

The background features three overlapping purple circles of varying shades, centered horizontally. A white horizontal band cuts across the middle of the circles. The text is centered within this band.

# CRW Advisory Council

November 22, 2019

Today's humor brought to  
you by Willie Ehling

<https://www.facebook.com/LADbible/videos/1431508507013691/?v=1431508507013691>



JP Pidgeon – Assistant  
Director of Athletic Training

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Play Hard. Live Well.

# Assistant Director of Athletic Training: The First 6 Months

JENNIFER PIDGEON

# Who am I?

## Hometown

- Durham, NC



- Family



## School



## Personality

- Extroverted
- Optimistic
- Confident
- Passionate
- True Colors
  - (Gold)
- Strength Quests
  - 1. Activator
  - 2. Command
  - 3. Focus
  - 4. Discipline
  - 5. Communicator
- Dinner with Anyone?

# Objective

1. Assume the responsibility and obligation of establishing and maintaining ECU's Campus Recreation athletic training clinic.
2. Design and implement policies and procedures for the AT clinic and sideline coverage.
3. Provide injury management, sideline coverage & other health services for club sport athletes
4. Create a welcoming, fun learning environment for undergrad and graduate students involved in department

# Goal: Combining the Worlds

Vision: To be an advocate for lifelong wellness and a pioneer for leadership development.

Mission: To engage the Pirate Community in diverse recreational and wellness experiences by providing exceptional facilities, programs, and services

## Athletic Training Domains

- ▶ Injury Prevention
- ▶ Clinical Evaluation & Diagnosis
- ▶ Immediate & Emergency Care
- ▶ Treatment, Rehabilitation & Reconditioning
- ▶ Organization & Administration
- ▶ Professional Responsibility

## NIRSA's Strategic Values

- ▶ Leadership
- ▶ Sustainable Communities
- ▶ Health & Wellbeing
- ▶ Equity, Diversity & Inclusion
- ▶ Service
- ▶ Global Perspective





# The Game Plan:

“GREAT LEADERS DON'T SET OUT TO BE A LEADER...THEY SET OUT TO MAKE A DIFFERENCE. ITS NEVER ABOUT THE ROLE-ALWAYS ABOUT THE GOAL.”

-JP's motivational Pinterest board



# 1. Fill The Roster & Team Bonding

- ▶ **Athletic Trainers**
  - ▶ Christina Turner & Christine Ferrell
- ▶ **Filling the gaps**
  - ▶ Physician- Dr. Joseph Armen
  - ▶ Physical Therapist- Youngs PT/AT
- ▶ **Within Campus Recreation**
  - ▶ Club Sports- Hannah Roberts
  - ▶ Personal Trainers - Not quite developed
  - ▶ Risk Management - Committee member
- ▶ **AT Education Program**
  - ▶ Preceptorship / mentorship - coming soon!
    - ▶ Role models to students
    - ▶ Expectation discussions

## 2. The Winning Strategy

- ▶ Athletic Training Policy Formation
  - ▶ NATA Position Statements
    - ▶ Concussion Management
      - ▶ Baseline Testing
    - ▶ Weather Policy management (hot/cold)
      - ▶ Emergency Action Plans for each Field
    - ▶ Pre-participation Examination Packets
      - ▶ Consent to treat
  - ▶ HIPAA





Please view handouts

Concussion Fact sheets, Flowcharts, Pre Participation Exam

**ADMINISTRATOR'S PORTAL**

You have 0 athlete(s) waiting to join. [View](#)

Athlete	Note
<a href="#">View</a>	ACL Rehab combo AT/PT

Injuries: Show: 0 Today This Week

Date	Athlete	Joint
<a href="#">View</a> February 21, 2019		Upper extremity
<a href="#">View</a> February 21, 2019		Lower extremity

Referrals: No records Found

Users Currently Logged In: 3 licenses used out of 2  
No Logged In Users Found

**Billing Database**  
Automated HCFA-1500 Forms

SportsWareOnline now provides the option to automatically populate HCFA forms for billing. This new feature pulls athletes, injury and treatment information from records already in SportsWare. This is a huge timesaver and prevents you from having to manually fill out forms by hand.

