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[PROGRAM GUIDE 2024 MATS SYMPOSIUM](#)

**Michigan Athletic Trainers' Society Annual Clinical Symposium**  
*Kellogg Conference Center, East Lansing, MI*

**2024 Program Schedule**

**Thursday, June 6<sup>th</sup>**

(2 CEUS available)

5:00 pm - 6:00 pm: Registration and check in

**6:00 pm - 8:00 pm: Enhancing Inclusivity: Understanding the deaf community in sports for the athletic trainer, Jennifer Stewart**

Our Thursday evening program will explore sign language for the athletic trainer. Learn some basic skills that will allow you to communicate with those who are in Deaf and hearing impaired communities to improve patient care and outcomes.

**Friday, June 7<sup>th</sup>**

(7 CEUs Available in person, 1 CEU offered virtually for MI state licensure on human trafficking)

7:00 am – 11:00 am: Late registration and check in

7:00 am – 7:45 am: Breakfast

**7:45 am – 8:00 am: MATS business meeting, President John Ciekko III, MBA, MS, AT, ATC, CMS, CSCS, PES**

**8:00 am – 9:00 am: Supplements and Steroids: The Pressure to Perform, Brian Parker**

**9:00 am - 10:00 am: "Peek - a - boo: I Can See You"; Radiology Uses in Athletic Training, Stacy Majoras D.O., ATC**

10:00 am – 10:15 am: Break and Vendors

**10:15 am – 11:15 am: Peer to Peer: discussing topics relevant to ATs today.**

*Catherine Boerner, MS, AT, ATC, John Ciekko III, MBA, MS, AT, ATC, CMS, CSCS, PES, Kevin Parker, MS, AT, ATC, Julie Rochester, EdD, ATC, & Alex Salinas, MS, AT, ATC*

**11:15 am – 12:15 pm: In The Moment: An introduction to Mindfulness Techniques for Athletes, Michelle Renaud, PhD (C ), NSCA CPT, E-RYT 500**

12:15 pm – 1:30 pm: Hall of Fame Luncheon

**1:30 - 2:30: The Effects of Hypothyroidism on Health and Athletic Performance, Gena Geurin, PhD, CSCS, CES, EIM**

2:30 pm – 2:45 pm: Break

**2:45 pm – 3:45 pm: Panel: Olympics and the athletic trainer, Christina Chapski EdD, AT, ATC, Tasuku Kurane, MA, AT, ATC, & Brian Brewster, DAT, AT, ATC**

**3:45 pm - 4:45 pm: Effective Pain Management: Harnessing the Power of TENS, David Berry PhD, MHA, AT, ATC, FNAP**

4:45 pm: Closing remarks

**VIRTUAL: Human Trafficking (good for state of MI licensure requirements)**

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**Location:**

Kellogg Hotel & Conference Center  
219 South Harrison Rd  
East Lansing , MI 48824

**Registration Fee Structure, (Early Bird until May 17<sup>th</sup>)**

Certified Athletic Trainer or Non-Certified Professional – Non-MATS member	\$180
Certified Athletic Trainer or Non-Certified Professional – MATS member	\$140
Non-Certified Student – MATS member and Retired AT	\$20
Non-Certified Student – Non-MATS member	\$40
Pre-Conference Activity Certified Athletic Trainer – Non-MATS Member	\$60
Pre-Conference Activity Certified Athletic Trainer – MATS Member	\$30

\*\* Add \$20 to above pricing for On-site Registration (May 17 – June 7<sup>th</sup>)

A full refund will be issued to attendees if canceled at least 2 weeks before the event. However, a \$20 administrative fee will be applied to all cancellations. No refunds will be issued after May 24, 2024.

