



ALUMNI NEWSLETTER



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UD Athletic Training Program

The mission of the University of Delaware Master of Science in Athletic Training program is to provide a safe, inter-sectional learning environment where students develop into competent healthcare professionals using an evidence-based and inter-professional approach in the profession of athletic training. Our program is accredited by the Commission on Accreditation of Athletic Training Education, and it combines specific coursework with competitive clinical experiences and culminates with a semester-long clinical immersion rotation. Students involved in the MS-AT program complete the university and departmental coursework requirements while simultaneously satisfying the clinical proficiencies via the practicum experience in a variety of sports healthcare environments.

This summer, we began our class of 2026 cohort with a total of 24 students. This month, these students will begin their first clinical experiences as masters' students.



LETTER FROM OUR PROGRAM DIRECTOR

Hello fellow UD alumni!

In my second newsletter installment as program director, I'd like to share some of the new changes we've had as a program. We continue to have a thriving undergraduate sports health major of students interested in pursuing athletic training. These students have an opportunity to apply to our graduate athletic training program as a 3+2, where they apply during their junior year to begin the master's program curriculum in the summer between their junior and senior year. Over the last few years, at least 95% of our graduate athletic training students have come via that pathway. As a program, we are striving to have more applicants from other universities as well.

Our Instagram account (@delaware_atp) began last year and has increased our presence to other AT programs and prospective students nationally. Please consider following and sharing our account.

Last year, we added some additional trainings for our students including suturing and healthcare theater simulation experiences. We also received a new Gaumard Hal simulator to aid in emergency care practice scenarios. Additionally, we plan to add RunDNA Level 1 Certified Gait Analyst and Mental Health First Aid training for our students in future.

On a personal note, my family added a new member in October 2023, Franklin. My husband, Mike, his sister, Caroline, and I were overjoyed with his arrival.

We wish you all a happy and healthy year!



I look forward to seeing you all at NATA next year in Orlando!

Dr. Bethany Wisthoff

Bethany Wisthoff, PhD, LAT, ATC
Program Director, Athletic Training & Sports Health

The goal of many of the veteran athletic trainers in Delaware has always been to make sure every high school has a full-time athletic trainer. This has always been somewhat of a daunting task, however in more recent years with the increase in athletic training in the news and the evolution of the profession, it has become increasingly more realistic. Starting over 10 years ago, Dan Watson and the rest of the Delaware Athletic Trainers' Association (DATA) executive board began to form relationships with various legislators to advance the profession in the state of Delaware. They ensured the concussion legislation was up to date, and then in 2019 a "Student Athlete Bill of Rights" resolution came out of the House of Representatives. In 2021, during Kelly Stafford '08 rein as President of the DATA, she ensured we got legislative bootcamp training from the NATA. They helped us learn the process of finding and hiring a lobbyist, and once we did this, we hired a former University of Delaware student athlete, Lizzie Lewis from 302 Strategies in 2022. We hit the ground



Kathleen Kenney
MS, LAT, ATC ('11)
President - DATA
AT Block Grant



running in 2022 with scheduling meetings with legislators to start having conversations and educating stakeholders on our roles as athletic trainers. Our annual DATA 5k in April of 2022 had a great showing with Representative Valerie Longhurst attending and honoring us with a tribute recognizing the AT profession. Fast forward to January of 2023 when Damar Hamlin suffered from commotio cordis and his athletic trainers saved his life. The AT profession was all over the news. This was our chance to showcase what we do. The DATA met with Representative Longhurst that month and she fully supported

legislation to ensure athletic trainers in every high school in Delaware. At the end of that session, June of 2023, HB244 was filed to provide funding for every public high school in Delaware for an athletic trainer. In 2024, the General Assembly created an Athletic Training Block Grant, which consists of \$2 million annually split between all public high schools for an athletic trainer. The DATA Governmental Affairs Committee will continue to pursue more funding in 2025 in hopes to completely fund these positions.





