



The Renaissance
Hotel

Meeting & Clinical Symposium



Palm Springs, CA
May 30-31, 2025

Final Program

Join us for the 2nd Annual 3CATA Meeting and Clinical Symposium—an exciting, education-focused event designed for athletic trainers across the community college, high school, and college levels. This year's symposium offers a robust agenda packed with relevant clinical topics, professional development opportunities, and networking events.

Earn up to 10 CEUs while engaging in expert-led presentations, and collaborative discussions tailored to the evolving needs of athletic trainers. Whether you're seeking the latest clinical techniques, policy updates, or opportunities to connect with peers and leaders in the field, this event is built to support your professional growth.

Don't miss this opportunity to learn, connect, and elevate your practice in a collaborative and supportive environment. **It's an event worth attending.**

The 3CATA (BOC AP# P3410) is approved by the Board of Certification, Inc. to provide continuing education to Athletic Trainers. This program is eligible for a maximum of 10 Category A hours/CEUs. Athletic Trainers should claim only those hours actually spent in the educational program.



Cancellation Policy: The 3CATA reserves the right to cancel continuing education activities due to an insufficient number of registrants. Please note that the 3CATA is not responsible for any hotel, airline or other expenses incurred. The 3CATA reserves the right to change course date, location topic or instructor.



Meeting Schedule

Friday May 30th, 2025

Registration/Exhibitor Hall Open

12:00PM – 1:00PM

The Mind-Body Connection in Sports: Recognizing and Addressing Performance Anxiety and Stress

1:00PM – 2:00PM

Ashley Hudson, LMFT



Athletic trainers are uniquely positioned to support both the physical and mental well-being of athletes. While much of their formal training centers around physical recovery, recognizing the signs of performance anxiety and emotional stress is critical. Some of these psychological concerns often manifest physically—through chronic tension, pain, or repeated injury—and can significantly hinder recovery if left unaddressed. By identifying symptoms such as fear, self-doubt, and nervous system dysregulation, athletic trainers can tailor their injury recovery treatment to better support the whole athlete. Reducing overwhelm, addressing avoidance behaviors, and encouraging emotional healing alongside physical healing are just a couple of examples to include in the process. A trauma-informed, mind-body approach not only enhances recovery outcomes but helps athletes return with confidence, readiness, and long-term well-being.

Learning Objectives:

1. Identify key signs and symptoms of performance anxiety and stress in athletes, including both psychological and physical manifestations.
2. Describe how stress and anxiety can impact the nervous system, athletic performance, injury risk, and the recovery process.
3. Apply practical strategies to support athletes experiencing acute anxiety, panic, or emotional distress during competition or rehabilitation.
4. Integrate a mind-body approach into injury recovery into individualized injury recovery plans to promote holistic healing by considering emotional factors such as fear, self-doubt, and overwhelm, alongside physical healing.

UndocuAlly-Being and Ally for our Undocumented Patients

1:00PM – 2:00PM

Jamie DeRollo, DAT, MBA, ATC



Undocumented students represent one out of every 50 students enrolled in postsecondary education in the United States. Undocumented immigrants are not eligible for federally funded public health insurance programs, including Medicare, Medicaid and the Child Health Insurance Program (CHIP). We may not know it, but Athletic Trainers could be the only form of healthcare that these undocumented students received. Being an Ally to our undocumented student-athletes/patients is important

Learning Objectives:

1. Differentiate between the four main categories of persons living in the United States
2. Describe allyship as it relates to athletic training practice and the four basic levels of becoming an ally.
3. Identify ways to create a welcoming and supportive athletic training/healthcare environment for undocumented immigrant students.
4. Implement practices to mitigate barriers to healthcare for undocumented patients.

Exhibit Break

3:00PM – 3:30PM

Diaphragm Assessment and Treatment

3:30PM – 4:30PM

Lynnette Yasukawa CMT, NKT 3 Instructor



The diaphragm plays a crucial role in creating intrinsic stability, which is where athletes generate much of their power. When this inner unit stability is compromised, the body often compensates by relying more heavily on the outer unit, particularly the limbs. This compensation can lead to pain and tightness in those areas. Therefore, when an athlete presents with unresolved discomfort or tightness in the limbs, it is important to assess the function of the diaphragm as a possible underlying cause. Athletic Trainers (ATCs) should consider the diaphragm in their evaluations, especially when localized treatments fail to produce lasting results. Recognizing and addressing diaphragmatic dysfunction can enhance both performance and recovery by restoring core stability

Learning Objectives:

1. Describe the role of the diaphragm in creating intrinsic stability and its contribution to athletic power generation.
2. Differentiate between inner unit (core) and outer unit (limb) stability in athletic movement.
3. Identify compensatory patterns in athletes, such as limb tightness and pain, that may arise from insufficient diaphragmatic function.
4. Assess the diaphragm as a potential root cause when musculoskeletal issues in the limbs do not resolve with localized treatment.
5. Recognize the importance of incorporating diaphragmatic evaluation in the clinical assessment strategies of Athletic Trainers (ATCs).

