

## Iowa Athletic Trainers' Society Annual Meeting and Clinical Symposium 2024

This event will be held in-person at the West Des Moines Marriott at 1250 Jordan Creek Pkwy, West Des Moines, IA 50266.

### Thursday, April 12th

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| 7:00 – 8:00 AM      | <b>Registration</b>   |
| 8:00 – 8:30 AM      | <b>IATS Business Meeting</b>  |
| 8:30 – 10:30 AM     | <b>RED-S Panel</b><br>By Jessica Drenth, M.Ed, ATC, LAT, Catelyn Fix, MA, M.Ed, LMHC, Nicole Kiley, MS, RD, LD, CSSD, and Sarah Bancroft Do, CAQSM, FAOASM<br>2.0 Category A CEUs |
| 10:30 – 11:00 AM    | <b>Break</b>  |
| 11:00 – 11:30 AM    | <b>Diagnostic US</b><br>By Audra Ramsey<br>0.5 Category A CEU   |
| 11:30 AM – 12:00 PM | <b>Sports Psychology</b><br>By Catelyn Fix, MA, M.Ed, LMHC<br>0.5 Category A CEU  |
| 12:00 – 1:15 PM     | <b>IATS Town Hall with Lunch</b>  |
| 1:15 – 2:15 PM      | <b>Harnessing Technology for Fatigue Management in Athletes</b><br>By Jake Reed, PhD, CSCS<br>1.0 Category A CEU  |
| 2:15 – 2:30 PM      | <b>Break</b>  |
| 2:30 – 3:30 PM      | <b>Navigating the Nuances of the Acute Chronic Workload Ratio</b><br>By Jake Reed, PhD, CSCS<br>1.0 Category A CEU  |
| 3:30 – 4:30 PM      | <b>Integrating Sports Science into Sports Medicine</b><br>By Mark Coberley, MS, LAT, ATC, CPSS, CSCS, CES, PES<br>1.0 Category A CEU  |
| 4:30 – 5:30 PM      | <b>Mental Health First Aid</b><br>By Christine Urish<br>1.0 Category A CEU  |
| 6:00 – 7:30 PM      | <b>Hall of Honor and Awards Banquet</b>   |
| 7:30 – 8:30 PM      | <b>Student Poster Presentations</b>   |
| 7:30 – 10:00 PM     | <b>Social at Marriott</b>   |

## **Friday May 27th**

7:00 – 8:00 AM	<b>Registration</b>
8:00 – 9:00 AM	<b>Emerging Nutrition Research in Concussions</b> By Ellen Davis, RDN, CSSD, LD and Kara Wiggins, MS, RD, LD, ATC 1.0 Category A CEU
9:00 – 9:45 AM	<b>Fueling Communities: Empowering Athletic Trainers to Tackle Food Insecurity</b> By Emma Nye, DAT, LAT, ATC 0.75 Category A CEU
9:45 – 10:15 AM	<b>Myofascial Lesions Associated with Iliotibial Band Friction Syndrome: Prevalence and Function Influence</b> By Steve Mathers, MA, PT, LAT, OCS 0.5 Category A CEU
10:25 – 11:55 AM	<b>Casting 101</b> By Kelsey, BA, RT(R) 1.5 Category A CEUs
11:55 AM – 12:00 PM	<b>Closing Remarks</b>

**10.75 Category A CEUs offered.**

### **Cancellation Policy**

The Iowa Athletic Trainer's Society will offer a full refund of the general conference registration fees for requests received up to 2 weeks prior to the event, less a processing fee taken by GetMeRegistered. In the 2 weeks leading up to the event, refunds will be granted less a \$15 administrative fee. No cancellations will be processed on or after the first day of the scheduled event. No refunds or cancellations will be processed for recorded events. All refund requests must be sent in writing (email) to and received by the IATS Annual Meeting Chair, Christine Black; [iatsannualmeeting@gmail.com](mailto:iatsannualmeeting@gmail.com) and will be processed no later than four weeks after the last day of the Annual Meeting. Refunds will be issued to the original payer in the same amount as the payment received.



**Iowa Athletic Trainer's Society Sponsors**

### **Required Materials and Equipment**

- In-person attendance - there are no required materials or equipment

### **Learning Objectives**

***RED-S Panel***

## ***Diagnostic US***

### ***Sports Psychology***

#### ***Harnessing Technology for Fatigue Management in Athletes***

1. Assess Technological Tools: Participants will be able to assess the reliability and validity of various technological tools used in monitoring fatigue, with a focus on sleep trackers.
2. Integrate Technology with Recovery Plans: Attendees will learn how to integrate technological tools into comprehensive recovery plans, emphasizing the importance of sleep and recovery in athlete performance.
3. Develop Sleep Hygiene Strategies: Learners will gain knowledge of practical strategies to improve sleep hygiene among athletes, understanding how enhanced sleep quality can contribute to better recovery and performance outcomes.

#### ***Navigating the Nuances of the Acute Chronic Workload Ratio***

1. Understand the Conceptual Framework: Participants will gain a comprehensive understanding of the acute chronic workload ratio, including its theoretical underpinnings and the scientific evidence supporting and challenging its use.
2. Critically Evaluate Application: Attendees will learn to critically evaluate the use of the acute chronic workload ratio in various training contexts, recognizing its limitations and the potential for misapplication.
3. Apply in Practical Scenarios: Learners will develop the ability to apply the acute chronic workload ratio in creating effective training plans, utilizing interactive scenarios to simulate real-world decision-making and adjustments.

#### ***Integrating Sports Science into Sports Medicine***

1. Gain an understanding of what constitutes "sports science."
2. Understand how this emerging field is impacting two of the domains of the athletic training profession.
3. Increase awareness of how some organizations are incorporating sports science information into athlete/patient care.

### ***Mental Health First Aid***

#### ***Emerging Nutrition Research in Concussions***

- Identify foods that contribute to a well-balanced diet
- Understand nutrients' role in structure and function related to brain health
- Recognize the relationship between hydration status and concussion assessments

### ***Fueling Communities: Empowering Athletic Trainers to Tackle Food Insecurity***

1. Understand the scope and impact of food insecurity on individual athletes, teams, and communities.
2. Identify opportunities for athletic trainers to engage in interdisciplinary and community outreach initiatives aimed at combating food insecurity.
3. Gain insights into the ethical considerations and cultural sensitivities involved in addressing food insecurity within diverse athlete populations

### ***Myofascial Lesions Associated with Iliotibial Band Friction Syndrome: Prevalence and Function Influence***

1. Identify the ITB on an US image at the four points assessed in the study.
2. Understand the different types of lesions that can occur around the ITB.
3. Understand the potential errors of US scanning and interpretation

### ***Casting 101***