ALUMNI SPOTLIGHTS



Kelly Stafford
MS, LAT, ATC ('08)
Associate Athletic Trainer
NATA State Association
Advisory Committee

EXCELLENCE IN LEADERSHIP AWARD

"Leadership Through Service: Lessons from My Time on the DATA Board"

Twelve years ago, I found myself on the board of the Delaware Athletic Trainers' Association (DATA), not through a grand plan or a calling, but rather because I was "volunteered" by new colleagues John Smith, Dan Watson, and Courtney Butterworth. At 25 years old, I was slightly intimidated to be working alongside my past professors and preceptors. I was not going to say no, despite the fact that I had never done my own taxes, let alone understand how to run the finances of a non-profit organization. Despite my initial concerns, I embraced the opportunity, and it has become one of the most fulfilling aspects of my career.

Since then, I've served in every board position—treasurer, secretary, president-elect, president, and past president. While my start was rooted in a mix of peer pressure and circumstance, my continued involvement is a testament to the fulfillment and growth I've found in this role. DATA has been an incredible platform for me to contribute to a profession I love, and it has allowed me to become a better healthcare provider, preceptor, and mentor to young professionals.

DATA has been fulfilling because there is nothing I love more than a project. One of the most significant projects we've worked on is the initiative to ensure that every high school in Delaware employs a full-time athletic trainer. This goal, established long before my tenure, has been a collective effort of decades of dedicated professionals like Jim Malseed, Julie Moyer Knowles, and many others. My personal connection to this mission is strong, influenced by my father, who served as an athletic trainer at a large public high school in Pennsylvania. I truly believe that high school athletic trainers are the heart and soul of our profession.

I've learned my "why" is mentorship, helping others find their confidence by understanding leadership is a learned skill. I've had amazing mentors to learn from through my service journey. John Smith and Dan Watson guided me early on in my journey and instilled in me and the DATA that you don't need to know everything (or anything) to get involved. Leaders from the other District 2 states have patiently explained the basics of formalizing an association—like running a meeting or formalizing the budget process. I've learned the power of peer mentorship and leading together with humility by serving alongside friends. Working as a team with like-minded and enthusiastic individuals has been the highlight of my experience.

**"Leadership Through Service: Lessons from My Time on the DATA Board" (continued)**

My time with DATA has reinforced the importance of understanding and utilizing available resources-- and helping others gain access to them. I learned that when you're overwhelmed, don't be ashamed to ask for help, find an expert and leverage their knowledge. For example, as treasurer, we discovered that our incorporation and tax exempt status had lapsed and needed to be re-submitted. After multiple sad attempts to complete the paperwork on my own, we used our network to find a lawyer to handle it properly. It was worth every penny. As president-elect, I was overwhelmed by our Secondary School legislative goals. We organized a "Legislative Bootcamp" with NATA that helped us develop a strategic plan towards our goal and hire a lobbyist who truly understands our profession and mission. As president, our beloved DATA 5k fundraiser wasn't going to generate enough money to afford our new lobbyist. We needed another expert, so we reached out to a local race-timing company and running club that helped increase our profits by 250% and reduced my stress level by 500%.

I've also learned "document or it didn't happen" applies to more than patient medical notes. As secretary, I focused on researching and recording our history, developing policies and procedures, and making to-do lists for various events. This practice ensures continuity and efficiency, preventing the need to reinvent the wheel each year-- something critical for a board composed of young professionals working in the traditional setting. It's a small effort that pays off significantly in the long run. The best ideas are lost because they aren't written down.

Perhaps the most profound lesson has been the power of collective action. Real change comes from those most directly affected, and athletic trainers must be the ones advocating for better work-life balance, pay, and working conditions. While NATA/DATA isn't a union, they provide the essential support and resources we need to advocate for ourselves and our communities. My experience advocating for our profession at the state level has strengthened my ability to stand up for my own values and has equipped me to teach ATP students how to advocate for themselves.

My involvement with DATA has enriched my life in many ways. It has given me a deeper appreciation for my employer's support, sharpened my leadership skills, and made me a more effective healthcare provider, preceptor, and mentor. Most importantly, it has allowed me to make a meaningful impact on a cause I deeply believe in. To all alumni, I encourage you to find your own path to service. Whether through your community or another organization, getting involved is a rewarding experience that not only benefits others but also helps you grow personally and professionally. Remember, you don't have to have all the answers to make a difference. Start where you are, use the resources available, and never underestimate the power of a collective voice.

