

MAY 2020

# MAATA Student Senate Newsletter

## QUIZ BOWL COMPETITORS:

### MARYLAND:

Towson  
University

### VIRGINIA:

Bridgewater  
College

### W. VIRGINIA:

Wheeling  
University

### N. CAROLINA:

East Carolina  
University

### S. CAROLINA:

University of  
South Carolina

## Virtual Symposium - Quiz Bowl

- The Student Senate will be holding a revised, virtual symposium. Our first event will be the annual Quiz Bowl (via Zoom) on May 15 @ 7 PM!
- Teams will be separated into "Breakout Rooms" with their teammates and a Senator/Moderator.
- Moderators will use the "Screen Share" feature to display questions, and will keep score for their assigned team.
- Periodic score checks will be conducted and shared on social media!
  - Instagram: @MAATA\_student\_senate
  - Facebook: @MAATAStudentSenate
- A winner will be declared after "Final Jeopardy"!



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## Virtual Symposium - Free Communications

- Thank you to the seven schools who had students submit free communication presentations!
- Keep a look out for these presentations which will be posted on the MAATA website during the month of May:
  - Frostburg State University: Andrea Taylor, Jasmine Soriano, Britta Lais, Adam Dwyer, & Rylee Learn
  - Liberty University: Grace Mills
  - Marshall University: Kylie Robbins, Patrick Burnett, Greg Herbert, Christine Rizzie, Lauren Montgomery, Chris Matthews, Hannah Bailey, Kim Hill, Gary Gilbert, Hayden Sturgell, & Katelynn Smith
  - Towson University: Brittany Kirk
  - University of Lynchburg: Alexis Austin
  - University of South Carolina: Brittini Hoover
  - University of Kentucky: Lucy Bowers

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**Can't attend the  
Career  
Workshop?  
Click here  
for more help  
on job searching  
skills!**

Follow us!



@maata\_ypc

Mid-Atlantic Athletic Trainers Association  
Young Professionals Committee

## Virtual Symposium - YP Career Workshop

- Young Professionals Career Workshop will be held virtually on May 17!
- Set up a time to talk to athletic training young professionals for:
  - Mock interviews
  - Resume and cover letter review
- Sign up: <https://www.signupgenius.com/go/30e0e44acaf2da7fdo-ypccareer>



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*Thank You!*

OUTGOING  
SENATORS:

President - Grace  
Mills, Liberty  
(VA)

Secretary - Zach  
Kelly, Towson  
(MD)

Elissa Roblero -  
West Virginia  
(WV)

Mana Gould -  
Western Carolina  
(NC)

Anna Smith -  
Erskine (SC)

## Thank you Seniors!

- Congratulations on your upcoming graduation!
- Thank you for representing the students of District III with class for the past two years!



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Questions? Contact your  
state's Junior Senator

Maryland

Kaitlyn Whipp  
Kwhipp1@students.  
towson.edu

West Virginia

Kimberly Hill  
hill457@live.  
marshalledu

Virginia

Kiara "Janese" Malone  
kmalone18@su.edu

North Carolina

Anthony Pereira  
pereiraa17@students.  
ecu.edu

South Carolina

Rachel Gordon  
rmgordon@  
email.sc.edu

## Interested in joining the Student Senate?

- What do we do?
  - Plan and carry out the student program at the annual district symposium
  - Attend monthly WebEX meetings
  - Sit in on monthly state association meetings
- How to get involved
  - Follow our social media accounts for info on applications, which will come out in the fall
  - Students with two years remaining in their program (i.e. junior undergrads or first year Master's students) will be eligible to apply



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Stay  
Connected  
- Follow Us!

Instagram:

@maata\_student\_  
senate

Facebook:

Mid Atlantic  
Athletic Trainers'  
Association Students

Twitter:

@MAATA\_Students

Website:

<https://www.maata.org/studentsenate>

## NATA News

- Follow the new NATA twitter page exclusively for NATA News: @NATAevents
- Student Challenge has been extended to May 31st
  - [Click here](#) for more information
- Seniors! 10 FREE EBP credits are being offered
  - [Click here](#)
- Resource Center for AT's
  - [Click here](#)
- [gATher](#): Educationalist community contains resources to help students.

## MAATA News

- Read the MAATA Spring Newsletter [here!](#)
- Virtual district meeting will consist of nine speakers.  
Make sure to tune in!

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Attending conferences is a great way to get involved!

Learn, network, and advocate for the profession of athletic training.

MAATA - May 15th-17th, 2020 - VIRTUAL

MD - May 30th, 2020 - VIRTUAL

NATA - Dates TBD - VIRTUAL

SC - July 9th-10th, 2020

at Columbia Metro Convention Center, Columbia, SC

SAVE  
THE  
DATE



I AM AN  
ATHLETIC  
TRAINER

**MAATA**  
MID-ATLANTIC ATHLETIC TRAINERS' ASSOCIATION



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For more info, visit  
their [website](#)



## ATs Care - Dr. Donita Valentine

- What does ATs Care do?
  - Critical Incident Stress Management (CISM)
  - Peer-led grief support system
  - Crisis Intervention
- Resources to help make it though coronavirus
  - Check out books on leadership! These can motivate you and take your mind off things
    - The Multiplier Effect- Liz Wiseman
    - The Switch- Chip Heath & Dan Heath
  - Allow yourself to rest!!

### Supercharge your Immunity with these practical steps

#### Physical:

- Sleep, (7-9 hours)
- Sleep rituals- Same time to wake up and go to bed
- Predictable daily schedule
- Healthy Diet with Regular mealtimes
- Hydration throughout day
- Nutritional supplements
- Low impact exercise
- Yoga/Pilates/Stretching
- Deep breathing
- Relaxation routines/massage or energizing naps
- Regular physical checkups, including blood work
- Medication, (as prescribed by your physician)

#### Emotional:

- Esteem building exercises, especially with photos or images
- Laughter/Fun/Playtime
- Face anger, anxiety and apathy directly
- Journal out negative emotions
- Let go of painful memories

### Tools for Coping during COVID-19:





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## D3 State News

- MATA Symposium will take place virtually on 5/30/2020.  
More information to come via e-blast
  - To sign up for MATA's e-blasts, email [marylandathletictraining@gmail.com](mailto:marylandathletictraining@gmail.com)
- MATA 5K - Sunday 6/7/2020 at CCBC Catonsville

- Congratulations to WVATA Quiz Bowl Champions - Wheeling University!



- No news to report!

