



ALUMNI NEWSLETTER

UNIVERSITY OF DELAWARE

ATHLETIC TRAINING

Volume 14—Summer 2017

UD ATEP Receives Prestigious CAATE Re-Accreditation

After a long and arduous year involving preparation and submission of a self-study, site visit arrangements, and rejoinder response, UD's ATEP received word from the Commission on Accreditation of Athletic Training Education (CAATE) in April 2017 that the Athletic Training Education Program (ATEP) has been re-accredited for another 10 years! I would be remiss if I didn't extend a huge THANK YOU to our faculty, clinical staff, preceptors, alumni, and current students for all their efforts in the process. I personally send an appreciation to Mr. Jeff Schneider – Clinical Education Coordinator (CEC) and Ms. Bethany Wisthoff – Athletic Training Interest Program Coordinator who both worked tirelessly to contribute to the self-study document and assist with site visit planning. A total TEAM effort!



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UD ATEP REACCREDITED FOR 10 YEARS

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As many of you know athletic training education is undergoing an enormous transformation with a mandate in place by the partners of the Strategic Alliance (BOC, CAATE, NATA and REF) to transition from baccalaureate degrees to entry-level master’s degrees. So exactly how will that effect UD??? You may recall that in last year’s newsletter I announced that UD ATEP had been given approval to begin a search for a new Program Director to replace me and begin the process of transitioning UD’s ATEP into an entry-level master’s degree program. From both a personal and professional perspective the timing for me was perfect. Dr. Buz Swanik lead the search committee during the 2016-17 school year, however following a nationwide search and a round of on-campus interviews we were unable to settle on a Program Director candidate. The search process culminated in late March, right around the time that our CAATE site visit rejoinder was coming due. So following a truncated period of introspection and reflection I made the decision to continue in my role as Program Director and with a renewed enthusiasm take our program to the next level. With the support of our new KAAP Department Chair – Dr. John Jeka, plans have initiated to reshape and transform UD’s ATEP into a competitive and renowned entry-level master’s degree program. Building on the success of 40+ years of delivering high-quality athletic training education and developing highly skilled entry-level athletic trainers, our ATEP is positioned strategically for success. There is no time to wait as many of our comparative schools have already begun accepting students into their entry-level master’s degree programs, so we must get started right away!. During this time of transition I promise to keep our alumni and friends up-to-date on our progress and plans moving forward. The preliminary timeline is to launch during the summer of 2019. With a 2-year time window in place and lots of moving parts it will once again require a TEAM effort on everyone’s part; including our alumni who will be an important voice in spreading the word about the quality educational experience associated with UD ATEP. Stay tuned



University of Delaware
Athletic Training Education Program



University of Delaware
Athletic Training Education Program

**Comprehensive
Assessment Plan**

**Comprehensive
Self-Study Document**



FROM THE DESK OF DR. K ATEP PROGRAM DIRECTOR

Needless to say it has been a very busy year here at UD! Hard to believe a year has passed since our wonderful UD ATEP Alumni party even in Baltimore summer 2016! It is always great seeing our alumni and friends in a terrific social setting. Truly fitting that we capped off the alumni event with the Joan Couch tribute and the unveiling of the Joan Couch Athletic Training Scholarship. The evening was made even more special by having Joan's daughter Megan (UD ATEP Class of 2014) there to share in the special occasion. I'm happy to report that Joan is enjoying retired life!

As mentioned in the cover story, we were successful in our CAATE re-accreditation efforts! Many thanks to our faculty/staff/preceptors/students/alumni/friends for their input and guidance in the re-accreditation process! Now I turn my attention to working with members of the ATEP Steering Committee and other curriculum experts here at UD to map out plans to transition UD's program into an excellent entry-level master's degree program.

For the 3rd year in a row UD ATEP was perfect on the BOC examination for athletic trainers! This year's outstanding senior class (19 students) continued the track record of EXCELLENCE on the exam. They celebrated for a month leading up to graduation on May 27th — deservedly so! Congrats to a terrific group of students and freshly minted certified athletic trainers! They leave UD to open up a new chapter in their lives. I told the group during our annual Senior Graduation Reception that I was especially proud that none of them "Rang the Bell" during their tenure at UD.