2024 GRADUATES





Congratulations!

To our newly certified students who took the BOC Exam
and passed!



CLASS OF 2024

| Name | Employment Post-Grad |
|-------------------------|---|
| Adeleye, Biola | Athletic Trainer at Frito Lay Long Island, NY |
| Alcaraz, Isabella | Internship at the Naval Academy |
| Bajek, Jacqueline | Fellowship position with The United States Naval Academy |
| Berkeley, Cameron | Athletic Trainer at Mt. Pleasant High School Wilmington, DE (ATI) |
| Burgess, Kaley | Assistant AT at Virginia Military Academy Men's Basketball |
| Callahan, Jackie | Summer Internship with the Houston Texans and Assistant Athletic Trainer at Marietta College |
| Carrick, Kaitlyn | Assistant Athletic Trainer at Seton Hall |
| Cianciotti, Elizabeth | Assistant Athletic Trainer with NYCFC |
| Elifani, Antonio | Assistant Athletic Trainer at NJIT |
| Florio, Sheridan | Internship at the Naval Academy |
| Garcia-Giron, Kassandra | Traveling the World |
| Hibbard, Tori | Assistant Athletic Trainer at Wilmington University |
| Lageraaen, Shannon | Assistant Athletic Trainer at Long Island University |
| Margherita, Mallory | Seasonal Fellowship with the Green Bay Packers |
| Mitchell, Morgan | Assistant Athletic Trainer at James Madison University |
| Morin, Jamie | Emory University Athletic Training Residency in Atlanta, GA |
| Page, Madison | University of Pittsburgh Hybrid Doctorate of Physical Therapy Program/ Premier Per Diem |
| Taylor, Will | Seasonal Assistant Athletic Trainer with Boston Red Sox Fort Myers, FL |
| Trauger, Jess | Summer Internship with the Philadelphia Eagles |



Welcome Our Returning Members of the UD ATP Family the MS-AT Cohort of 2025

Kayleigh Adam
Danielle Badillo
Shane Citrenbaum
Kristin DelCore
Preston Dill
Ethan Forrey
Nick Gambassi
Alex Gamez
Samantha Gildenberg
Patricia Giuriceo
Rebecca Holman
Mackenzie Hymes
Jennifer Krok
Rebecca Levy

Samuel McGuckin
Daniel Melendez-Moran
Kayla Miller
Shane O'Shea
Evan Prusisz
Drew Riesenbach
Celina Scotti
Alyssa Shawver
Angelo Sisofo
Jacob Sussman
Olivia Vranich
Aidan Wilbur
Jennifer Witt



SUMMER INTERNSHIPS

CLASS OF 2025

Our students gained hands
on experience this Summer
at various institutions.

Way to go!

Welcome!



ATP Proudly Welcomes Class of 2026!

Isabella Adams
Douglas Chan
Patrick Chmiel
Sydney Coleman
Kaylee Croasman
Ryan Daum
Kimberly Dreher
Ava Elisano
Emily Fence
Evan Frimmer
Samantha Gurrieri
Kameryn Guy

Brayden Gyza
Katherine Iko
Lexi Keefe
Garrett Matson
Aimee Morin
Annie Pagano
Bastian Perry
Reilly Rhodes
Samantha Steinberg
Ching (Sean) Tang
Sanja Todoric
Lillian Wolhar

ATHLETIC TRAINING

Awards



AWARD RECIPIENTS

(left to right)

Jennifer Witt - Lee J. Hyncik Athletic Trainer Achievement Award

Patricia Giuriceo - The Joan Couch Athletic Training Scholarship Award

Samuel McGuckin - Lee J. Hyncik Athletic Trainer Achievement Award

Sanja Todoric - Paris Delligatti Memorial Scholarship Fund

Samantha Steinberg - Paris Delligatti Memorial Scholarship Fund

ATHLETIC TRAINING

Awards

CONGRATULATIONS

*NATA Bobby Gunn
Student Leadership Award*



Kaley Burgess

Congratulations to 2nd year Kaley Burgess on receiving the NATA Bobby Gunn Student Leadership Award. For the first time in the awards recorded history, it has gone to a University of Delaware student! She is also the proud recipient of the Dr. Julie-Moyer Knowles Award and Keith Handling Scholarship Award.