Empowerment through Advocacy: How Athletic Trainers can Gain Support from Administration and Ways to Advance their careers

4:30PM – 5:15PM

Maria Castro, MS, ATC



The Community College level of athletic programs is unique to any other type of college/university setting. It is imperative for athletic trainers to understand how the community college administration works and how to advocate for funding for their athletic training facilities and new positions as needed on their campus. ATCs should also be aware of experiences needed to move into athletic administration at the community college level. Recognizing the skill set needed and applying it to make them the best candidate possible.

Learning Objectives:

1. Identify ways in which athletic trainers can increase their knowledge of the community college system to help them advocate for their program.
2. Describe the various tools that can be utilized to improve explanations of needed resources
3. Explain the aspects of an administrator job and how to put an athletic trainer in a position to succeed when moving into administration
4. Recognize the skill set needed to advance into administration.

Town Hall Discussion: Challenges for the CC Athletic Trainer

5:15PM – 6:00PM

Watten Voyce, MS, ATC



Warren Voyce will moderate an open forum for the sharing of Best Practices and ideas in the California Community College medical system. Attendees are encouraged to submit topics, questions and obstacles in areas that they find challenging in their setting. Members are also encouraged to reply, share ideas and contribute to the discussion to create an environment of collaboration and growth for all athletic trainers. If you are struggling with a concept in your institutions, bring it up! If you have had great success developing solutions in medical care for community college student-athletes, share your suggestions! A basic framework of topics will be created, but the depth of the forum will be enhanced by the participation of the attendees and members.

Learning Objectives:

Gather feedback on topics of concern across the California Community College level. Topics may include:

- Organization and administration of medical care
- Pre-Participation screening for cardiovascular conditions
- Emerging technology and concepts in the treatment and rehabilitation of athletic injuries
- Collaboration with athletic administration on developing a successful model for medical care

Henry Schein Exhibiter Social (Exhibit Hall)

6:00PM

Saturday May 31st, 2025

Mindful Movement: Yoga for Injury Recovery and Athletic Longevity

8:00AM – 9:30AM

Daniela Velazquez, DC, ATC



This course explores the integration of yoga as a therapeutic intervention within the scope of Athletic Training. The content focuses on evidence-based applications of yoga to support injury recovery, reduce the risk of future injuries, and enhance athletic performance. Participants will examine the foundational principles of yoga through a clinical lens, learning how to incorporate specific poses and sequences that improve range of motion, strength, endurance, and neuromuscular coordination. Emphasis will be placed on the use of yoga in both individualized rehabilitation programs and group settings, such as team warm-ups and cooldowns. This will prepares learners to complement conventional rehabilitation protocols and promote long-term athlete wellness through mindful movement practices.

Learning Objectives:

1. Review the prevalence of acute and chronic injuries of the upper and lower extremities among intercollegiate athletes.
2. Learn to consider the basic principles of yoga, which include musculoskeletal benefits and conventional therapeutic management for injuries
3. Create individualized rehabilitation plans or team stretches/warm-ups when addressing a big group of athletes.

Regional Interdependence Approach to Assessment

9:30AM – 11:00AM

Michele Desser, ATC



As athletic trainers, we're in a powerful position to impact both the short-term recovery and long-term performance of the athletes we work with. By integrating a regional interdependence approach into our assessments, we can shift from simply treating the site of pain to identifying and addressing the root causes behind it. This broader perspective helps us move beyond a symptom-focused mindset and toward true, functional resolution.

Time is a valuable resource in the athletic training room, and efficiency matters. The Selective Functional Movement Assessment (SFMA) provides a streamlined, systematic approach to identifying how dysfunction in seemingly unrelated areas of the body may be contributing to an athlete's pain or movement limitations. Using a regional interdependence model enhances our clinical decision-making, by providing a clearer picture of the underlying issues and guiding more targeted, effective interventions.

The ultimate goal? To improve return-to-play timelines, reduce the risk of recurring injuries, and deliver better overall outcomes for the athletes we serve.

Learning Objectives:

1. Understand the concept of regional interdependence and its role in identifying the root causes of pain and dysfunction, beyond the site of symptoms.
2. Explain the Selective Functional Movement Assessment (SFMA) framework and describe how it can be used to evaluate movement patterns and dysfunction in athletes.
3. Apply the regional interdependence model to clinical practice to enhance decision-making and develop a more targeted, effective treatment plan.

