

Dale Frank Blair, MS, ATC, CSCS

**Wenatchee High School
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Wenatchee, WA 98801
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Education:

Master of Science, University of Arizona, Tucson, AZ; **July, 1983.**
Major: Exercise and Sport Science
Specialization: Athletic Training

Bachelor of Arts in Education, Central Washington University, Ellensburg, WA; **June, 1982**
(Cum Laude).
Major: Physical Education
Minor: Biology

Professional Experience in Sports Medicine:

Head Athletic Trainer, Wenatchee High School, Wenatchee, WA **August, 1992-present**
Responsible for athletic training care for 15 boy's and girls sports (over 900 athletes).
Duties include of the prevention, evaluation, treatment, and
rehabilitation of injuries and student athletic trainer supervision.

Head Athletic Trainer/Director of Sports Medicine, Wenatchee Valley Clinic Sports
Medicine Center, Wenatchee, WA **August, 1984-August, 1992**
Responsible for the treatment and rehabilitation of athletic injuries in
association with orthopedic and other allied medical specialists. Specific
experience in post-surgical/injury rehabilitation, therapeutic modalities,
proprioceptive re-education, and sports medicine marketing/public relations.

Head Athletic Trainer, Wenatchee Valley College, Wenatchee, WA
August, 1984-August, 1992
Responsible for prevention, evaluation, treatment, and rehabilitation of
injuries, student athletic trainer supervision, and training room organization.

Head Athletic Trainer, Conejo Valley Orthopedic Medical Group/Aries Sports
Medicine Center, Thousand Oaks, CA **August 1983-August 1984**
Responsible for the evaluation of athletic injuries, planning and implementation of
rehabilitation/weight training/conditioning programs for high school, collegiate,
recreational, and Olympic athletes.

Head Athletic Trainer, Sahuaro High School, Tucson, AZ **August 1982-May 1983**
Responsible for athletic training care for 15 boy's and girl's sports.

Teaching Experience:

Instructor, Wenatchee High School, Wenatchee, WA **September 1992-present**

Courses taught: Biology (1992-1997, 2001); Sports Medicine- (1993-present); Adv. Sports Medicine (2008-present); Sports Medicine Practicum-(1993-present); Introduction to Health Occupations-(1993-present) Fitness Specialist/Fitness Specialist Practicum-(1997-present); Online Health (9/2006-present)

School Committees: Emergency Response Team, Vocational Portfolio Committee, Blood Borne Pathogens Committee, AED Committee

Accomplishments:

- Wrote the curricula for Sports Medicine I, II, III, Fitness Specialist, and Introduction to Health Occupations courses at Wenatchee High School.
- Sports Medicine curriculum published in National Athletic Trainers' Association News (June, 1996) as a model high school curriculum
- Sports Medicine Program featured in the September 2009 issue "Training and Conditioning" magazine
- Developed first high school Fitness Specialist course in the State of Washington. Students have passed ACE, ACSM, and NSCA-CPT National Personal Trainer examinations.
- The Sports Medicine and Fitness Specialist programs utilize a competency-based assessment program as well as portfolio assessment.
- Developed the first sports medicine Tech-Prep program in the state where students receive college credit while in high school.
- 13 case study and research abstracts written by 19 high school students have been accepted for presentation at the NATA National Conference Free Communications (1999 (2), 2000, 2001 (2), 2002 (2), 2004, 2006, 2007, 2008, 2009 (2))
- Sports Medicine state competition teams have placed in the top four for fifteen consecutive years. This includes two state championships and eight 2nd place finishes. Two students have been individual state champions.
- Developed the first online health curriculum in the Wenatchee School District
- Created "Best Practices Customer Service" curriculum for sport medicine program.

Adjunct Professor, Heritage Institute/Antioch University, Seattle, WA **Summer 1995**
"Secrets of Sports Medicine- Preventing and Treating Injuries of the Physically Active"

Instructor, Central Washington University Athletic Training Camp, Ellensburg, WA
Summers 1989, 1990, 1994, 1995, 1996, 2002

Instructor, Cramer Athletic Training Workshop, Seattle, WA **Summer, 1988**

Instructor/Director, Wenatchee Valley Clinic Coaches Sports Medicine Workshop/Seminars
August, 1984-August, 1992

Teaching Experience (con't):

Part-time Instructor/Director of Sports Medicine, Wenatchee Valley College, Wenatchee, WA,
August, 1984-June, 1992

Instructor: *Athletic Training I, Athletic Training II, Athletic Training Practicum, General Anatomy, and Anatomical Kinesiology.*
Sports Medicine Association (student club) Adviser

Additional Experience in Sports Medicine:

Co-Athletic Trainer, Wenatchee Apple Sox Baseball Club **Summer 2007, 2008, 2009**
Athletic Training coverage as part of a sports medicine team for Wenatchee's Western Collegiate baseball franchise.