Way to go Kaley!

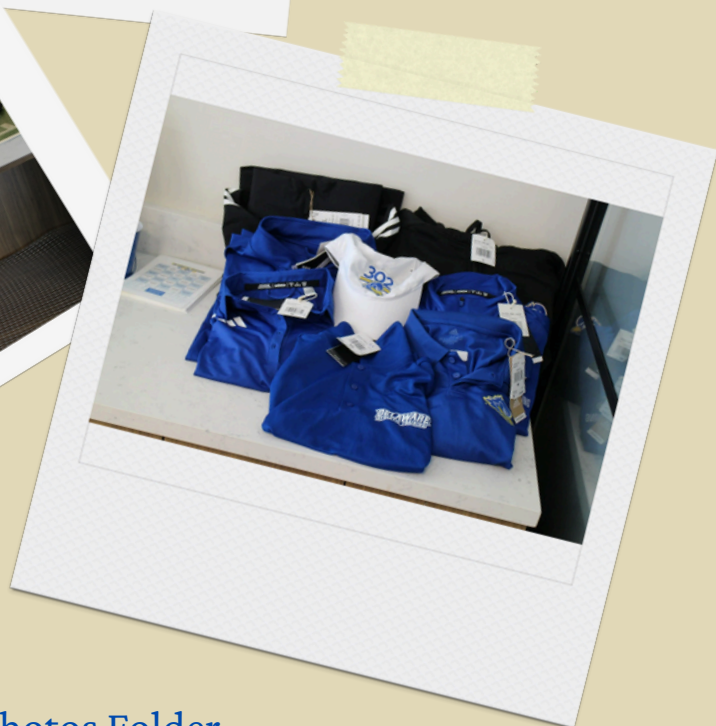
[CHS News Article](#)

2024 ALUMNI EVENT



Thanks to everyone who attended this year's Alumni Social at UD Alumni Weekend in Newark, Delaware! We had close to 50 alumni, family, and friends attend. We started the day with a tour of the new Whitney Athletic Center led by Dan Watson and finished the day with a Bar Crawl on Main Street!

2024 ALUMNI EVENT



Alumni Party Photos Folder



ALUMNI UPDATES

Where are they now

| Name | Graduation Year | Current Place of Employment | Current Job Title |
|-------------------|-----------------|--|---|
| Darryl Conway | 1993 | University of Michigan Sports Medicine Emergency Management, LLC | Executive Senior Associate Athletic Director / Chief Health & Welfare Officer // Co-owner |
| Susan Winokur | 2001 | Bensalem High School; Bensalem, PA; per diem Athletic Trainer for soccer and ice hockey across NJ And PA | Wellness/Fitness Teacher |
| Christi Thompson | 2010 | StretchLab Charlotte, NC and Colombia, SC | Area Education Manager, corporate workshop trainer |
| Stephen Thomas | 2010 | Thomas Jefferson University Philadelphia, PA | Department Chair |
| Alex Salinas | 2014 | Forest Hills Northern High School Grand Rapids, MI | Athletic Trainer |
| Caitlyn Slingluff | 2015 | Ascension Saint Agnes Hospital, Baltimore, MD | Athletic Trainer |
| Matt Armistead | 2016 | Mid-Atlantic Surgical Systems | Medical Education Specialist |
| Bryn Crowder | 2016 | Quince Orchard High Gaithersburg, Maryland | Teacher and Asst. athletic Director |
| Billy Kerr | 2016 | La Salle University (through NovaCare) Philadelphia, PA | Head Athletic Trainer |
| Tiana McKim | 2016 | RunDNA Wilmington, DE | Education Product Manager |