**Scheduler**

2019 - 2/24/2019 - 3/2/2019

Day	Mon, 25	Tue, 26	Wed, 27	Thu, 28	Fri, 1	Sat, 2
4:30 PM						
5:00 PM						
5:30 PM						
6:00 PM						

**Standard Reports**

Select a Database and Report  
Select a Database: Athlete | Select a Report:

(Optional) Select Groups and Sports  
Group: CU Rec | Sport: Baseball  
Intramural | Basketball, W  
ROTC | Climbing, M  
Puzzle, M

(Optional) Only Include Records in This Data Range  
Athlete Record Modified Date  
From: | To: | Today | This Week

(Optional) Include Records for Inactive Athletes  
Yes

(Optional) Only Include Records Meeting These Custom Criteria  
Database: | Field: | Report Filter:

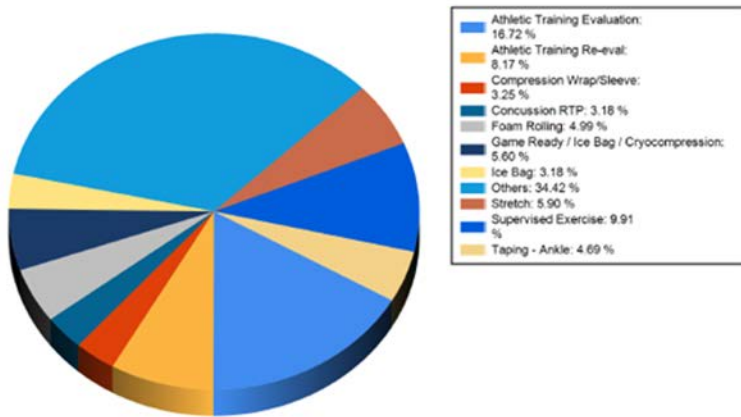
# AT Clinic Administration

SWOL

# SWOL Reports

## Treatment Statistics Report ECU CRW Athletic Training Active Athletes

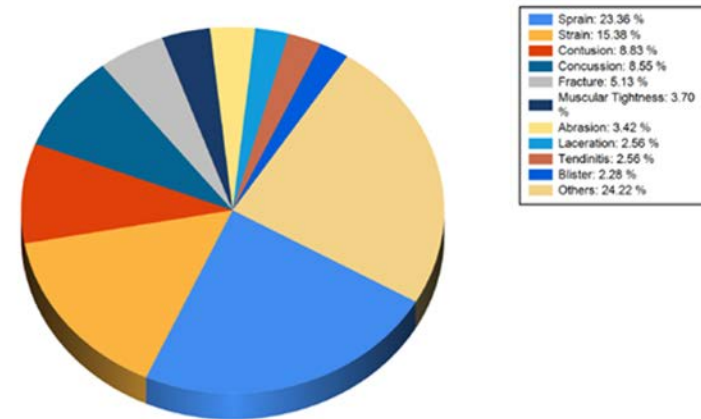
### Treatment Statistics



Treatment	Count	Percent
Athletic Training Evaluation	221	16.72%
Supervised Exercise	131	9.91%
Athletic Training Re-eval	108	8.17%
Stretch	78	5.90%
Game Ready / Ice Bag / Cryocompression	74	5.60%
Foam Rolling	66	4.99%
Taping - Ankle	62	4.69%
Compression Wrap/Sleeve	43	3.25%
Concussion RTP	42	3.18%
Ice Bag	42	3.18%
Others	455	34.42%
<b>Total</b>	<b>1322</b>	