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FROM THE DESK OF DR. K ATEP PROGRAM DIRECTOR

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I was referring to a passage in the book titled “Make Your Bed: Little Things That Can Change Your Life” - written by retired Navy Commander William H. McRaven whereby during Navy Seal training anyone who reaches a point of quitting all they need to do is “ring the bell” and they can leave without questions being asked. I wanted to make the point that perseverance as an athletic training student in UD’s ATEP is an admirable quality and that the legacy of commitment and success continues. A great lesson indeed and one that all generations of UD ATEP past, present, and future adhere to!

While I’ve known all along that UD ATEP athletic training students receive a terrific clinical education experience, that notion was certainly reinforced during our CAATE site visit in December 2016 when I had a chance to visit several of our off-campus clinical venues. Our CEC Mr. Jeff Schneider has done an excellent job over the past few years to expand our clinical opportunities adding new high school sites along with general medical facilities to insure that our students receive a wide range of clinical experiences to supplement their classroom foundation. Many THANKS to our cadre of clinical preceptors who make the clinical experiences for our students enjoyable and rewarding. The BOC exam success is a strong indication of your mentorship and guidance throughout the years!

As the 2016-17 school year came to a close we were notified that our long-time preceptor and UD alum Mr. Vince Maguire was retiring from his athletic trainer position at Al DuPont High School. “Mr. Maguire” as he’s been affectionately referred to all of these years has provided guidance and mentorship to 22 athletic training students from UD ATEP since we first started sending students his way in the Fall of 2006! While we are saddened by his departure, we’re excited that he’ll now be able to devote more time to his grand-parenting duties and spend quality beach time with his family in Southern DE! Jeff Schneider and I had a chance to attend Vince’s retirement party earlier this week and present Vince with a Shutterfly book of memories from many of the students who worked with him through the years. Needless to say Vince was extremely delighted by our gesture of good will and kindness — THANKS to all of the students who sent notes my way for inclusion in the scrapbook. Best of luck Vince. Here is a picture with Jeff, Vince and myself taken earlier this week.



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FROM THE DESK OF DR. K ATEP PROGRAM DIRECTOR

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The 2016-17 school year was also another busy year from a research standpoint; and one that found me travelling to Europe on two separate occasions: 1st as a participant involved with the Fifth International Consensus Conference on Concussion in Sport held at the Ritz-Carlton Hotel in Berlin Germany October 27-28, 2016 (attended with Dr. Buckley and graduate students Melissa DiFabio and Jessie Oldham and post-doctoral researcher Dr. Jaclyn Caccese) and 2nd and most recently as a participant at the World Conference on Science and Soccer 5.0 in Rennes, France. These opportunities not only provide me with a chance to explore different cultures and historical landmarks but also spread the good word about UD athletic training! My “international” excursions will conclude in September when I’ll attend the 7th International Ankle Symposium being held this year at the University of North Carolina @ Chapel Hill. I’m excited to have two of our students accompany me to that meeting: doctoral student Bethany Wishoff and undergraduate researcher Eduardo Arocha. My travels also took me to Omaha, NE this past March to speak at the MAATA Annual Meeting. While there I had a chance to catch up with Dr. Adam Rosen (UD ATEP Class of 2006/2008) who heads the ATEP at the University of Nebraska—Omaha. He’s built a terrific program there and is well-respected by his students and colleagues — thanks Adam it was the highlight of my visit! I would be remiss if I did not express my gratitude to all the students who assist with the many research projects our lab is involved with on a yearly basis; they ARE the “backbone” of the research enterprise here at UD. Speaking for not only myself but Drs. Buckley and Swanik we’re delighted that so many of our students have had their research abstracts accepted for presentation at many international, national, regional, and local events to help advance the art and science of sports medicine! Great work.

With a renewed passion and energy I’m excited to move forward in the coming years to continue on the legacy of Blue Hen Athletic Training. Looking forward to seeing many of you in Houston at the NATA Convention and our UD ATEP Alumni Party on 6/28/17! Have a terrific year and please stay in touch.

DR. K.

