



Meeting & Clinical Symposium



Palm Springs, CA

May 28 - 29, 2026

Final Program

Join us for the 3rd 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.

3CATA Final Schedule Information

Thursday May 28, 2026

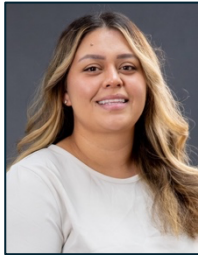
10:30AM – 12:00PM

Registration / Exhibitor Hall Open

12:00PM – 1:00PM

Low Back Evaluation and Diagnosis

Eira Perez, DC, LAT, ATC, CES



Learning Objectives:

1. Effectively ask key lumbar spine historical questions.
2. Recognize presenting symptoms for lumbar radiculopathy
3. Ability to recognize and diagnose facet mediated pain, SIJ, MSK injuries

1:00PM – 2:00PM

From Pain to Performance: A Modern Approach to Low Back Rehab

Craig Pillow, PT, DPT



Learning Objectives

1. Identify key movement breakdowns contributing to low back pain in athletes
2. Apply a time-efficient assessment model to guide clinical decision-making
3. Build and progress a 3-phase rehab program based on irritability and load tolerance
4. Prescribe and modify loading strategies to optimize recovery without exacerbation
5. Bridge the gap between rehabilitation and return-to-sport performance

2:00PM – 3:00PM Introduction of Exhibitors and Exhibit Break

3:00PM – 4:00PM

Identifying Risks Before It's Too Late. Cardiac Screening in Young Adult

Jennifer Sarmiento, Michelle Schukraft MA, ATC



Learning Objectives

1. Describe the prevalence and common causes of sudden cardiac arrest (SCA) in adolescent and young adult populations.
2. Explain the limitations of standard pre-participation physical examinations in detecting underlying cardiac abnormalities.
3. Develop an implementation plan that integrates cardiac risk assessment, referral pathways, and emergency preparedness into their athletic healthcare program.

4:00PM – 5:00PM An Athletic Trainer’s Experience of Unexpected Death

Andy Paulin, AT-Retired



Learning Objectives

1. A retired certified athletic trainer will share his experiences, responses and resources so attendees may recall and identify use from a previous experience.
2. Attendees may recall a colleague who experienced this trauma, and express or self examine if they would have reacted in the same manner.
3. After collecting resources and experiences, attendees may return to their employment setting to share and demonstrate resources to colleagues and supervisors.

5:00PM – 6:00PM Henry Schein / AG Administrators Exhibitors Social

6:00PM -7:30PM 3CATA Awards Dinner

Friday May 29th

8:00AM – 9:00AM Orthopedic & Sports Medicine Wound Care

Lorena Hernandez LVN,WCC,DAPWCA



Learning Objectives:

1. Prevention and treatment of turf burns, lacerations and surgical sites in high-performing athletes
2. Infection control with Advanced wound care treatments for: Ringworm, MRSA and other infections.
3. Recommend Wound Irrigation protocols and options
4. Hands on wound care dressing review and applications

9:00AM – 10:00AM Urgent Care vs. Emergency Dept. What goes Where and When

Heather Ontiveros, PA-C, DHSc, ATC



Learning Objectives:

1. Review current trends regarding ED and urgent care access and visits in California
2. Become familiar with the capabilities and services of each resource
3. Be able to differentiate which injuries or illness go where and why.
4. Familiarize yourself with your local urgent care and its capabilities.

10:00AM – 11:30PM Final Exhibit Break – Lunch (on own)

11:30AM – 12:30PM The Performance Triangle: Masterful Communication, Conflict, and Time Management.

Rory Natividad, Ed. D, AT-Retired



Learning Objectives:

1. Understanding communication strategies
2. Provide Conflict Resolution
3. Identify the Importance of time management

12:30PM – 2:00PM Best Practices for Community College Athletic Trainers

Maria Castro, MS, ATC & Patty Bellali MEd, ATC

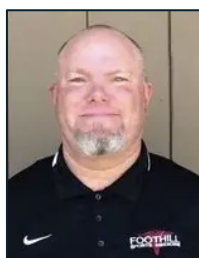


Learning Objectives:

1. Understand organizational and administrative standards for Community College Athletic Trainers
2. Develop and implement emergency and health management protocols in Community College setting
3. Create effective scheduling strategies for athletic training coverage in Community College setting

2:00PM – 4:00PM Town Hall Discussion: Best Practices Forum

Warren Voyce, MS, ATC



Learning Objectives:

1. Gather feedback on topics of concern across the California Community College level. Topics may include:
 2. Sharing of successful concepts from the 3CATA Best Practices document
 3. Sports Medicine Team communication at home football games
 4. Fundraising for the Sports Medicine Program
 5. Use of AI in the Community College Sports Medicine Program





Awards Dinner

6:00PM – 7:30PM

Honorees:

Student Scholarship Awards-

Kayla O'Rear, Butte College

Damian Mallory, Butte College

Hugo Urista, San Bernardino Valley College

Special Service-

Meredith Dillon, College of the Desert

Appreciation Award-

Dave Chaffin (Medco)

Dr. William Mealer (El Camino College)

Life Saver –

Edgar Ortiz, Keith Candelaria, Christina Acevedo,
San Bernardino Valley College

AT of the year-

Maria Castro, Rio Hondo College

2026 Hall of Fame-

Brian Cable, Cerritos College

Flecia Heise, Palomar College

Thank You for Your Support

