

Thomas W. Kaminski, PhD, ATC, FACSM, FNATA

## Making Progress



Needless to say, 2020 has been anything but “normal.” I will not bore you with the clichés because, quite frankly, you have heard all of them since the novel coronavirus (COVID-19) pandemic hit the world. However, I do want to share my sincerest gratitude to the *Athletic Training & Health Care* journal’s peer-review team; editorial board members, who provide oversight on all journal submissions; and editorial team. Perhaps the silver lining during the past year has been the 30% increase in submissions to the journal (and across most peer-reviewed sports health care journals), and the incredible commitment on the part of our peer reviewers to complete the manuscript reviews in a timely and efficient manner.

A special thanks to associate editors Drs. Alan Needle and Adam Rosen for their efforts in produc-

ing our outstanding special issue on “Changing the Way We THINK About Rehabilitation” (November/December 2020 issue). They were resourceful and diligent in their mission to provide our readership with a thought-provoking and insightful look into the injury rehabilitation process.

I am extremely proud to serve as the editor-in-chief of the *Athletic Training & Sports Health Care* journal, and I am excited for the new year to begin. I leave you with a parting quotation from motivational speaker Tony Robbins: “There are only two options: make progress or make excuses.” Here at *Athletic Training & Health Care*, we intend to make progress! Best wishes for a safe, healthy, and prosperous 2021.

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