Please consider a gift to the UD ATEP Gift account in support of on-going educational activities for athletic training students! Use account code HNES412112

UD Alumni Website:



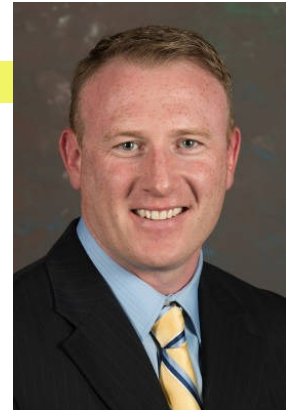
FROM THE DESK OF DAN WATSON

HEAD ATHLETIC TRAINER

A lot of positive changes have occurred over the last 12 months under the leadership of our new AD Chrissi Rawak. In the Sports Performance area we have added a full-time Sport Nutritionist (Kara Feeney) and full-time Sport Psychologist (Dr. Rachel Walker). Both Kara and Rachel are housed in the Bob Carpenter Center. On the nutrition side, we now have a grab and go healthy snack area for student-athletes and staff located in the BCC called “The Coop.” Kara has also partnered with UD’s School of Agriculture to create a Student-Athlete garden where they grow fruit and veggies and eat the finished products. Dr. Rachel Walker is also rolling out some exciting programming including sport performance tools and an injured athlete group session. Athletic Training is a huge part of this Sport Performance group and we are enthusiastic about the potential of our entire area and its positive impact on UD student-athletes.

UDAT graduated one GA this year. We congratulate and thank Meeja Kinsey for all her outstanding contributions over the last two years. Meeja will be joining UDAT alum Brian Goodstein ('95) with the DC

United. Also on the personnel side with Joan Couch retiring last summer we were able to add Melanee Johnson to our full-time staff. Mel came to us from Rutgers University where she had worked the last 8 years.



We welcomed two new members to the UDAT Family this year. Full-time staff members Brandon DeSantis and Paul Lowry each had adorable babies. Brandon and his wife Lisa had a beautiful baby girl named Lena Grace. Paul and Alex had a bubbly baby boy named Ferris Paul. Congratulations again to those proud (and somewhat sleep-deprived) Dads.

If you haven’t been on-campus in a while I’d encourage you to try and make it back. Main St. and main campus are ever evolving while still maintaining the integrity of this cool college town. And if you do make it back, I’d be happy to show you around Athletics. Feel free to contact me at any time (dwatson@udel.edu).



FACULTY SPOTLIGHT

NIKKI LOUNSBERRY

Well, I certainly never thought I would end up in Delaware. As a Navy brat, I grew up all over the east coast until my family eventually settled in Florida. For a long time, I always pictured myself being happy somewhere in the south. Fortunately for me, a good friend nudged me in another direction and I couldn't be happier.

I was working as a Head AT at a D2 school in Kentucky when I got a phone call from Kelly Stafford about a job opening at the University of Delaware that I might be interested in applying for. Kelly and I had been roommates and work partners in graduate school at the University of Kentucky. She knew that I loved working with students and the UD position would not only provide me with more resources and less team coverage (I was one of two staff members at the time), but would also get me back to working with an accredited ATEP. I applied for the position and, well obviously I'm here so I won't bore you with the details.

The sense of family here is undeniable. I had arrived on campus in January a few days after my team's practices had begun and within about two weeks my grandmother passed away. I was frantically trying to figure out logistics of how I could attend the service between games that weekend, but I was stopped almost immediately. When I informed the Head AT, Dan Watson of what had happened he simply told me to go and tell him how many days I needed. My students basically ran the team while I was gone and a GA stepped in to cover everything for me. Three students who I had only known for a few weeks and a team of players who had just met me were checking in on me and giving me cards. As a clinical AT, you care almost exclusively for other people with little expectation of anything in return. It's different here at UD. Both the ATEP and the Athletics Department place a real emphasis on creating a family environment and it shows every day.