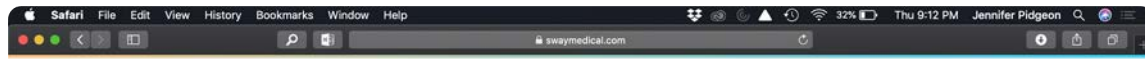
## Injury Statistics Report ECU CRW Athletic Training Active Athletes

### Injury Statistics



Injury	Count	Percent
Sprain	82	23.36%
Strain	54	15.38%
Contusion	31	8.83%
Concussion	30	8.55%
Fracture	18	5.13%
Muscular Tightness	13	3.70%
Abrasion	12	3.42%
Laceration	9	2.56%
Tendinitis	9	2.56%
Blister	8	2.28%
Others	85	24.22%
<b>Total</b>	<b>351</b>	



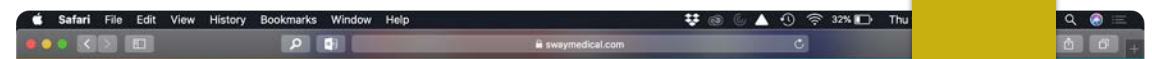


Sway System Resources Pricing Research Purchase Now Portal Login



- Overview
- Balance
- Reaction Time
- Baseline
- Symptom Tracking

Connect with Sway



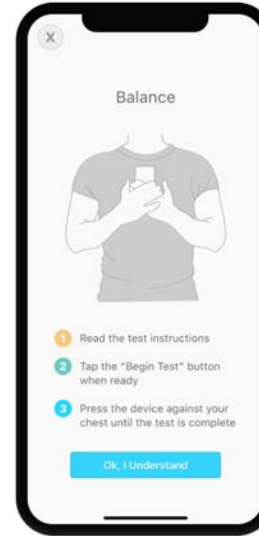
Sway System Resources Pricing Research Portal Login

**Mobile**  
Administer objective tests in any environment and share results with other approved User Accounts.

**Quality**  
Developed under an ISO 13485 compliant Quality Management System to ensure accuracy and repeatability.

**Valid & Reliable**  
FDA and Health Canada cleared medical device. Peer-reviewed and published data.

**Affordable**  
Minimal dollars annually per Athletic Profile. Sway does not charge by the test.



**Cloud Based**  
Immediate access from any location to computer portal and mobile app Athletic Profile data.

**Quick**  
Built around established protocols modified to work with a mobile interface. Rapid test times of 2 minutes each.

**Secure**  
Protecting your data through compliance with HIPAA, HITECH and FERPA standards.

**Access Control**  
Immediate access to profile data via secure computer portal or mobile app.

# AT Clinic Administration

SWAY

# 3. The Sideline Report

## Club Sport Risk Level Classifications

<b>High Risk</b> <i>(Contact &amp; Collision)</i> <small>(3 officers per team: SWAY, CPR/AED cert.)</small>	<b>Moderate Risk</b> <i>(Contact)</i>	<b>Low Risk</b> <i>(Limited Contact)</i> <small>(1 officer per team: S-Risk, CPR/AED Certified)</small>
<i>All athletes will complete Sport Risk Training</i>	<i>All athletes will complete Sport Risk Training</i>	<i>Only safety officer will complete Sport Risk Training</i>
<b>Group A</b> 1. Rugby (M) 2. Ice Hockey (M) 3. Rugby (W) 4. Lacrosse (M) 5. Wrestling <b>Group B</b> 6. Field Hockey 7. Soccer (M) 8. Soccer (W) 9. Lacrosse (W) 10. Basketball (M) 11. Volleyball (M) 12. Volleyball (W) 13. Boxing 14. Cheerleading	15. Ski/Snowboard 16. Baseball 17. Softball 18. Ultimate Frisbee (M) 19. Ultimate Frisbee (W)  <small>(1 officer per team: SWAY, CPR/AED certified)</small> 20. Martial Arts 21. Equestrian 22. Swimming 23. Fencing	24. Figure-Skating 25. Bass Fishing 26. Tennis 27. Golf 28. Cross Country/Track 29. Climbing 30. Weightlifting 31. Badminton 32. Dance 33. Raas Indian Dance 34. Ballroom Dance 35. Disc Golf 36. Yoga

