

# Elysia Tsai

## EDUCATION

- M.Ed., Bowling Green State University**, Bowling Green, Ohio 2004  
Graduated *cum laude* majoring in Developmental Kinesiology emphasizing in Sport Psychology.  
Graduate project titled "Fostering Neutral Environments in the Athletic Training Room".
- B.S., Linfield College**, McMinnville, Oregon 1999  
Graduated *cum laude* majoring in Athletic Training and awarded "Senior Student Athletic Trainer".

## CERTIFICATIONS

- National Athletic Trainers' Association Board of Certification** 1999 - Current  
Certified Athletic Trainer
- American Red Cross**, Santa Ana, California Current  
CPR for the Professional Rescuer, AED, First Aid Basics
- American Red Cross**, Santa Ana, California 2000 - Current  
Authorized Instructor, CPR for the Professional Rescuer, AED, and First Aid Basics

## EXPERIENCE

- United States Soccer Federation**, Carson, California 2008 - Current  
**Per Diem Certified Athletic Trainer**  
**2011 - 2012 World Cup Cycle U20 Women's National Team**
- Winner of the 2012 La Manga, Concacaf, and World Cup tournaments.
  - Account for all medical gear during travel including USA, Spain, Panama and Japan.
  - Track cbc blood panels, Vitamin D and iron levels for players and communicate about appropriate supplementation.
  - Assist in blood lactate testing for players during January, April and June camps.
  - Document daily hydration testing using urine specific gravity and weight monitoring.
  - Complete daily chart notes using online ATS injury tracking software.
  - Complete USSF injury reports, insurance claims and trip summary reports.
  - Document and track immunization records and travel vaccines required for travel.
  - Communicate with USOC dietician and sports performance director regarding supplements, injuries, fitness levels and individual cases.
  - Work with team coordinator on meal planning, snacks, and player transportation.
  - Itemized sports performance supplies for purchase and assist in injury prevention, regeneration and strength training sessions.
- Youth National Teams Athletic Trainer**
- Updated snack guidelines and shopping lists for teams.
  - Created user guide for online ATS injury tracking and emergency information for players.
  - Administer ImPact online concussion baseline and post injury testing for all new players.
  - Updated maps and contact information for hospitals, urgent care and USSF doctors.

- 2010 Concacaf 3<sup>rd</sup> place with the U17 WNT and 2012 Nordic Cup winner with the U16 WNT.
- Traveled internationally to Germany, Argentina, Costa Rica, and Denmark.
- Provide coverage for Coaching Licensure courses and Fitness Testing for Referees.
- Coordinated medical staff for the 2009 Development Academy Finals in Carson.

**Si Boards, Inc**, Irvine, California

2005 - Current

**Owner and Inventor**

- Wrote 90% of the patent and currently maintain status with an active US patent.
- Responsible for development of 24 products including balance boards, urethane balls, rope balls, urethane rail systems and resistance band systems.
- Seek manufacturers for products as needed and maintain relationships.
- Manufacture products, assemble and prepare for shipping.
- Calculate taxes and submit to BOE.
- Return customer service inquiries.
- Box and ship products to customers including international customs paperwork.
- Create company literature, instruction manuals, distributor packs and consumer information.
- Maintain ecommerce and blog websites with information, layouts and graphics.
- Film, edit and compile videos.
- Organize and demonstrate at trade shows including ASR, NATA, APTA, IDEA, US Surf Open, FitExpo, HB Marathon and Soccer Nation.
- Organize and provide workshops for high school and college Athletic Training programs.

**Soka University of America**, Aliso Viejo, California

2009 - Current

**Hourly Athletic Trainer**

- Provide coverage for Men's and Women's soccer during the fall season of 2009, 2011 and 2012. Provide coverage for Women's soccer during 2013 season.
- Update chart notes using SportsWare software.
- Oversee rehabilitation for post ACL tear player and post-op ACL reconstruction.
- Assisted in preseason physicals for 2012 and 2013.
- Approved clinical instructor for Concordia University Athletic Training Students.

**90Stong.com**

2011

**Co-Founder and Contributor**

- One of five partners designing an informational website for soccer performance, injury prevention and training.
- Write articles, film and edit video and increase content of website.

**Compete Sports Performance and Rehab**, Lake Forrest, California

2009 - 2011

**Strength and Conditioning Instructor**

- One of four partners designing and implementing strength and conditioning programs at South Coast Soccer City.
- Instruct youth programs on strength and conditioning.