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FACULTY SPOTLIGHT

NIKKI LOUNSBERRY

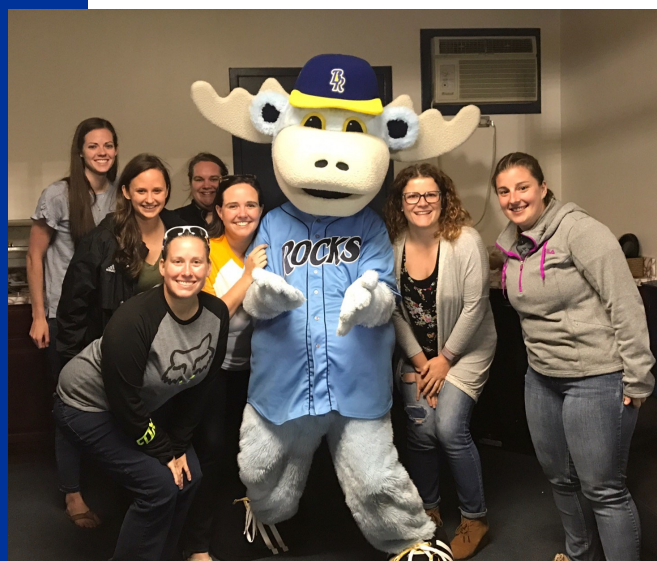
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Since coming here in 2014, I have been lucky enough to become an adjunct instructor as well as transitioning into the role of faculty advisor for the Athletic Training Students' Association (the club formerly known as SATC). I get to work with these students academically, clinically, and in their extra-curricular activities and it never ceases to amaze me how great they all are. It's a testament to the quality of this program. I've never been part of an ATEP that works so closely with clinical ATs and holds its students to such high standards.

I am a proud and passionate AT. I believe in the quality and value of this profession. I believe in building strong future ATs that are knowledgeable, passionate, and caring. Here at UD I get to be part of that process and I get to work with people that feel the same way I do. I'm honored to work with these students and I'm proud to be part of this family.

Blue Hens for life!

Nikki





ALUMNI SPOTLIGHT

AARON SCIASCIA

(UD ATEP CLASS OF 2000)



My Story: I have so much admiration for the University of Delaware athletic training education program. It is the program that clearly does not go through the motions, that shuns the status quo by going above and beyond every aspect of athletic training education. Just to be an alumnus amongst the many amazing clinicians, researchers, and educators to have graduated from the UD program is truly an honor. I took a slightly different approach compared to past spotlight segments. I'll give you a brief summary of my career to date as others have in the past. Where I'll diverge however is in describing my UD experience which will focus on my admittance into the athletic training program. I also wanted to close with some advice based on my experiences.

My Career (to date) : I was born and raised in Easton, Pennsylvania. Being a year round athlete for most of my life up to that point (and knowing that my athletic career was ending at the high school level), I came to UD looking for "sports medicine", which as it turned out was athletic training. After graduating in May 2000, the journey lead me from Newark to Lexington, KY where I served as a graduate assistant athletic trainer through the University of Kentucky to Division III level Centre College (also known as the "Harvard of the South"). After earning my Master of Science degree from UK in 2002, I began working for the Lexington Clinic, primarily with W. Ben Kibler, MD. I was fortunate to be taught by Dr. Kibler in all aspects of evaluation and treatment of the shoulder and scapula. He specifically taught me to look beyond the site of symptoms otherwise known as the victims versus culprits approach to evaluation and treatment. For 13 years I was trained to listen to patients, to focus on

the body as a unit (also known as the kinetic chain approach), and to be a functional anatomist. During my time at Lexington Clinic, I served not only as a clinician but also as a clinical researcher which led to over 70 publications and numerous national and international presentations. I have been recognized by the Kentucky Athletic Trainers' Society with the Award of Merit and as Clinical Athletic Trainer of the Year. I also have the pleasure of serving as adjunct faculty for Moravian College in Bethlehem, PA and A.T. Still University in Mesa, AZ. This past fall I was voted to be the next President-Elect of ASSET which is special to me not only because I greatly respect ASSET for the amazing organization it is but also because I will be following the presidency of Steve Thomas, my friend and fellow UD graduate!

Most recently, I earned my Doctor of Philosophy in Rehabilitation Science from the University of Kentucky, graduating this past December 2016.

