



ULTIMATE ATHLETIC TRAINING STUDENT CHAMPIONSHIP GUIDELINES

Purpose

The Ultimate Athletic Training Student Championship is an encompassing approach to testing the multi-faceted skills of athletic training students. The competitions strive to create a sense of accomplishment, teamwork, and sportsmanship between students and schools.

NTATS Contests

Taping Contest (2 students per school)

Quiz Bowl (Group of 3 students)

National Athletic Training Month (NATM) Video Contest- "From Head to Toe"
(1 entry per school)

Injury Poster Contest- Knee Injury (1 entry per school; participation points count only once)

National Athletic Training Month (NATM) Poster Contest- "From Head to Toe"
(1 entry per school; participation points count only once)

Randy Stipes Athletic Training Student Relay (1 team per school - open to every school. Seeding will be done after registration is complete.)

Contest Point Values

1st Place- 10 pts

2nd Place- 8 pts

3rd Place- 6 pts

Participation- 4 pts

In the event of a tie, the higher placement in the Quiz bowl will determine the winner

Awards

Certificates will be awarded to the top 3 winners for all contests. The top-placing school, throughout all contests, will receive a trophy and a gift card for a pizza party.

Contact Information

If you have any questions or concerns regarding the contest information, contest rules, or student symposium, please contact:

Maria Rosanelli, MEd, LAT, ATC
NTATS President
Maria.Rosanelli@risd.org

Jordan Greene, MS, LAT, ATC
NTATS Student Programming Chair
jordan.greene@apps.wylieisd.net

An athletic trainer from each high school must be a paid member of NTATS to be awarded in contests

Ankle Taping Contest Guidelines

The Taping Contest is a competition that will showcase the taping skills of the athletic training students that compete in the event. Up to 2 students from each school are allowed. There will be a preliminary round and a final round. In the preliminary round, the tapper must provide an ankle to tape and in the finals, the judges will be getting taped.

Three (3) minute time limit. **Continuous heel locks are acceptable. All other steps must be done individually.**

The tape job must include but is not limited to:

- 2 proximal anchors
 - 1 distal anchor
 - 3 stirrups
 - 2 horseshoes
 - 2 heel locks on each side
 - 1 figure eight
 - Cover up
- Once all items are completed, the tape job will be judged in the following categories – neatness, stability, comfort, and time.
 - In the event of a tie – neatness and time will be the determining factors. If necessary, the absolute time will determine the winner. (i.e. A 37 second time will beat a 42 second time.)
 - There will be only one champion.



No time limit for placing prewrap. Time starts with the first strip of tape.



2 - proximal anchors and 1 - distal anchor



3 - Stirrups – pulling medial to lateral. Must be medial to lateral.



Minimum of 2 horseshoes (laterals)



2 - Lateral heel lock



2 - Medial heel lock



1 - Figure 8's
Final cover



Final cover

Quiz Bowl Contest Guidelines

The 2024 NTATS Quiz Bowl will be a team competition that will test students' knowledge in the various domains of Athletic Training. Each school can enter (1) Team composed of (3) students and an alternate. Each Team must designate a Student Captain. This student must be listed as Student 1 on the Google Doc (registration). Each team should have a designated supervising Athletic Trainer. The supervising AT may not provide any input to their team during the competition. The supervising AT of the team must be a paid member of NTATS.

Rules of Competition: The competition will be conducted via Kahoot! There will be 30 Multiple Choice Questions. The time limit to answer questions is 15 seconds. The faster each question is answered, the more points that are awarded. The correct answer and team totals will be displayed at the end of each question. Each team will have (1) electronic device to answer questions. No other electronic device will be allowed in the competition area. Violation of this rule will constitute automatic disqualification.

Questions will come from the following topics:

- Nutrition
- Anatomical movements and planes
- 1st aid, fractures, strains, sprains
- Prevention of athletic injuries
- Assessment of athletic injuries
- Rehabilitation of athletic injuries
- Legal concerns
- Anatomy and Physiology
- General Medical conditions

NATM Video Contest Guidelines

The NATM Video Contest is a competition that is designed to promote the profession of athletic training by capturing the heart of the profession on film. Videos should be based on the 2024 NATM theme “**Head to Toe**”.