Head Athletic Trainer, Ridge to River Relay (1990-2008); State Fastpitch AA-A (2000-2007); Star Track- AA-AAA State Meet (1994, 1995), District AA/A/B Boy's/Girl's Basketball (1994-present); 1992 All-State Baseball Series; State AAA-AA, A-B Girl's All-State Basketball Games (1991, 1992); State AAA Volleyball Tourney (1987, 1989) State A-B Boy's All-Star Basketball Game (1985, 1986) State A-B Track Meet (1985-1992) State A-B Wrestling Tourney (1985-1988); State AA, A, B Football Playoffs (1984-1993)

Drug Testing Team, United States Olympic Wrestling Trials, Spokane WA **June 1996**
Drug testing for the United States Olympic Wrestling Trials

Athletic Trainer, 1990 Goodwill Games, Tacoma, WA **July/August, 1990**
Sports medicine staff for Men's Gymnastics and Men's and Women's Figure Skating at the Tacoma Dome. Athletic training services provided to United States and foreign athletes.

Sports Medicine Coordinator, 1989 Washington Winter Centennial Games, Wenatchee, WA **February 1989**
Coordinated medical/athletic training coverage for 23 Winter Olympic style events held in a 30+ mile radius around the Wenatchee Valley.

Head Athletic Trainer, Wenatchee High School, Wenatchee, WA
Eastmont High School, East Wenatchee, WA **August 1984- May 1992**
Provided athletic training practice and game coverage as a clinical outreach athletic trainer.

Athletic Trainer, 1984 Summer Olympic Games, Los Angeles, CA **July/August, 1984**
Sports medicine staff for Olympic field hockey venue at East Los Angeles College, Monterey Park, CA. Care of injuries for United States Olympic field hockey teams as well as medical support for visiting Olympic teams.

Additional Experience in Sports Medicine (con't.):

Head Athletic Trainer, Newbury Park High School, Newbury Park, CA; Agoura High School, Agoura, CA **August 1983-June 1984**
Provided game coverage as an outreach athletic trainer

Head Athletic Trainer, United States Olympic Men's Field Hockey Training Squad, Ventura County, CA **August 1983-January 1984**
Responsible for fitness testing, strength and conditioning programs, and treatment and rehabilitation of injuries.

Athletic Trainer, Philadelphia Eagles Football Club, Philadelphia, PA
Summer training camp athletic trainer **July/August 1981**

Areas of Certification:

National Athletic Trainers Association, Certified Athletic Trainer (A.T.C.) [#10-200] **July 1982**

American College of Sports Medicine, Certified Health Fitness Specialist **June 1998**

National Strength and Conditioning Association, Certified Strength and Conditioning Specialist (C.S.C.S.) [#89177] **September 1989**

State of Washington Continuing/Vocational Teaching Certificate
Endorsements: Biology, Health, Physical Education, Sports Medicine, Work Based Learning [#251370C] **June 1982, May 1992, March 1993, August 2004**

American Red Cross, Standard and Community First Aid/CPR Instructor **March 1993**
CPR/AED for the Professional Rescuer Instructor **August 2006**

Professional Affiliations/Committees:

Journal of Athletic Training, *National Athletic Trainers' Association*
Journal article reviewer **October 2007-present**

Washington Assoc. of Secondary School Vocational Sports Medicine Programs (now WVSMA)
Co-founder of Association **January 1995**
Co-President **January 1995-April 1998**
Co-Host of Competition **April 2000, April 2008**

Washington Interscholastic Activities Association – Sports Medicine Committee
Certified Athletic Trainer Representative **October 1994-present**
Wrestling Weight Management Team **October 2007- present**

National Education Association, Washington Education Association, Wenatchee Education Association **September 1992-present**

Professional Affiliations/Committees (cont.):

<i>National Athletic Trainers Association</i>	January 1980
Secondary School Athletic Trainers Committee, District 10 (WA, OR, ID, MT, AK) representative	June 1996-June 2002
Secondary School Athletic Trainers Committee, Washington State representative	March 1994-June 1996
College/University Student Athletic Trainers Committee, District 10 (WA, OR, ID, MT, AK) representative	June 1990-June 1995
<i>Northwest Athletic Trainers Association</i> , certified member	July 1982-present
District 10 (WA, OR, ID, MT, AK) Scholarship Committee	June 1988-present
<i>Washington State Athletic Trainers Association</i> , certified member	January 1985-present
Associate Director (3/88-4/88)	
Executive Director (4/88-3/90)	
High School Task Force, Co-Chairperson (3/94-3/00)	
<i>National Strength and Conditioning Association</i> , certified member	August, 1985