ALUMNI UPDATES

Where are they now

| Name | Graduation Year | Current Place of Employment | Current Job Title |
|------------------------|-----------------|--|---|
| Courtney Taylor Stant | 2017 | Kennedy Krieger Institute's Specialized Transition Program Baltimore, MD | Physical Therapist |
| Phil Kemmerer | 2018 | The University of Memphis Memphis, TN | Senior Athletic Trainer/ Rehabilitation Specialist |
| Jenna Gauding Thatcher | 2020 | Premier Physical Therapy and Sport Performance contracted to Hodgson Vo-Tech Newark, DE | Head Athletic Trainer & Athletic Training Supervisor |
| Melissa Guthiel | 2020 | Rothman Orthopedics - Orlando, FL | Non-Surgical Clinical Assistant |
| Nate Benjamin | 2022 | Dallas Cowboys Dallas, TX | Seasonal Athletic Trainer |
| Sydney Bell | 2023 | Nemours Sports Medicine Wilmington, DE | Athletic Trainer |
| Beatrice Pocher | 2023 | FDU Teaneck, NJ | Assistant Athletic Trainer |



ALUMNI UPDATES

Billy Kerr

Gave birth to their first son Willie in June of 2023. Also became Head Athletic Trainer at La Salle University, working through NovaCare Rehabilitation in January of 2024.

Darryl Conway

Inducted into NATA Hall of Fame (2024)

Jenna (Thatcher) Gauding

Married in October 2023 and became the Athletic Training Supervisor at Premier PT while currently the Head Athletic Trainer at Hodgson Vo-Tech

Phil Kemmerer

Bought a house in Memphis, TN last spring

Alex Salinas

President-Elect at Michigan Athletic Trainers' Society

Sydney Bell

Accepted a job with Nemours in their Sports Medicine clinic at the Chase Fieldhouse. Currently running their Next Steps program for young athletes

Bryn Crowder

Worked as an Educator at Quince Orchard High school, as an educator. Also working on his second masters in education while working as a teacher, assistant athletic director and coach for the high school

Susan Mazess Winokur

Got married to Greg Winokur, Chief of Police in Slatington, PA

Caitlyn Slingsluf

Gave birth to their first baby boy, Liam. Also started a new relationship for the hospital with his Alma mater, covering athletics at Mount de Sales Academy in Baltimore.

Stephen Thomas

Awarded the Most Distinguished Athletic Trainer Award. Promoted to full professor



ALUMNI UPDATES

UD ATHLETIC TRAINING *Through the years* 1998-2024







2012



2013



2016



2017



2018



2019



2020



2021 BS



2021 MS







ALUMNI UPDATES



NATIONAL AWARDS 2024

Most Distinguished Athletic Trainer Award

Barton Anderson, DHSc, ATC
Anna August, MS, LAT, ATC
Amanda Benson, PhD, LAT, ATC
Steven Broglio, PhD, ATC
Shelly Fetchen DiCesaro, PhD, LAT, ATC
Hideyuki Izumi, PhD, DAT, ATC
Jamie L. Mansell, PhD, LAT, ATC
Christopher Mathewson, LAT, ATC, CSCS
Diane Sartanowicz, MS, LAT, ATC
Stephen I. Thomas, PhD, ATC, FNATA
Alison Snyder Valier, PhD, ATC, FNATA
Gene Elizabeth Verel
Brian Vesci, DAT, LAT, ATC
Leigh J. Weiss, MS, ATC, PT/DPT

Fellows

Christopher Kuenze, PhD, ATC, FNATA
Kevin C. Miller, PhD, ATC, FNATA
Alan Needle, PhD, ATC, CSCS