Each program may submit one entry. Video submissions should be emailed to Jordan Greene (jordan.greene@apps.wylieisd.net). You should receive a reply of receipt confirmation. Include the name of the school and “NTATS Video Contest” in the subject line of the email. In the body of the email, include a short explanation of the video (how it relates to the theme), the names of everyone involved in the video-making process, and your school name. Videos must be less than 1 minute. The represented school name and NATM theme must be included in the video. Entries will be accepted through April 2nd (midnight CST). All submissions must be original work.

****If you do not receive a confirmation email, please resubmit.****

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Injury Poster Contest Guidelines

The Injury Poster Contest is a competition that will showcase the research abilities, presentation skills, and understanding of the athletic training students who compete in the event. This year's topic is "**Knee Injuries**". Pick a knee injury that affects athletes, clear it with your supervising athletic trainer, and create a poster to showcase everything about this issue.

All of the information presented on the poster must be TYPED and cannot exceed 500 words. **All entries must be on a STANDARD 22" x 28" poster board**. NO irregularly shaped posters will qualify for any judging. Nothing may "hang-off" the sides of the poster. The text and graphics (drawings are acceptable) must be glued or taped (out of sight) to the poster (no staples).

Include the following on the poster presentation:

- 2 professional publications with a bibliography (MLA format) displayed on the front of the poster to support the information researched for the topic.
- At least three graphics (photos, graphs, or charts).
- Student Athletic Trainer's name, high school, and word count on the BACK of the poster.

Professional athletic trainers will check in posters at registration

NATM Poster Contest Guidelines

The NATM Poster Contest is a competition that will showcase the creative abilities, presentation skills, and understanding of the athletic training students who compete in the event. This year's theme is "**From Head to Toe**". Clear your idea with your supervising athletic trainer and create a poster that creatively represents how you, your school, your supervising athletic trainer, or the field of athletic training shows "**From Head to Toe**".

All of the information presented on the poster must be TYPED and cannot exceed 500 words. **All entries must be on a STANDARD 22" x 28" poster board**. NO irregularly shaped posters will qualify for any judging. Nothing may "hang-off" the sides of the poster. The text and graphics (drawings are acceptable) must be glued or taped (out of sight) to the poster (no staples).

Include the following on the poster presentation:

- At least three graphics (photos, graphs, or charts).
- A description of how your poster presents "**From Head to Toe**"
- Student Athletic Trainer's name, high school, and word count on the BACK of the poster.

Professional athletic trainers will check in posters at registration

Randy Stipes Athletic Training Student Relay Guidelines

- ✓ Each section will have 2 athletic training students (SATs).
- ✓ All the Stations must be approved by a judge and FIELD READY before moving on.
- ✓ Supplies for each station will be kept in a general "supply area"
- ✓ Prelims will take place in the morning. Based on the number of teams, the top 10 times will race in a semifinal and finals will take place in the afternoon.

Station 1:

McDavid Ankle Brace

- One SAT will sit and will NOT be able to help
- The other will **completely** lace the ankle brace and apply all 3 straps
- The shoestring will be in the first two holes

Station 2:

Crutch Fitting/Race

- One SAT will grab a set of crutches (5'2" - 5'10")
- The SAT must properly fit the crutches on their partner (height only - moving hand grips not required) - Judge must approve fit before moving on
- The SAT will then crutch back (3 point ambulation) to the baseline as quickly as possible (they may not run at all and could be sent back if they do.)

Station 3:

Wrapping Station

- One of the following will be selected per heat
 - Wrapping a Quadriceps with a hip spica with an ACE wrap - 6-inch double wrap
 - All of the wrap must be used AND taped to secure
 - 5 jumps must be done by the "athlete" to show security of wrap
 - Splinting a knee with a vacuum splint
 - attach pump
 - must be rigid/unable to bend
 - minimum of 10 FULL pumps
 - disconnect pump
 - Apply Sam Splint to Wrist with an ACE wrap- 3 in.
 - All of the wrap must be used AND taped to secure
 - 5 biceps curls (elbow flexion and extension) must be done with palm open to show the security of the wrap

Station 4:

Cooler Carry

- To the Finish line

**ALL STEPS WILL BE CLEARED BY JUDGES AND A TONGUE DEPRESSOR WILL BE GIVEN TO MOVE ON.
THE TEAM WITH THE FASTEST TIME PER HEAT WILL MOVE ON TO THE FINALS.**

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