**Code Pink Boot Camp**, Huntington Beach, California

2008 - 2012

**Group Fitness Instructor**

- Provide outdoor exercise instruction for women five days a week.
- Maintained records for body composition using skin fold calipers, circumference measures and bioelectrical impedance.

- Mater Dei High School**, Santa Ana, California 2008 - 2011  
**Hourly Certified Athletic Trainer**
- Provide coverage for football, basketball tournaments and pre-season physicals as needed.
- Rosary High School**, Fullerton, California 2008 – 2011  
**Hourly Certified Athletic Trainer**
- Provided coverage for softball, volleyball, basketball and pre-season physicals as needed.
- Santa Margarita Catholic High School**, Rancho Santa Margarita, California 2004 - 2007  
**Head Athletic Trainer: 2005 - 2007, Assistant Athletic Trainer: 2004 - 2005**
- Coordinated home and travel coverage for 1,200 athletes involved in CIF sport programs.
  - Responsible for CIF physical exam clearances, emergency health forms and daily record keeping using Injury Tracker software.
  - Oversaw \$12,000 department budget and \$30,000 department custodial account including ordering supplies and capital expenditures.
  - Coordinated annual spring physicals including EKG testing and baseline concussion testing.
  - Developed extensive concussion management protocol with follow-up and home care.
  - Took mouth impressions with the OPRO mouth guard system.
  - Developed and maintained 13 page informational and downloadable department web site.
  - Approved Clinical Instructor for Chapman University for fall intern students.
  - Developed informational pamphlets on Preventing Exertional Heat Illness and A Guide to Managing Sport Related Concussion.
  - Presented updates on annual emergency procedures and liability policies to all coaches.
  - Taught a pass/fail Athletic Training Student Aide course each semester.
- Bowling Green State University**, Bowling Green, Ohio 2002 - 2004  
**Graduate Assistant**
- Two years experience in laboratory set-up, lectures, assignments, grading and assisting students' needs for Exercise Physiology.
  - Assisted in grading exams and homework for Interpretations in Research.
  - Assisted faculty in finding research grants and updating faculty profiles with the Sponsored Programs and Research department.
  - Transcribed and organized data for ongoing Body Image research for advisor.
- Instructor**
- CPR, AED, and First Aid instructor for all employees of the Student Recreation Center.
- Conference Organizer**
- Coordinated publicity, call for abstracts, registration and donations for the Midwest Sport and Exercise Psychology Symposium.
- El Dorado High School**, Placentia, California 2001 - 2002  
**Certified Athletic Trainer**
- Covered 23 sports for Fall, Winter, and Spring seasons for all levels of competition.
  - Presented workshops for pre-season football to address hydrations and nutrition.
  - Itemized \$4,000 annual budget for athletic training supplies.
- Caldwell Physical Therapy and Sports Rehabilitation**, Placentia, California 2001 - 2002  
**Physical Therapy Aide**
- Assisted patients with rehabilitation exercises and administered modalities.
  - Composed correspondence letters for doctors.

**Mount San Antonio College**, Walnut, California 1999 - 2002

**Hourly Certified Athletic Trainer**

- Provided coverage for Cross Country Invitational, Footlocker Invitational and water polo.

**The Center Orange County**, Garden Grove, California 2000 - 2001

**Youth Drop-In Center Coordinator**

- Managed six staff members and facility that provided health care services for high risk youth.
- Developed 100+ page policy and procedure manual outlining guidelines for health and safety, building operations and staff and client responsibilities.
- Furnished 4,500 square foot facility and provided clients with basic necessities by continual solicitation of donations from individuals and local businesses.
- Synchronized construction contractors for building renovation and maintenance agreements.

**Health Educator**

- Established working relationships with local organizations for referral services for clients.
- Implemented CPR and First Aid certification for staff members.
- Developed lesson plans and facilitated workshops for Youth Drop-In Center and Garden Grove Probation.
- Counseled and administered OraSure HIV tests to walk-in clients at bi-weekly testing clinic.
- Participated in conferences on Hate Crimes, HIV and Hepatitis C.

**Program Awards**

- Awarded the Outstanding Health Care Project in Orange County in June 2001.
- Awarded the Barris-Heagan Outstanding Community Service Award in August 2001.

**Canyon High School**, Anaheim Hills, California 1999 - 2000

**Certified Athletic Trainer**

- Covered 23 sports for Fall, Winter, and Spring seasons for all levels of competition.
- Developed post-concussion guidelines for faculty to aide students after injury.
- Implemented first aid kits for all sports.
- Itemized \$4,000 annual athletic training budget and ordered supplies.
- Coordinated physicians and volunteers for pre-season physicals.