**What is the value of this event for the certified member?**

- \$40 - Breakfast, lunch, and snack
- \$60 - Venue, speaker fees, etc
- \$40 - Bringing the cost to \$7/CEU

## Meet the Speakers

*Listed in order of presentation*

### **Jennifer Stewart M.S. ED., ASLTA**

Jennifer Stewart is an ASL leader and educator, currently serving as the program coordinator and lead instructor of the American Sign Language (ASL) program at Henry Ford College. With a passion for accessibility and inclusivity, she played a pivotal role in developing the comprehensive curriculum for the Certificate of Deaf Studies, and the Certificate of American Sign Language and the Deaf Community. Jennifer's academic journey in ASL began with the completion of her Associates of Applied Science in ASL Interpretation for the Deaf and a Deaf Studies Certificate from Sinclair Community College.

Driven by a commitment to lifelong learning, Jennifer expanded her expertise by earning a Bachelor of Science in ASL Interpretation for the Deaf. She then pursued advanced studies, culminating in a Master of Science in Special Education and a Teaching Certificate for Deaf and Hard of Hearing students from Saint Joseph's University.

Jennifer's dedication to ASL education extends beyond the classroom as she serves as an ASL instructor and curriculum advisor for online ASL instruction. Committed to professional development, she is an active member of the American Sign Language Teachers Association (ASTLA) and serves as an advisor for the ASL Club.

Jennifer's profound connection with signing traces back to her upbringing, where the influence of her Deaf father, David Stewart, shaped her passion for American Sign Language (ASL). David Stewart's legacy as an ASL and Deaf Studies Professor, nine time author, entrepreneur, and visionary instilled in her a deep appreciation for the language. Carrying forward her father's impactful work, she has embraced and expanded upon his legacy, becoming a published author of a bestselling American Sign Language book. In addition to her academic endeavors, Jennifer is the founder and CEO of Signing Courses, a groundbreaking initiative to provide communication solutions for all individuals, regardless of background or ability. Through Signing Courses, she continues to champion the cause of accessibility and communication for diverse communities.

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## **Brian Parker**

Brian Parker is a member of the most sought after Foundation in North America on the subject of Appearance and Performance Enhancing Substances, the Taylor Hooton Foundation. Brian serves as the Director of Education for the Foundation which was founded in 2004, the year following the loss of the Hooton Family's youngest son Taylor. After studying at Elon University and working in baseball, Brian has spent the past 12 years with the organization speaking directly to thousands of people raising awareness about the widespread use of these substances. This program provides a pragmatic view of these substances – What are they? Who is using? Where are they coming from? What are the social issues and pressures driving their usage? How do we navigate dietary supplements? What are the dangers? The program will provide factual information about the world of Appearance and Performance Enhancing Substances so that together we can provide a crucial conversation to our students about properly achieving their goals while living and competing the right way.



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## **Stacy Majoras, DO, ATC**



Dr. Majoras was born and raised in Auburn, Indiana, and graduated from Purdue University with a degree in athletic training. She earned her medical degree from Western University of Health Sciences College of Osteopathic Medicine of the Pacific. She completed her family medicine residency at St. Joseph Regional Medical Center in South Bend, IN, and then a fellowship in Sports Medicine at the Cleveland Clinic.

She is a board-certified family medicine physician with a CAQ in sports medicine and works at Bronson Sports Medicine. She is also a team physician for Western Michigan University athletics, Kalamazoo Wings Hockey Club, and various local high schools. She now resides in Vicksburg with her husband and four children. She enjoys running with her family and incorporating activity into their lives.

## **Michelle Renaud, PhD (C ), NSCA CPT, E-RYT 500**

Michelle Renaud is an exercise physiologist and founder of Urban Solace - a community service organization dedicated to improving access to yoga and mindfulness programming in the metro Detroit area. Since its inception, Urban Solace has become the proud producer of one of the longest-running free, outdoor yoga programs in downtown Detroit – celebrating 17 seasons of fun and fitness on the riverfront.

As a registered yoga instructor with over 25 years (8800 hours) of experience, Michelle’s expertise in mindfulness curriculum development and health education has led to partnerships with organizations like the Detroit Riverfront Conservancy, Wayne Integrated Health, Michigan Department of Health and Human Services, Downtown Detroit Partnership, Rock Ventures, and the Rhonda Walker Foundation. She is also a continuing education provider for Yoga Alliance.