My UD Story: I could spend days gushing about the UD athletic training program and to be honest, it is difficult for me to completely articulate my feelings for the program, the faculty, and my classmates because of the deep admiration I have for them all. I figured the best way to give you a glimpse into me and my life was to take you through my introduction to the athletic training program. Competition. That is how I was introduced to the AT program. Approximately 100 direct observation students would be vying for approximately 12 vacancies in the AT program at the end of our freshman year in the spring of 1997. At the time, a direct observation student spent the better part of 8 months demonstrating to the faculty and AT students that he or

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ALUMNI SPOTLIGHT

AARON SCIASCIA

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was worthy of acceptance into the ATEP. This was achieved by learning roughly 10-12 tapings, reciting a number of protocols, volunteering to help out at practices, games, and events (by volunteering I mean assisting with water, sideline set-up, and other tasks), and finally, surviving the end of year interview. This may seem foreign to the current students but these steps were common for the ATEPs across the country prior to the litany of changes ATEPs had to succumb to over the years. Nonetheless, all of the aspiring AT students were jockeying for position to be accepted into the program, and most of the time, we were cordial with each other. Although we got a little intense at times with each other (I recall we would monitor each other's weekly hours to see who was really putting in the time and call out those students who may have gotten a little liberal with "rounding" up to the nearest hour), we wanted nothing more than to be a part of the AT world. Fast forward to April of 1997, interview month. I, like the other direct observation students, had all boxes checked, a respectable number of observation hours logged, all tapings signed-off, and as much confidence as anyone that I would be admitted to the program. After the interview, I was sure I would be offered one of the few coveted positions. At that time, you waited until the mid-summer when you were home recovering from your first year of college to receive the phone call from Keith Handling telling you that the ATEP faculty felt you should be in the program. However, the phone call was instead replaced by a letter stating I didn't make the cut. How could this be? Really?? After weeks of pouting and a few colorful

expletives (don't judge me), school started back and Keith was gracious enough to reach out to tell me why I did not make it into the program. He asked me to meet with him personally and he calmly explained that he and the faculty felt my focus was not on becoming an athletic trainer, but rather just checking off another box of accomplishment. In so many words, he basically said it needed to be about healthcare, not me. At that moment, Keith presented me with a choice – swallow my pride, learn from this, and continue as a direct observation student for another year or try to find a new direction. Needless to say, I stuck with it and fortunately, one of the upperclassmen in the program graduated at the end of the fall semester that year, so I reapplied and was admitted into the ATEP! At that point, I knew I had to make the most of this opportunity. I spent as much time as I could in the athletic training room, covering practices, games, traveling, etc. I was absorbing and diving into as much experience as I could and I believe those efforts set the foundation for my career as a clinician. There were many more humbling moments as an AT student that, at the time, were painful to live through but looking back I can say shaped me and helped me have different eyes about being an athletic trainer. As cliché as it may be, I really do cherish those moments and I believe it was those learning moments that led to me receiving the C. Roy Rylander Award my senior year and would eventually lead to the other recognitions and successes throughout my career. The UD faculty has always tried to produce the best ATs this world has

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ALUMNI SPOTLIGHT

AARON SCIASCIA

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seen, and even as faculty members have changed over the years, I'm glad to see that goal has never been compromised.

My Advice: But the learning moments didn't stop after leaving Newark (and will not stop after you're finished with school – after almost 14 years of marriage I'm still “learning”!). I was so proud of my UD education that I firmly believed that everything I was taught in undergrad was the only means to evaluate and treat patients. So, after moving on from UD and transplanting myself to Kentucky to begin graduate school, I was ready to defend those teachings whenever necessary which led to many unnecessary arguments with my classmates and instructors. Apparently, I had a lot more growing up to do and clearly this attitude was my own doing, not something I was taught at UD. I eventually learned that you can obtain a successful treatment outcome with many different techniques and that there is a lot of gray in the world, more than I was willing to admit or accept existed. But this lesson was very important because after spending 13 years in the clinical setting interacting with many different patients, it helped me navigate the gray on a weekly basis. It is quite challenging, and to be honest, a shot to your ego when patients don't present with signs and symptoms the way the textbooks describe and you fumble around for the proper diagnosis and seem lost when trying to give them closure. It is quite difficult to treat a patient who feels the condition is his or her identity or who decides they will only perform the treatment you recommend based on insurance coverage. School doesn't really prepare you for those gray areas but if

you at least acknowledge they exist, then you will not be thrown off guard when they show up in your clinic.