**Ando and Aston Physical Therapy**, Anaheim Hills, California 1999 - 2000

**Physical Therapy Aide**

- Designed rehabilitation programs with five physical therapists.
- Assisted in updating ultrasound protocols with Physical Therapy Assistant.

**Freelance**, Brea, California 1999

Developed NATABOC study guide for Linfield College Athletic Training Students to comply with accreditation requirements from the Joint Review Committee on Athletic Training.

## CONTINUING EDUCATION

**Mt. San Antonio College Athletic Trainers: Workshop "Wednesday" Weekend**

Diamond Bar, CA December 21, 2013

**PESI HealthCare: Shoulder, Knee, and Hip Injury Rehabilitation: Evaluation and Treatment of Orthopaedic Conditions**

Irvine, CA December 4, 2013

**Alternative Healthcare Solutions: M2 Muscle Energy Techniques Cervical, Thoracic Spine, Ribs, Muscles of the Cervical-Shoulder Interface**

Mill Creek, WA April 13-14, 2013

**Motivations, Inc: Returning the Injured Athlete to Sports**

Rancho Santa Margarita, CA January 26, 2013

**Bay Area Sports Performance and Rehabilitation Seminars: Myofascial Decompression Techniques Level 1; MFD**

San Diego, CA June 30, 2012

**Advanced Continuing Education: Massage Cupping Therapy Level 1**

Ontario, California December 3-5, 2011

**PESI HealthCare: Pelvic Health and Rehabilitation**

Irvine, CA September 29, 2011

**TherapyCare Resources: Graston Technique M1**

Las Vegas, NV September 17-18, 2011

**Kinesio Taping Association: Fundamental and Advanced Kinesio Taping**

Whittier, CA July 9-10 2011

**Cross Country Education: Manual Skills for the Upper Quarter- Clinical Pearls**

Irvine, CA May 5 2011

**Santa Monica Orthopaedic And Sports Medicine Group: Primary Care Sports Medicine Conference**

Santa Monica, CA April 23, 2011

**National Institute of Restorative Exercise: Exam & Treatment of the Lumbar Spine, SI-Joint & Hip**

Lake Forest, California April 11, 2010

**Exercise Etc. Inc: Bootcamp Workout Program**

Los Angeles, California August 8 - 9, 2009

**West Coast Sports Medicine Foundation: Functional Athletic Development & Injury Resilience Through Kettlebell Athletics**

Lakewood, California December 2, 2008

**National Athletic Trainers' Association Annual Meeting and Clinical Symposia**

Anaheim, California June 26 - 30, 2007

Indianapolis, Indiana, June 12 - 16, 2005

Baltimore, Maryland, June 15 - 19, 2004

St. Louis, Missouri, June 24 - July 1, 2003

Los Angeles, California, June 20-23, 2001

**Sport Concussion Institute: National Concussion Summit, Concussion in Sports: The Under-Recognized Public Epidemic**

Marina Del Rey, California, April 20, 2007

**International Academy of Orthopedic Medicine: Advanced Evaluation and Management of the Lumbar Spine and Hip**

Fullerton, California, October 7-8, 2006

**Cross Country Education: Myofascial Release: State of the Art Tissue Mobilization**

Torrance, California, February 3, 2006

**The Sport Foundation Practical Applications in Sports Medicine**

Palm Springs, California, June 3 - 5, 2005

**Association for the Advancement of Applied Sport Psychology Annual Conference**

Tucson, Arizona, October 30 - November 2, 2002

**Far West Athletic Trainer's Association Clinical Symposium**

San Diego, California, April 19 - 22, 2001

**Integrating Function: The Foam Roll Approach**

Irvine, California, October 3, 1999

**COMMUNITY EXPERIENCE**

**Association for the Advancement of Applied Sport Psychology, Tucson, Arizona 2002**

Volunteered 10 hours and assisted in audio-visual equipment preparation for the annual meeting.

**NATA Annual Meeting & Clinical Symposia, Los Angeles, California 2001**

Volunteered 60 hours to prepare for registration and assist with sessions and evaluation forms.

**Linfield College, McMinnville, Oregon 1998 - 1999**

Worked with six other students to address hate crimes and hate incidents by authoring a brochure, developing school policy, outlining help-seeking procedures, and implementing judicial process guidelines. The Dean of Students initiated the policy the following academic year.