Exhibit Break (snacks with vendors)

11:00AM – 11:30AM

Rehabilitation Considerations for the Rotational Athlete

11:30AM – 12:30PM

Isaac Auyeung, PT, DPT, OCS, SCS, CSCS



Pitching is one of the most biomechanically demanding and violent movements in sports, placing immense stress on the shoulder and elbow. It's no surprise that UCL injuries and shoulder pain are so prevalent in baseball athletes. This seminar will examine key rehabilitation considerations for this unique population, with an emphasis on the demands of pitching. Attendees will review pitching biomechanics and common movement deviations that increase injury risk. A comprehensive assessment of the kinetic chain—including the shoulder, core, hips, and lower extremities—will be presented to guide effective treatment planning. The session will also cover how to implement targeted, sport-specific therapeutic exercises to improve athlete buy-in and reduce injury risk. Finally, attendees will learn how to design and apply return-to-sport testing protocols and structured throwing programs to ensure a safe and confident transition back to play.

Learning Objectives:

1. Review biomechanics and common deviations that occur during pitching
2. Evaluate the essential components of the entire kinetic chain through a comprehensive exam
3. Consider targeted and sports-specific therapeutic exercises for athlete buy-in and compliance
4. Summarize return-to-sport testing and throwing protocol for transition back to sport

Evaluation and Treatment of Multi-Factor Sport Injuries

12:30PM – 1:30PM

Sean Gateley, PT, DPT, MS, ATC, CSCS



Sports injuries are often the result of multiple contributing factors rather than a single isolated event. This lecture emphasizes the importance of conducting thorough evaluations to move beyond surface-level symptoms and identify the true root causes of injury. Participants will learn strategies to systematically assess and address underlying dysfunctions such as movement inefficiencies, muscular imbalances, joint mobility and stability issues, training errors, and other contributing variables. By focusing on treating the problem—not just the symptoms—we can create more effective rehabilitation plans, enhance athletic performance, and reduce the risk of future injury.

Learning Objectives: Evaluation and Treatment of Multifactorial Sports Injuries

1. Recognize and assess the multifactorial causes of sports injuries common in collegiate athletes by integrating comprehensive history-taking, physical examination, and sport-specific functional testing.
2. Formulate evidence-informed evaluation protocols that account for biomechanical, physiological, environmental, and psychosocial factors impacting injury presentation and recovery in the college athlete population.
3. Design and implement individualized rehabilitation programs that address both acute symptoms and underlying contributing factors, with an emphasis on safe return-to-sport timelines appropriate for collegiate competition.
4. Collaborate effectively with interdisciplinary teams (e.g., strength and conditioning coaches, nutritionists, mental health professionals) to develop holistic treatment plans that promote long-term athlete health and prevent recurrent injuries.

3CATA Awards Luncheon

1:30PM – 3:00PM

Honorees:

Student Scholarship Awards

- Karla Jimenez, Foothill College
- Phoenix Keoki Ragasa Fontecha, Foothill College
- Jazmin Camarena Lopez, College of the Desert

Special Service Award

- Todd Babcock, Riverside City College
- Juan Cuevas, Fullerton College

Appreciation Award

- Kelly Wierema, Riverside City College
- Dr. Quincy Wang, Team Physician

2025 Hall of Fame

- Mary Aja, Long Beach City College



- Laurel Stender, Cerro Coso College



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REGISTRATION

Registration Fees (before May 9, 2025)

3CATA Members \$125.00
Non-Members \$150.00
Students \$75.00

Registration Fees (after May 9, 2025)

3CATA Members \$175.00
Non-Members \$175.00
Students \$100.00

HOTEL INFORMATION

The Renaissance Hotel

888 Tahquitz Canyon Way
Palm Springs CA 92262

Room Rate** \$209.00/night Room rate secure until MAY 5, 2025

**subject to state and local taxes and fees

Hotel and Symposium registration available at www.cccata.org.

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3 Ways to Submit Payment

1. Register and pay online

Simple and easy with the online form and payment through PayPal

[Register Online](#)

2. Write a Check and Mail it

Complete the [Registration Form](#) and mail in a copy with payment. Make check payable to "California Community College Athletic Trainers Association" or "3CATA"

Mail To:

3CATA
6185 Magnolia Avenue Box 148
Riverside CA 92506

3. Send money with Zelle and mail registration form later

Open your banking application, navigate to Zelle and Scan QR code below or search using e-mail todd.babcock@rcc.edu to register through your bank. The money will be sent directly to the CCCATA Wells Fargo Account. It is important to fill in the memo section and indicate where/who the payment is coming from especially if are paying for more than one person. Then complete the [Registration Form](#) and either e-mail to todd.babcock@rcc.edu or mail it in.

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