If I were to give you any advice, whether you are currently an AT student or a practicing professional, it would be this:

1. It's not about you. As I described for you earlier, this wasn't very clear to me until Keith confronted me with it. However, the idea that it wasn't about me was reinforced when I arrived at UK. The very first day the Head Athletic Trainer told all of the incoming graduate students, “If you are not in athletic training for the patient, then you need to get out”. Strong words but they hold a lot of truth. If you have been paying attention the past few years, healthcare is going through a paradigm shift where it is getting away from the “medical experts” and focusing much more on the “patient as an active participant”. But the funny part about this shift is that although it is viewed as a new idea, it's been around for hundreds of years. It was actually Hippocrates who said “we should focus on the person with a disease and not the disease the person has”. I think us as athletic trainers, with very few exceptions, have embodied this philosophy for years. But, like a number of other professions, we sometimes get caught up in wanting to show co-workers, coaches, athletic directors, department chairs, etc. that we are competent and have all of the right answers. We try to equate knowledge with trust. But I have learned that when we start trying to demonstrate competence, we lose sight of the patient, and that is something we need to avoid.

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ALUMNI SPOTLIGHT

AARON SCIASCIA

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2. Obtain as much clinical experience as possible. Experience cannot be substituted by a textbook, continuing education course, an alphabet soup of credentials after your name, or even the most engaging of professors or preceptors. It's admirable that you may be a great student, but knowledge will only take you so far. Your clinical experiences let you make inferences about your patients and your methods which then allows you to start critically analyzing your outcomes. The ability to identify trends and make improvements cannot be taught in school. Interacting with all manner of personalities, which I admit can be difficult and make some of us uncomfortable, will help you be amazing clinicians. Always remember that we're in the business of serving people.

3. Take stock of yourself but don't do it alone. Maturity takes time to develop. Every time I reached a new phase of my life, it seemed that there was an attitude that needed changing, an idea that needed reconsidering, or my eyes needed to be opened. In other words, a lot of the pain in my life has been self-inflicted. But where I found peace was not through work, accomplishments, vices, or any other extracurricular outlet. My peace came when I surrendered to Jesus Christ. Don't worry, this is not an alter call or some means to convert anyone who is not a believer—I am just telling my story. For a number of years now, I have been working on strengthening my relationship with Jesus and trying to come to the end of my selfish ways, bad attitudes, and anger. God has burned me up so many times and brought me out of the ashes. I have learned that every so often, I need to

grow up and fortunately He has placed different individuals in my life to walk with me, encourage me, and when needed, hold my feet to the fire to help me overcome myself. Biblically, we call that person a Silas – a companion to walk next to you not in front of you or behind you. My advice is to find your Silas but please remember, a true friend will keep you balanced, encouraging you when needed and rebuking you when necessary.

Finally, I just want to simply say thank you. Thank you to all of the faculty, staff, and students who have been able to be a part of the athletic training program before, during, and following my time at UD. Every person has been able to impact the program on some level and I believe every student has benefited from those contributions. I really love the AT profession and without a doubt, that solid foundation was laid in Newark, DE.

Sincerely,

Aaron





NATA CONVENTION 2017

UD PRESENTORS



Faculty Presentations

Dr. Buckley

Tuesday June 27th

Dynamic Balance Deficits Beyond
Concussion Recovery and Their Po-
tential Consequences

Presenter

Dr. Kaminski

Thursday June 29th

Lateral Ankle Sprain Treatment: Do It
Because It Works

Moderator

Feature Presentation: Head Impact
Sensor Technology: How Will This Im-
pact Athletic Training Care Into The
Future?

Presenter

Check out the convention guide for
more information!