Honors and Awards:

Wenatchee High School Foundation, <i>Excellence in Education Award for WHS Sports Medicine Program</i>	2009
Washington Vocational Sports Medicine Association, <i>Washington State Sports Medicine Instructor of the Year</i>	2008
Northwest Athletic Trainers Association Hall of Fame	2006
Washington State Athletic Trainers Association Excellence in Service Award	2006
National Athletic Trainers Association Athletic Trainer Service Award	2003
USA Today All-Teacher Team (Outstanding Performance by a Teacher) Honorable Mention	2001
Washington State Excellence in Education Award (Christa McAuliff Award) Awarded by Governor Gary Locke	2001
Tinactin Award for Best New Program in a School or Community (National award)	2000
National Athletic Trainers' Association National Conference- Selected as a discussant at a Free Communications Research Session.	1999

Honors and Awards (con't):

- Partnership in Excellence Award, *Employer of the Quarter, Winter 1998*. Central Washington University **1998**
- Wenatchee Masonic Education Council, *Wenatchee High School Educator of the Year* **1997**
- Washington Association of Secondary School Vocational Sports Medicine Programs, *Washington State Sports Medicine Educator of the Year* **1995**
- National Award of Excellence in High School Athletic Training Management **1995**
- National Athletic Trainers' Association Outstanding Clinical Article (First Runner-up) **1991**

Professional Publications:

- Blair DF: Marketing the Secondary School ATC. *NATA News*. January, 2002.
- Blair DF: Functional Training. *Athletic Therapy Today*. June, 1999.
- Blair DF: 101 Strategies For Building Your High School Sports Medicine Program. (Book) Gardner, Kansas: Cramer Products, Inc.; 1997.
- Blair DF: Abdominal Injuries in Athletics. *Prep Illustrated*. February, 1996
- Blair DF: Sport specific knee rehabilitation for basketball. In Hunter-Griffin LY, ed. *Rehabilitation of the Knee*. St. Louis, MO: Mosby Year Book Publishing; 1995.
- Blair DF: 101 Ways to Build Your Sports Medicine Practice. (Book) Wenatchee, WA: Sports Medicine Innovators; 1994.
- Blair DF: Pearls; Test Finger Flexion. *The Physician and Sports Medicine*. August, 1993.
- Blair DF: Pearls; Reconsider Pulling Dislocated Fingers. *The Physician and Sports Medicine*. July, 1993.
- Blair, DF: Pearls; Tracking Rotator Cuff Pain. *The Physician and Sports Medicine*. May, 1993.
- Blair DF: Practical devices for proprioception. *1991 Yearbook of Sports Medicine*. St. Louis, MO: Mosby College Publishing; 1991.
- Blair DF, Wills RP: Rapid rehabilitation following anterior cruciate ligament reconstruction. *Athletic Training*. Spring, 1991.
- Blair DF: Practical devices for proprioception. *Athletic Training*. Fall, 1990.

Professional Publications (cont.):

Blair DF: Thoracic outlet syndrome. *Sports Medicine Guide*. Winter, 1989.

Blair DF: How to make your own weights. *The First Aider*. December, 1988.

Blair DF: Proprioception: awareness of motion reduces ankle injury risk.
The First Aider. January-February, 1988.

Blair DF: Chondromalacia patellae. *The First Aider*. December-January, 1986.

Blair DF: Head injuries warrant close observation. *The First Aider*.
December-January, 1985.

Blair DF: Crutch use in athletics. *Athletic Training*. Winter, 1984.

Blair DF: Intra-abdominal injuries in athletics. *NAIA News*. (Trainer's Corner)
December-January, 1984.

Blair DF: Crutches and the athlete. *Sports Medicine News*. September, 1983.

Blair DF: Tips from the field. *The First Aider*. September, 1983.

Blair DF: Tips from the field. *The First Aider*. February, 1981.

Blair DF: Trainers can adjust to lack of space in training room. *The First Aider*.
November, 1979.

