

APATS

ASIA-PACIFIC ATHLETIC TRAINERS' SOCIETY

Spring Newsletter, March 2021

Failing to Prepare is preparing to fail – John Wooden

APATS 2021 Virtual Conference

Aloha all, as we prepare for our 2021 Virtual Conference, we are still looking for presenters. If you are interested in presenting a 45-60 minute presentation on the topic of your choice please reach out to Rizzo, Randen, or Josh. Presenters will be asked to record a video presentation and create a short five question quiz. Conference attendees will have from **June 1st – June 30th** to watch presentation videos and complete the quizzes.

LEADERSHIP

The Asia-Pacific Athletic Trainers' Society is currently in search for a new APATS Coordinator for the 2021-2023 year. If you would like to nominate someone please fill out [this survey](#) by **April 14**. All nominees who would like to be considered will be asked to make a 2-3 minute campaign video that will be due **May 1**. A link to the videos and forms survey to vote will be sent out at a later date.

Member Spotlight: Rachel Ponce



How long have you been an athletic trainer?

I have been certified since 2012 (9 years).

Where did you come from (work history)?

I received a BS in Sport Sciences emphasis in Athletic Training from University of the Pacific in Stockton, California. After university I went directly into working at a PT clinic, after working in a clinical setting for a couple of years, I got the unique opportunity to work at CSU Bakersfield (unique because they were going through some major changes and I was going to be the only AT at the university). Lets just say I learned a lot and had mentors on speed dial. Then went back to the clinical setting and provided PRN work for the university for almost four years. I then made the international jump and have been working with XpertHealth the past three years. I will be making a change and parting with XpertHealth for the next school year and will be at Shanghai American School Puxi.

What do you enjoy most about international athletic training?

The traveling of course! No, I really enjoying learning from my students about their cultures and having unique conversations about how they view the world. Also sharing what we do as ATs and opening up a potential new path for someone.

Tell us a little about your family?

I have pretty large and diverse family (Dad, being of Mexican descent and Mom, German and Swedish), both my parents are 1 of 7 children. Lets just say I have lost track of how many cousins I have. We are a very athletic family with my parent who were athletes at Idaho State where they met, my siblings and I (1 brother and 1 sister) played our fair share of sports growing up, which brought on some competitiveness out in us even with board games! I also have 2 nieces and 2 nephews who have picked up this awesome competitive nature.

If Hollywood made a movie about your life who would you cast to play you?

Gal Gadot

What is your proudest moment as an athletic trainer overseas?

Creating, establishing, and delivering as the Head of Athletic Training within XpertHealth. To be able to have an administrative voice within the company to increase pay and benefits meant more than just the tangible things. It was greater recognition of our hard work and respect for us as valued employees. Created higher standards for contracts and being an advocate for my fellow ATs in the company.

Where is the best place you've traveled to and why?

This is a tough question, been a lot of places but definitely many more I would like to go to. However, I really enjoyed my time traveling through mid/northern Italy. Did all the touristy things but it was the days where I allowed yourself to get lost and mingle with the locals that made my time there amazing and comfortable.

What athletic training chore do you absolutely hate doing?

I absolutely hate cleaning a hydroculator, especially if you have hot pack that has exploded, the smell is gross, and the texture gives me the heebie geebies.

What is one thing you miss from your home country?

Being a California girl I really miss In-N-Out Burger!

What is something you learned in the last week?

I reaffirmed that my time management skills and juggling of different tasks were still on point. From doing presentations about basic anatomy for MYP Projects to regular AT coverage at two campuses to company administrative work; it was a long week but a good week.

If you could work in any country as an athletic trainer, where would you work?

Spain

What is the most important trend you see today in the field of athletic training?

The amount of resources and openness about mental health. How it is a factor even if there is no physical injury. We are really treating athletes holistically and I am enjoying the progression and sensitivity in which we approach each situation.

MEMBERSHIP REQUEST

Want a colleague to join APATS, and get connected with us? First, they need to [request membership here.](#)

WEBSITE & Social Media

Check out our ever-evolving website here, www.apats.org

Follow us on Instagram at: [APATSociety](#)

For more information or if you have any questions, please contact any of the APATS Coordinators at:

Josh - JoEut1722@yahoo.com

Randen - rmorisako@isb.bj.edu.cn

Rizzo - Jennifer.Rizzo@concordiashanghai.org

FOUNDING SPONSER



[**click here**](#)