In addition to her corporate and community wellness experience - Michelle has worked in higher education since 2009 including a current appointment as an adjunct at Eastern Michigan University in the Health Promotion and Human Performance department. She has taught courses in sport psychology, yoga philosophy, exercise physiology, and yoga and mindfulness in professional practice. Michelle’s academic credentials include a Bachelor of Science in Sports Medicine, a Master of Science in Community Health, and a Ph.D. candidate designation in the division of Kinesiology, Health, & Sport Studies at Wayne State University. Michelle’s research interests include functional aging, family caregiving, and the utilization of yoga and mindfulness for stress management ... and she is excited to share the benefits of mindfulness with you at the MATS conference.

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## Peer-to-Peer Contributors:



**Catherine Boerner, MS, AT, ATC**  
Head Athletic Trainer  
Alma College



**John Ciecko III MBA, MS, AT, ATC,  
CMS, CSCS, PEC**  
MATS President  
Corewell Health



**Kevin Parker, MS, AT, ATC**



**Julie Rochester, EdD, ATC**  
Graduate Program Director  
Northern Michigan University



**Alex Salinas, MS, AT, ATC**  
MATS President-Elect  
The Center for Physical Rehabilitation  
(Forest Hills Northern High School)

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## **Gena Guerin, PhD, CSCS, CES, EIM**



Dr. Gena Guerin spent the first 25 years of her career in the health and fitness industry as a business owner, personal trainer, group exercise instructor, massage therapist, and consultant. She worked in private, public, and commercial settings. Currently, she holds an NSCA CSCS, NASM CES, and ACSM Exercise is Medicine certifications. She is a former athlete, competing in both road and track cycling events. She has trained athletes in cycling, running, tennis, golf, and rowing. Her education includes a BS in Recreation; Fitness Management track, MS of Exercise Science and Health Promotion, Rehabilitation Science track and her doctorate in Kinesiology, Exercise Physiology track with graduate work in Nutrition. During her first year of doctoral studies, she developed overt hypothyroidism. It became her dissertation research, area of interest, and the topic for which today's presentation.

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## **Olympic Panel Speakers:**



**Brian Brewster, DAT, AT, ATC**  
Assistant Director of Athletic Medicine  
Ice Hockey Athletic Trainer  
University of Michigan



**Christina Chapski, EdD, AT, ATC**  
Director, Athletic Training &  
Community Outreach  
Henry Ford Health



**Tasuku Kurane, MA, AT, ATC**  
Staff Athletic Trainer  
Men's Gymnastics and Cheerleading  
University of Michigan

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## David Berry, PhD, MHA, AT, ATC, FNAP



Dr. David C. Berry is a licensed athletic trainer with 30 years of clinical and higher education experience. As a Professor of Kinesiology at Saginaw Valley State University, David teaches courses in rehabilitation medicine and prehospital emergency management. He has published, lectured, and developed interprofessional lectures/labs at the state, regional, and national levels for athletic trainers and healthcare professionals on numerous topics, including prehospital medicine, aquatic therapy, and healthcare leadership. He has co-authored several textbooks, including *Emergency Response Management for Athletic Trainers* and *Joint Mobilizations: A Cram Session*.

David is actively involved with the American Red Cross (17 yrs) and American Heart Association (6 yrs), interacting with physicians, nurses, and midlevel providers to examine the scientific research in areas of first aid (lay, professional providers). This interprofessional research shapes first aid training across multiple levels in the US and internationally, including the profession of Athletic Training. He serves as the Michigan Athletic Trainers' Society Treasurer, NATA Foundation Free Communication Peer Reviewer, and GLATA Education Committee Chair (2 yrs).

David is a Fellow of the National Academy of Practice-Athletic Training and holds a BS in Health Education, a Master of Arts from Sacred Heart University, a Master of Physical Education/Athletic training from Western Michigan University, a Master in Health Administration from Saginaw Valley State University, and a Ph.D. in Curriculum and Instruction from Ohio University.