Professional Presentations:

Common Sports Injuries, Washington State School Nurses Conference, Chelan, WA
October 2008

Improving Patient Outcomes and Staff Satisfaction Through Enhanced Customer Service.
Northwest Athletic Trainers Association Conference, Bellevue, WA **March 2008**

Personal Marketing, Northwest Athletic Trainers Association Student Luncheon, Bellevue, WA
March 2008

Pearls of Wisdom for Secondary School Athletic Trainer. National Athletic Trainers Association
National Conference. Dallas, Texas **June 2002**

Secondary School Athletic Training: A Viable Option. Northwest Athletic Trainers
Association Student Meeting Eugene, OR **March 2002**

Professional Presentations (con't):

- Vocational Sports Medicine in Washington State: The Wenatchee High School Competency-Based Curriculum. National Association of Secondary School Principals National Conference, San Antonio, TX **February 2000**
- High School Vocational Sports Medicine Program in Washington State. Southwest Athletic Trainers' Association Annual Conference, Arlington, TX **July 1999**
- Vocational Sports Medicine Education in the State of Washington. National Athletic Trainers Association National Conference. Kansas City, MO **June 1999**
- Secondary School Athletic Trainers Panel Discussion. National Athletic Trainers Association National Conference and Clinical Symposium. Kansas City, MO **June 1999**
- Secondary School Athletic Trainers Panel Discussion. National Athletic Trainers Association National Conference. Baltimore, MD **July 1998**
- Secondary School Athletic Trainers Panel Discussion. National Athletic Trainers Association National Conference and Clinical Symposium. Salt Lake City, UT **June 1998**
- Training the Student Trainer Washington Association of Secondary School Athletic Administrators, Wenatchee, WA **April 1995**
- Promoting Your High School Sports Medicine Program. Northwest Athletic Trainers Association District Meeting and Clinical Symposium, Portland, OR **March 1995**
- A Multi-Center Study of Rehabilitation Protocol in 1150 Anterior Ligament Patients. [Poster] National Athletic Trainers Association National Meeting and Clinical Symposium, Denver, CO **June 1992**
- Marketing Yourself. Northwest Athletic Trainers Association District Meeting and Clinical Symposium, Portland, OR **March 1992**
- Rapid Rehabilitation Following Anterior Cruciate Ligament Reconstruction. International Congress of Sports Medicine and Human Performance, Vancouver, BC, Canada **April 1991**
- Rapid Rehabilitation Following Anterior Cruciate Ligament Reconstruction. [Poster] National Athletic Trainers Association National Meeting and Clinical Symposium, Indianapolis, IN **June 1990**

Research and Case Studies (lead author or co-author):

- Spine Injury in a Competitive Cyclist, National Athletic Trainers Association National Conference, San Antonio, TX **June 2009**
- Acute Illness in a High School Football/Baseball Player, National Athletic Trainers Association National Conference, San Antonio, TX **June 2009**
- Foot and Ankle Pain in a High School Football/Baseball Player. National Athletic Trainers Association National Conference. St. Louis, MO **June 2008**
- Facial Injury in a High School Football Player, National Athletic Trainers Association National Conference, Anaheim, CA **June 2007**
- Breathing Difficulty in a Female High School Basketball Player. National Athletic Trainers Association Conference. Atlanta, GA **June 2006**
- Thigh Mass in a Middle School Football Player. National Athletic Trainers Association National Conference. Baltimore, MD **June 2004**
- High School Football Player with a Lower Leg Hematoma, National Athletic Trainers Association National Conference, Dallas, TX **June 2002**
- Comparison of Isokinetic Knee Extension/Flexion Strength Ratios in High School Male and Female Athletes., National Athletic Trainers Association National Conference, Dallas , TX **June 2002**
- Role of Hip Abductor Strength in Ankle Sprains Among High School Physical Education Students, National Athletic Trainers Association National Conference, Los Angeles, CA **June 2001**
- Lower Leg Injury in a High School Football Player, National Athletic Trainers Association National Conference, Los Angeles, CA **June 2001**
- Bilateral Hip Pain in a Female High School Soccer Athlete, National Athletic Trainers Association National Conference, Nashville, TN **June 2000**
- Acute Posterior Ankle Pain in a High School Football Player, National Athletic Trainers Association National Conference, Kansas City, MO **June 1999**
- A Comparison of Functional Training , Weight Training , and Traditional Physical Education Activities Among High School Students. National Athletic Trainers' Association National Conference and Clinical Symposium. Kansas City, MO **June 1999**

**National Athletic Trainers Association District/National Meeting Continuing Education
Northwest Athletic Trainers Association District Meeting**

Seattle 1978; Tacoma, 1981; Portland, 1986; Spokane, 1987; Eugene, 1988; Portland, 1989; Boise, 1990; Bellevue, 1991; Portland, 1992, Spokane, 1993; Eugene, 1994; Portland, 1995; Boise, 1996; Yakima, 1997; Tacoma, 1998; Spokane, 1999; Portland, 2000; Boise, 2001; Eugene, 2002; Seattle, 2003, Seaside, 2004; Spokane 2005; Boise 2006; Vancouver, 2007; Bellevue, 2008, Seaside, 2009) **(24 consecutive years)**