(AT= Athletic Training, ATC= Certified Athletic Trainer, ECU CRW= East Carolina University Campus Recreation & Wellness)

*\*\*To categorize each sport, the teams risk assessment was based off research provided by [NCAA Sports Medicine Handbook](#), [NATA Position Statements](#), [CDC](#) and [Guideline 21](#) that includes injury rates per athlete exposures, classifications of sports by contact and rate of concussion in competitions.\*\**

# 4. Player Development

- ▶ The type of environment I want to provide to co-workers or staff I supervise
  - ▶ Welcoming
  - ▶ Opportunistic
  - ▶ Power of Vulnerability
- ▶ Traits as a Supervisor
  - ▶ Structured / Organized
  - ▶ "Fun and stern mom"
    - ▶ Professional but understanding
  - ▶ Determine what my students need from me

# 5. The Pre-season Training

- ▶ GA Training
  - ▶ Handbook created
  - ▶ Audit Skills
    - ▶ Taping
    - ▶ CPR/AED
  - ▶ Facility Tours
    - ▶ Field EAPS
  - ▶ Discuss Goals
    - ▶ Plan a timeline

The screenshot shows the Microsoft OneNote application interface. The title bar indicates the notebook is 'Athletic Training Handbook'. The ribbon includes 'Home', 'Insert', 'Draw', 'View', and 'Class Notebook'. The left sidebar shows a table of contents with sections like Accounts, CEUs, Contacts, Documents, HIPPA, Inventory, Liability, Meetings, Modality Maintenance, Procedural, Receipts, Rehab Bank, Rosters, Schedule, Students, SWOL, Troubleshooting, and Concussion. The main content area displays a page titled 'NATA Position Statements' dated Friday, November 30, 2018, at 2:46 PM. The page contains a list of 25 PDF links related to athletic training, such as 'Evaluation, Management, and Outcomes of and Return-to-Play Criteria for Overhead Athletes With Superior Labral Anterior-Posterior Injuries (pdf) (April 2018)' and 'Prevention of Anterior Cruciate Ligament (ACL) Injury (pdf) (February 2018)'. The right sidebar shows various task and note options like 'To Do', 'Important', 'Definition', 'Address', 'Question', 'Highlight', and 'Phone number'.

# Timeline

- ▶ Months 1 -2
  - ▶ Filling My Roster/ Team Bonding
  - ▶ Winning Strategy
- ▶ Months 3-4
  - ▶ Sideline Report
  - ▶ Player Development
- ▶ Months 5-6
  - ▶ Pre-Season Training
  - ▶ Prepare for Speed bumps





THANK YOU!! COMMENTS OR  
QUESTIONS?

GO PIRATES!!



What do you think?

