



## *Spring Newsletter, March 2022*

*Peace cannot be kept by force. It can only be achieved by understanding -Albert Einstein*

### **APATS 2<sup>ND</sup> Virtual Conference: Performance, Prevention, and Policy for the Student**

#### **Athlete:**

Thank you to all of those who have shown interest in presenting at our virtual conferences. We have already received a handful of presentation proposals and are on schedule for another wonderful event. If you are presenting, please remember to submit all your presentation materials (listed in the presenter email) by June 1, 2022. If you have any questions, please email us at: [apatsociety@gmail.com](mailto:apatsociety@gmail.com). Presentations will be available on our website from July 1, 2022 when the conference begins.

#### **APATS Longevity and Sustainability:**

On behalf of the coordinators, Randen, Rizzo, and Ngan, we are grateful for all your continued support and participation in our organization. We have had long discussions about the future of our organization and are contemplating an annual membership fee to maintain our organizational fees and expand our organization. During our Virtual conference we will have a vote on this agenda item to preserve the future of our organization. **In the meantime, we are asking for donations of \$15/person to offset the cost of our short-term costs such as our website and URL fees.** We hope that \$15 is a reasonable request for the certificates of completion that you will receive from the Virtual Conference. Remember, these fees are not obligatory, but much appreciated. More details about the donations will be coming soon.



#### **LEADERSHIP**

APATS has 2 leadership position openings starting in June 2022. Both of these positions are APATS Coordinators. Responsibilities are to carry out the mission and vision of APATS. Coordinators serve 2-year terms. The roles of current Coordinators—Randen Morisako and Jennifer Rizzo will become open. Ngan Chung serves as the third Coordinator and will remain onboard for the 22-23 year. We will vote remotely this year—more details to come. Complete this [form here](#) to express your interest. Closes on May 15! Please consider exercising your leadership skills and helping advance our society.

## Settling Around the World by Elizabeth Quinn: NATA NEWS (February 2022)



Check out this article in NATA News discussing how the NATA International Committee is supporting athletic trainers in the international setting. It discusses how the International Ambassador Program selects athletic trainers in a particular country to help support athletic trainers seeking to emerge into that country. Some things that the Ambassadors may help with include travel plans, communication, banking, insurance, visas, and healthcare. Our very own, Jared Maisel has been an Ambassador in the program. Look at some of his quotes from the article:

- *“I just gave him some concepts to think about and apply to his personal practice that could potentially set him up for success with organizations in the south Vietnam area.”*
- *“I actually had a colleague at a well-known international school near where (he) was living, so I simply reached out to help with gathering more information.”*
- *“Maisel connected him to a large network of ATs in the region: The Asia-Pacific Athletic Trainers’ Society.”*

### Member Spotlight: Akemi Raish, MS, LAT, ATC, CES, US Marine Corp (Okinawa, Japan)

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

This is my 12th year as a full-time AT.

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

I started as a collegiate AT, then I tried a Sports Med doctor's office for a hot minute, then international school in Shanghai, then high school, and now US Military in Japan. I don't like to sit still. :)

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

Meeting new people. In the US it can be very hard to break into a friend group when so many people already have their "tribe." When I'm international, it feels like everyone is in the same boat and walls come down. You're more vulnerable and so are they. I make life-long friends in a short amount of time when I live internationally.

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

My family are my dogs. Duke is a 90-lb American Bulldog and Duchess is a Black Lab/Jack Russel and they are bffs.

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

I climbed Mt Fuji in September 2021. I am not typically the person to set such a big physical goal for myself, however, within my first hour of hiking, I realized it was not a physically challenge nearly as much as a mental challenge. I never thought I could've completed something like it, especially on my own, but I did and I'm so proud of myself. It was something I'll never forget.





### **What is your fondest memory as an ATC in your current role?**

0500 AM hikes with various units I'm responsible for and watching the sunrise as we walk. Not only does my hiking build rapport with the Marines, it also is a place of mental peace for me.

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

I think gaining a Marine's trust is what has made me proud here. It's common for them to ignore their injuries because if they speak up, they may have to restart boot camp or restart the course they are taking which would set them back. They keep pushing until they physically can't continue. For a Marine to finally decide they're going to come to me and trust me with their treatment, recovery, and return to duty is huge and I don't take it lightly. I'm in a place where they can be themselves, be honest, and put their health first. And that always feels good.

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

There are many similarities between my job and a physical therapy clinic, but my most enjoyable time is when I'm out of the office. I get to attend trainings, including hikes, performance fitness tests (PFT, CFT), and obstacle courses to provide acute injury care and first aid. I miss the acute interaction. I have had the opportunity to take courses that are taught to US Marines and to their medical providers (Navy Corpsmen) about how to treat life-threatening injuries and conditions in a training situation (when practicing with artillery, repelling from a helicopter, etc) and in a combat situation. This included some familiar tasks and some not-so-familiar: starting an IV, starting a cricotomy, inserting a needle for chest decompression, sealing a chest wound, inserting an NPA, placing a tourniquet, and more. This was all while in a simulated combat situation wearing flak and Kevlar, clearing a room, finding the patient, and working on a simulated patient with life threatening wounds. Next week, I'll have the opportunity to attend the Jungle Warfare Training Center. Each day they focus on different aspects of training for war in the jungle in Okinawa, Japan- from how to evacuate a casualty to a 3-hour endurance obstacle course.

### **What athletic training chore do you absolutely hate doing?**

Cleaning the hydroc. I'd rather not even have one.

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

I miss the food. Mexican food is the first thing I'm getting when I arrive!

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

I haven't taped an ankle in over a year...and I still got the magic touch!

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

England is my next goal.

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

I work with a lot of chronic conditions that Marines have put off for several years, so the most important aspect of AT that I push in my setting is mobility and focusing on a proper warm-up and cool down.



### **Happy National Athletic Training Month!**

Current member and athletic trainer for the International School of Bangkok, Cory Campopiano was spotlighted on the Georgia Athletic Trainers' Association website:

<https://gatainfo.wixsite.com/gata-news/post/natm-spotlight-cory-campopiano>

**Summer Conferences**

If you will be attending either WFATT in Winnepeg, Manitoba (Canada) or NATA in Philadelphia, Pennsylvania (USA). Please fill out this form.

**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](#)

Join us on WhatsApp

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

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