National Athletic Trainers Association National Conference

Seattle, 1982; Denver, 1983; Nashville, 1984; San Antonio, 1985; Las Vegas, 1986; Columbus, 1987; Baltimore, 1988, Dallas, 1989; Indianapolis, 1990; New Orleans, 1991; Denver, 1992, Kansas City, 1993; Dallas, 1994; Indianapolis, 1995, Orlando, 1996, Salt Lake City, 1997, Baltimore, 1998; Kansas City, 1999; Nashville, 2000; Los Angeles, 2001; Dallas, 2002; St. Louis, 2003; Baltimore, 2004; Indianapolis, 2005; Atlanta, 2006 ; Anaheim, 2007; St. Louis, 2008, San Antonio, 2009)
(28 consecutive years)

Other Continuing Education:

Northwest Council of Computer Educators Conference, Spokane, WA **March, 2007**
Seattle, WA **February, 2008**

NATA Weekend Seminar- Joint Mobilization, Strain/Counterstrain, Myofascial Release,
New Orleans, LA **January, 2004**

Baseball Team Athletic Trainers' Conference, Seattle, WA **January 2001**

National Association of Secondary School Principals National Conference, San Antonio, TX
February 2000

American College of Sports Medicine National Conference, Seattle, WA **June 1999**

Baseball Team Athletic Trainers' Conference, Seattle, WA **January 1991**

International Congress on Sports Medicine and Human Performance, Vancouver, BC
April 1991

Public Speaking in the Community to Promote Athletic Training

Washington State Physical Therapy Association Region 7 Meeting (September, 1984)
Group W Cable TV, Wenatchee, WA (January, 1985)
Wenatchee High School Career Day (March, 1985)

Public Speaking in the Community to Promote Athletic Training (con't):

Eastmont High School Career Day (March, 1985)
Wenatchee Valley Mall Health Fair (May, 1985)
Northwest Association of Community College Athletic Directors/Commissioners (May, 1985)
Easton High School Health Fair (June, 1985)
KSGA Radio, Wenatchee, WA (July, 1985)
Washington State Baseball Coaches Conference (February, 1986)
All-Sports Coaches Clinic, Bellevue, WA (February, 1987)
Central Washington University Health Fair (February, 1988)
Almira High School Career Day, Almira, WA (March, 1988)
Wenatchee High School Health Fair (October, 1988)
Wenatchee Figure Skating Club (January, 1989)
Central Washington University Health Fair (February, 1989)
Waterville Ambulance Association, Waterville, WA (September, 1989)
Cashmere High School Career Day, Cashmere, WA (November, 1989)
KCWT-TV Spotlight on Sports, Wenatchee, WA (November, 1989)
Ritzville High School Booster Club Meeting, Ritzville, WA (December, 1989)
Wenatchee High School Health Fair (February, 1990)
KKRT Radio Open Line Talk Show (May, 1990)
KKRT Radio Open Line Talk Show (June, 1991)
Eastmont School District (May, 1992)
Sports Medicine and Dance, Next Step Dance Studio (February, 2009)

Special Community Projects:

Organized students to provide medical coverage for 5th grade science field to Saddle Rock (2009)
Organized students for mock pandemic disaster (2008)
Organized seat belt prevention program with Washington State Patrol (2001)
Organized students to work Special Olympics Winter Games (1999-2003)
Organized senior physical fitness program at local retirement facility (1999-present)

Organized volunteer medical coverage for finish line of Ridge to River Relay (community multi-event relay race in the Wenatchee Valley) (1990-2008)

NATA-BOC Certification Test Examiner

Seattle- 1985
Spokane- 1986
Seattle- 1987

Personal Activities:

- Wenatchee Free Methodist Church, Member (1998- present); Media team (audio technician) (1999-present); Life Group Leader 2002-2005); Mission trip to Seattle (April, 2002);
- Wenatchee High School Fellowship of Christian Athletes, Faculty adviser (2000-2003)
 - See You at the Pole, Faculty adviser, (2001-2002)
- Pro Athletes Outreach, Coaches Time Out (2002-2007, 2009), Group leader (2006)
- Member, Photography Association of Wenatchee (2007-present)

Personal Information:

BORN: March 19, 1960

BIRTHPLACE: Chehalis, WA

MARTIAL STATUS: Married, wife Kimberly; children Anna (24), Katrina (21)

PERSONAL INTERESTS: photography, backpacking, computers, geocaching, snowshoeing, cross-country skiing, mountain biking.