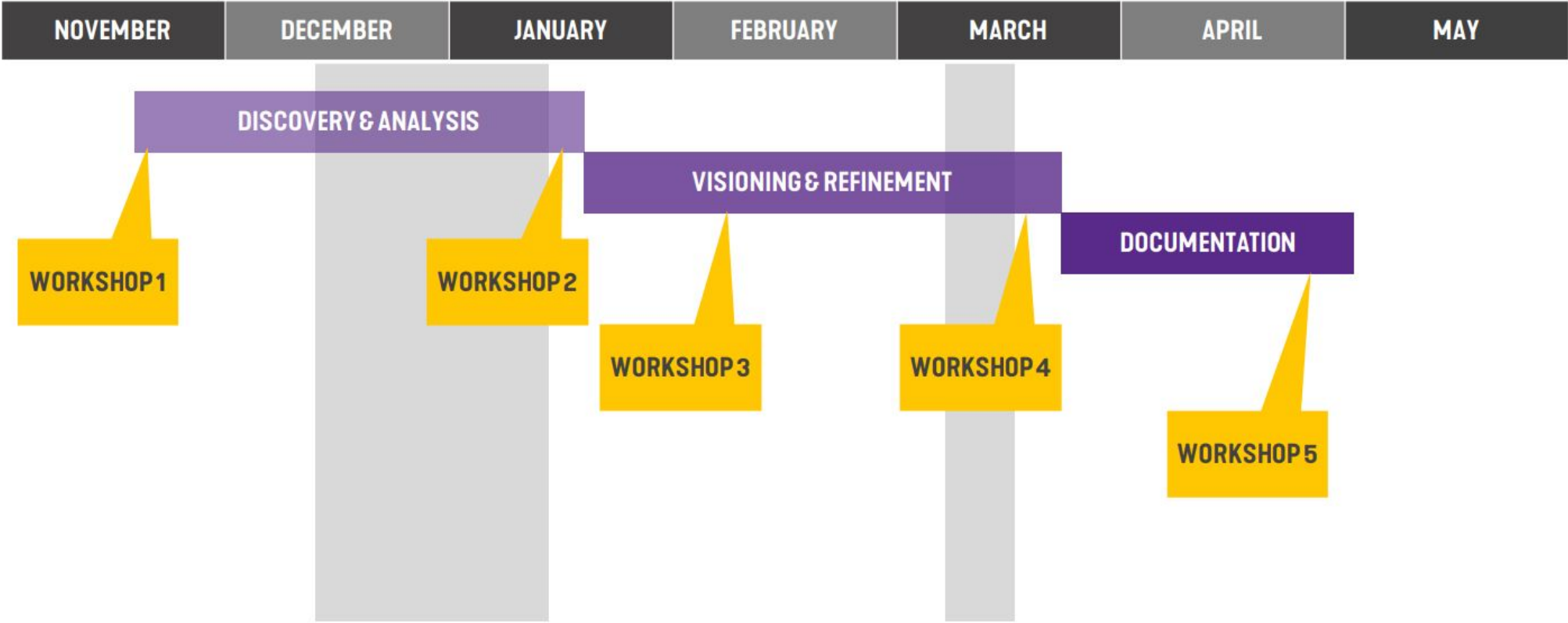
# Master Plan Update

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November 18 – November 20



# SCHEDULE







Minges Pool

# Staff Vacancies

**Aquatics** – Coordinator of Aquatics

Currently: Vacant

Jeff Blumenthal → University of South Carolina (Go cocks!)

**Wellness** – Assistant Director of Wellness

Currently: Interim

Karen Woodmansee

# Budget Update



Reduce spending by \$115,000



Raise \$50,000 each year



Must be completed by the end of February



# The Daily Reflector Best of 2019



The Daily Reflector's  
**GREENVILLE**  
*Best College Professor*  
**Dr. Elizabeth A. Swaggerty**  
East Carolina University • I38 Speight Building  
252-328-4970 - [www.ecu.edu](http://www.ecu.edu)

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**2<sup>nd</sup> - Andrew Pickett**  
East Carolina University • I30B Scales Field House  
252-737-1477 - [www.ecu.edu](http://www.ecu.edu)



The Daily Reflector's  
**GREENVILLE**  
*Best Children's Camp*  
**ECU Student Recreation Center**  
128 E 7th Street • Greenville, NC 27858  
252-328-6387 - [www.crw.ecu.edu](http://www.crw.ecu.edu)

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**2<sup>nd</sup> - Greenville Civic Ballet**  
2285-B County Home Road • Greenville, NC 27858  
252-355-7880 - [www.greenvillecivicballet.com](http://www.greenvillecivicballet.com)

# Pitt County Women

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**WOMAN TO WATCH**

**EMILY  
THEYS**





# Upcoming Meetings



Questions?  
Observations?