

Ankle Taping Contest Guidelines

The Taping Contest is a competition that will showcase the taping skills of the student athletic trainers that compete in the event. Only one student from each school is allowed. There will be a preliminary round followed by a final round. In the preliminary round, the taper must provide an ankle to tape and in the finals, the judges will be getting taped.

There is a 3 minute time limit. No continuous heel locks, all steps must be done individually. The ankle taping will be judged on neatness, comfort, stability, and time. A score of 1-10 will be awarded for the first three and the time will be used in case of a tie.

The tape job must include, but is not limited to:

- 2 proximal anchors
- 1 distal anchor
- 3 stirrups
- 2 horseshoes
- 1 heel lock on each side
- 1 figure eight
- Cover up

Quiz Bowl Contest Guidelines

The Quiz Bowl is a competition that will showcase the knowledge of the student athletic trainers that compete in the event. All aspects of athletic training are covered in the 50 question multiple choice test. Only **two** students from each school are allowed to participate. All participants will have 60 minutes to complete the test. Each question will be worth two points. Only questions answered correctly will receive points; points will not be deducted for incorrect or unanswered questions.

The material covered in the test is rigorous and intended for the experienced student athletic trainers (those who have completed Sports Medicine 1 and 2). Topics will include, but are not limited to the following:

- Nutrition
- Anatomical movements and planes
- 1st aide, fractures, strains, sprains
- Prevention of athletic injuries
- Assessment of athletic injuries
- Rehabilitation of athletic injuries
- Legal concerns
- Anatomy and Physiology
- General Medical conditions

NATM Video Contest Guidelines

The NATM Video Contest is a competition that is designed to promote the profession of athletic training by capturing the heart of the profession on film. This year, videos should be based on the 2019 NATM theme "ATs Are Health Care"

Each program may submit one entry. Video submissions should be emailed to Jordan Greene at Jordan.Greene@wylieisd.net and Maria Rosanelli at Maria.Rosanelli@risd.org Include the name of the school and "NTATS Video Contest" in the subject line of the email. In the body of the email, include a short explanation of the video (how it relates to the theme), the names of everyone involved in the video making process and your school. Videos must be less than 1 minute. The represented school name and NATM theme must be included in the video. Entries will be accepted through April 7th (midnight CST). All submissions must be original work.

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Injury Poster Contest Guidelines

The Injury Poster Contest is a competition that will showcase the research abilities, presentation skills, understanding of the student athletic trainers that compete in the event. This year's topic is "**Mental & Behavioral Health** ." Pick a mental health issue that affects athletes, clear it with your supervising athletic trainer, and create a poster to showcase everything about this issue. You may choose one of the topics below:

- Stress & Anxiety
- Suicide & Depression
- Understanding Bullying & Hazing in Sports
- Understanding Athlete Burnout & Mental Health
- Eating Disorders
- Injury Grief Process

All of the information presented on the poster must be TYPED and cannot exceed 500 words. All entries must be on a standard 22" x 28" poster board. NO irregular shaped posters will qualify for any judging. Nothing may "hang-off" the sides of the poster. The text and graphics (drawings are acceptable) must be glued or taped (out of sight) to the poster (no staples).

Include the following on the poster presentation:

- 2 professional publications with a bibliography (MLA format) displayed on the front of the poster to support the information researched for the topic.
- At least three graphics (photos, graphs, or charts).
- Student Athletic Trainer's name, high school, and word count on the BACK of the poster.

Professional athletic trainers will check in posters at registration

NATM Poster Contest Guidelines

The NATM Poster Contest is a competition that will showcase the creative abilities, presentation skills, understanding of the student athletic trainers that compete in the event. This year's theme is "**ATs Are Health Care**." Clear your idea with your supervising athletic trainer and create a poster that creatively represents how you, your school, your supervising athletic trainer, or the field of athletic training shows "**ATs Are Health Care**."

All of the information presented on the poster must be TYPED and cannot exceed 500 words. All entries must be on a standard 22" x 28" poster board. NO irregular shaped posters will qualify for any judging. Nothing may "hang-off" the sides of the poster. The text and graphics (drawings are acceptable) must be glued or taped (out of sight) to the poster (no staples).

Include the following on the poster presentation:

- At least three graphics (photos, graphs, or charts).
- A description on how your poster presents "ATs Are Health Care."
- Student Athletic Trainer's name, high school, and word count on the BACK of the poster.

Professional athletic trainers will check in posters at registration

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Student Athletic Trainer Olympics Guidelines

- ✓ Each section will have 2 student athletic trainers (SATs).
- ✓ All the Stations must be approved by a judge and FIELD READY before moving on.

Station 1:

McDavid Ankle Brace

- One SAT will sit and will NOT be able to help.
- The other will completely lace the ankle brace and apply all 3 straps.
- The shoestring will be in the first two holes.

Station 2:

Supply Grab

- Each heat will have a list of 5 AT supplies to grab from the box and return the correct items to the judge.
- SAT will be sent back until all items are retrieved correctly.
- Judge will not tell you what is correct or incorrect.

Station 3:

Wrapping Station

- One of the following will be selected per heat
 - Wrapping a Quadriceps with an ACE wrap - 6 inch double wrap
 - All of wrap must be used/ tape to secure
 - 5 jumps must be done by athlete to show security of wrap
 - Splinting a knee with a vacuum splint
 - attach pump
 - must be ridged/unable to bend
 - minimum of 10 FULL pumps
 - disconnect pump
 - Apply Sam Splint to Wrist with an ACE wrap- 3 in.
 - All of wrap must be used/ tape to secure
 - Elbow flexion and extension must be done w/palm open to show security of wrap

Station 4:

Cooler Carry

- To the Finish line

**ALL STEPS WILL BE CLEARED BY JUDGES AND A
TONGUE DEPRESSOR WILL BE GIVEN TO MOVE ON.
TEAMS WITH FASTEST TIMES PER HEAT MOVE ON.**

List of Supplies for Station 2:

- | | | |
|--|---------------------|-----------------|
| ● Adhesive foam-1/4" | ● Coverlets 4-wing | ● Flexiwrap |
| ● Elastic Wrap (Single and Double)- 3", 4", & 6" | ● Coverlets knuckle | ● Nail clippers |
| ● Non-Adherent Adhesive Pads (2X3 and 3X4) | ● Eye Wash 4oz | ● Moleskin 2" |
| ● Non-Adherent Non-Adhesive Pads (2X3 and 3X4) | ● Finger Splint | ● Pen Light |
| ● Ankle brace | ● Gauze Pad 3X3 | ● Scissors |
| ● Coverlet Strips | ● Tape Cutters | ● Tweezers |
| ● Tape- 1 ½" & 2" J & J Coach | ● 2 x 3 coverlets | ● Arm sling |
| ● Hydrocortisone Cream | ● Powerflex 2" & 3" | ● Ice Bag |
| ● Saline Solution- 4 oz | ● Theraband | ● Pre Wrap |
| ● Antibiotic Ointment | ● Mouth Piece | |

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