Cail Weldon Award of Excellence

Lindsey E. Eberman, PhD, LAT, ATC

NATA Honorary Membership

Cindy J. Chang, MD, FACSM, FAMSSM

AOSSM Distinguished Athletic Trainer Award

Chuck Kimmel

Athletic Trainer Service Award

Kirk J. Armstrong, EdD, LAT, ATC
Kira Berch, EdS, LAT, ATC
Julie M. Cavallario, PhD, ATC
Rob Dicks Sr., MA, LAT, ATC
Aaron Hand, MS, LAT, ATC
Mark Keppler, MS, AT Ret.
Timothy A. Kulpa, DAT, LAT, ATC
Blaine C. Long, PhD, AT, ATC
David Marchetti, DAT, LAT, ATC
Rebecca Mokris, EdD, LAT, ATC
Michael Moll, MEd, LAT, ATC
Michael Roberts, MA, ATC, BCS-O
Robert Roche, MS, LAT, ATC
Christopher Shaddock, LAT, ATC
Heather Landry Shirley, PhD, ATC, LMT
Stephanie M. Singe, PhD, ATC, FNATA
Robert C. Sipes, EdD, LAT, ATC
Theresa Mackey Skrien, EdD, LAT, ATC
Cris Stickley, PhD, ATC, CSCS
Allen Thompson, MS, ATC, CAE
Valerie A. Webber, MS, LAT, ATC
Leigh J. Weiss, MS, ATC, PT/DPT
Kenneth Wilka, MEd, ATC

Jack Weakley Award of Distinction

Jeffrey Raymond Dugas, MD

Tim Kerin Award for Excellence

Lyn Nakagawa, MS, ATC, CSCS



ALUMNI UPDATES

NATA HALL OF FAME *Class of 2024*



Congratulations!

DARRYL CONWAY

Darryl Conway, a [College of Health Sciences](#) alumnus, was inducted into the National Athletic Trainers' Association (NATA) 2024 [Hall of Fame](#). Conway, who obtained his bachelor's degree in physical education studies in 1993 and graduated Magna Cum Laude, has been in the athletic training field for 31 years. He's been the executive senior associate athletic director and chief health and welfare officer for University of Michigan Athletics for over a decade. Conway also co-owns [Sports Medicine Emergency Management](#), which offers continuing education and hands-on professional development opportunities and [workshops](#) for certified athletic trainers. Conway, who received UD's Presidential Citation Award in 2012, is one of seven people being inducted into the NATA Hall of Fame this year. He joins the late Roy Rylander, founder of UD's [athletic training program](#) and head tennis coach, who was inducted into the NATA Hall of Fame in 1986.

THANK YOU for your support!

I ♥ UD GIVING DAY
MAY 1, 2024

A message to our Donors

Thank you to our donors of the recent I Heart UD Giving Day! The efforts of our donors are helping the program provide the best education possible to our students. Our goals have been to add more simulation education to our program as well as add new advanced techniques!

In support from The University of Delaware Center for Simulation Innovation, Interdisciplinary Education & Entrepreneurship (CSIIDEE), the UD Athletic Training Program received the Hal S5301 this May to utilize solely for simulated education for our students. Hal is the first of its kind to have AI conversation speech built in. Our students can ask it questions like “How are you feeling today?” and it will answer. Additional skills that can be assessed are blood pressure, pulse, IM injections, stopping bleeding, pupil reaction, CPR, AED, advanced airways, and so much more!



Meet the world's most advanced
interdisciplinary patient simulator
HAL S5301

NEXUS
SPORTS MEDICINE



DELAWARE BLUE HENS



Program Collaborations!

Our program has partnered with Nexus Sports Medicine to provide our students with tactical athletic training gear and packs at a reduced price. Our alumni also get a 10% discount on their entire purchase using the code “UDMSAT” at checkout.

We have worked with Greenwolf Tactical to create Delaware Athletic Training patches for our Nexus items. Please email Dr. Wisthoff if interested in one (bwisthof@udel.edu).





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WATCH DEMO

| RUN COACHES |

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Thank You!

RUNDNA

Thank you, RunDNA for your
generous I Heart UD donation and
the gift of Level 1 Training for all of
our students!



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SURVEY IF YOU RECENTLY
HAD A PROFESSIONAL OR
LIFE CHANGE

UPCOMING EVENTS:

**Stay tuned for more information about our
2025 Alumni Party in Orlando**

COMPILED BY: GODY MCDERMOTT
KAAP PROGRAM SUPPORT COORDINATOR