



## Winter Newsletter, January 2022

*Hope is being able to see that there is light despite all of the darkness -Desmond Tutu*

### APATS 2022 Virtual Conference

APATS is hosting a virtual symposium in July and are looking for presenters. Are you or a colleague interested in submitting a 30-45 minute pre-recorded presentation on an interesting case study, topic, or research. This year's theme is **Performance, Prevention, and Policy for the Student Athlete**. Presentation topics will focus on how to optimize performance on and off the field, how to prevent injuries particularly after a longer than normal absence from physical activity and how to create and implement new policies related to the health and safety of our athletes. Proposals can be submitted [here](#). The submission deadline is February 14, 2021. If you have any questions, please email us at: [apatsociety@gmail.com](mailto:apatsociety@gmail.com)

### AT Corner Podcast

APATS Coordinators Randen and Rizzo, along with long time member Erick Chen were recently guest on the AT Corner Podcast. They shared their experiences as international athletic trainers in China, which included the benefits, challenges, and amazing work life balance they've experienced here. Please check out the AT Corner Podcast [website](#) or tune into episode #78 on Spotify, Apple Podcasts, or youtube. They are also on Instagram @atcornerpodcast

If you know of any podcasts that you think would be interested to host our members, please let us know and we can reach out on behalf of the organization.

### Member Spotlight: Nao Kozawa, (MLB China)



#### How long have you been an athletic trainer?

This is my 8<sup>th</sup> year as certified athletic trainer.

#### Where did you come from (work history)?

I grew up in Nagoya, Japan playing baseball throughout my schooling. My dream was to work as an athletic trainer in a baseball setting, so I decided to get an athletic training degree in the States. I graduated from University of Nebraska, Omaha with a BS in Athletic Training. I got my master's at Missouri State University while I worked as a graduate assistant for MSU Swimming and Diving team. After graduation I went back to Japan and worked at a fitness gym. Since 2018, I am at my current position at MLB China.

#### What do you enjoy most about international athletic training?

Sharing what we do as an athletic trainer. I love to see people watching what I do with shining eyes.

#### Tell us a little about your family?

I have a very small family. My parents and 96-year-old grandma. They all live in Nagoya, Japan.

**ATs Abroad - Working in China**

**AT CORNER PODCAST HOSTS**  
 Jennifer Rizzo, EdD, ATC, CES, CIAA  
 Erick Chen, MA, ATC  
 Randen Morisako, MA, ATC

### **What is your proudest moment as an athletic trainer overseas?**

When I travel for games, 99% of the time, we are the only team that has an athletic trainer on a team. Other teams ask me for advice regarding rehab or exercises for injury prevention. I am very appreciative that coaches and staff understand the importance of athletic trainers and I am proud to be a part of this family. I am also proud to spread the words of athletic training.

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

I love Hawaii, but if I have to pick one, I would choose Machu Picchu, Peru. Going there was one of the things on my bucket list and Machu Picchu is not the easy place to get to.

### **How is your current role different than a traditional ATC job?**

I think my current role requires wide range of work. My main role is an athletic trainer, but sometimes I am a strength and conditioning coach, a nutritionist, a biomechanics scientist, a coordinator, a researcher, a playing catch partner, and a parent / babysitter. I truly enjoy most of the part other than being a babysitter.

### **What is one thing you miss from your home country?**

Family

### **What is something you learned in the last week?**

In Japan, there is a tradition to eat certain foods for the new year. Each food has a meaning to it and wish family health and better luck. I am not a good cook, but I learned how to make one of the things (Kuromame) this year! I learned it takes forever to make them, and it is better to just buy them.

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

Wherever there is a beautiful beach and baseball!!

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

Putting more weight on injury prevention than treating injured athletes. I see more and more research that relate to injury prevention nowadays. Understand the importance of pre-participation exam and physical assessment, and having athletes do supplemental exercises or corrective exercises based on assessment can make a huge impact on athletes, especially in youth setting. We, as athletic trainers, have enough things to do already, so I love to see the trend of working hard to make our job easier!!

## **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](http://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:

Ngan - [nganchung25@yahoo.com](mailto:nganchung25@yahoo.com)

Randen - [rmorisako@isb.bj.edu.cn](mailto:rmorisako@isb.bj.edu.cn)

Rizzo - [Jennifer.Rizzo@concordiashanghai.org](mailto:Jennifer.Rizzo@concordiashanghai.org)

### **FOUNDING SPONSER**



**MUELLER**<sup>®</sup>  
SPORTS MEDICINE

[\*\*click here\*\*](#)