[http://convention.nata.org/wp-
content/uploads/](http://convention.nata.org/wp-content/uploads/)

Graduate Student Presentations

Chelsea Best

June 27-29

Head Impact Exposures and Neuro-
logic Function in College Football and
Soccer Players

Free Communications Poster

Shannon Matheny

June 27-29

Ankle Strength Deficits in a Cohort of
Collegiate Athletes with Chronic Ankle
Instability and Mechanical Laxity

Free Communications Poster

Bethany Wisthoff

Thursday June 29th

The Difference Between Y Balance
Test Scores in a Cohort of Collegiate
Athletes With or Without Chronic Ankle
Instability

Thematic Poster Session



ATEP NEWS

Head AT Dan Watson Honored with NATA's "Athletic Training Service Award"

The following is an excerpt from www.bluehens.com :

University of Delaware head athletic trainer and assistant director of athletics Dan Watson has been honored by the National Athletic Trainers Association for his service to the organization and the outstanding work in the profession.

Watson, who has served at the University for the past 12 years, was selected to receive the Athletic Training Service Award. This prestigious national award recognizes NATA members for their exceptional contributions to the profession and the Association as well as their participation and leadership on the local and state levels. Members are eligible for this award after 20 years of membership and certification.

NATA award recipients will be recognized during the General Session at the 2017 NATA Convention in Houston on June 28.

"This is a special honor and I am grateful to be recognized on the national level for my service, leadership, and advancement of the Athletic Training profession," said Watson. "We take great pride here at the University of Delaware in our reputation as one of the top athletic training programs in the country and none of this could be accomplished without the extraordinary dedication and passion of our athletic training staff and students."

He has presented a variety of topics at numerous conferences, including at the NATA Annual Symposium. He previously served as Clinical Coordinator of the UD ATEP and as President of the DATA.

We are very proud and excited to see Dan's hard work and dedication recognized at a national level! Congratulations, Dan!!!



ATEP NEWS

Dr. Katie Breedlove and her Post-Doctoral Work

With the help from a \$100,000.00 grant from the Delaware Economic Development Office Drs. Buckley and Kaminski were able to hire a 1-year post-doctoral student to assist with concussion research efforts during the 2016-17 SY. We were extremely fortunate to have found someone with the talent and research experience as Dr. Katherine “Katie” Breedlove who speaks here about her 1-yr tenure at UD. Dr. Breedlove has accepted a faculty position at the University of Wisconsin—Eau Claire beginning Fall 2017 — congrats and good luck.



Katherine Breedlove, PhD, ATC is finishing up a one year post-doctoral position in the Kinesiology and Applied Physiology (KAAP) Department under the direction of Drs. Thomas Kaminski and Thomas Buckley. During her year at UD, Katie has coordinated a research study with UD’s D-1 club men’s ice hockey team evaluating the effect of subconcussive head impacts on outcomes such as gait initiation and termination, clinical test measures, and neuroimaging such as magnetic resonance spectroscopy. Participants wore helmet sensors in their helmets that measured the number and magnitude of head impacts throughout the season. They also underwent testing in the KAAP Biomechanics lab and a neuroimaging battery at the new Center for Biomedical and Brain Imaging. This work is the first time ice hockey players have been studied longitudinally for the effects of subconcussive blows.

Ryan DeWolf– NCAA/DoD CARE Research Coordinator Leaving UD



Ryan DeWolf has served as UD’s NCAA/DoD CARE project Research Coordinator during the past 2 years and has overseen the testing of 1200+ students athletes during his tenure. Ryan has been an instrumental part of the success of UD’s data collection efforts in support of this the largest research effort examining the natural history of sport-related concussion ever undertaken. In addition, to his role as RC, Ryan also provided athletic training coverage to UD student-athletes during his time. He’s now a true Blue Hen! Ryan is leaving UD to begin work on his doctoral degree studies under the mentorship of Dr. Grant Iverson, Director of the Sports Concussion Program at MassGeneral Hospital for Children in Boston, MA. Thanks for all you efforts Ryan and best of luck as you open this new chapter in your career.



ATEP NEWS

SCHOLARSHIPS & AWARDS

2017 ATEP Award Winners

Dr. Julie Moyer-Knowles Award:
Ethan Lennox

**Dr. C Roy Rylander Outstanding
Senior Award:**
Tyler Tice

**Paris Delligatti Memorial
Scholarship:**
Kyle Alea,

**Lee J. Hyncik Athletic Trainer
Achievement Award:**
Megan O'Hanlon

**Catania Family Athletic Training
Academic Achievement Award:**
Nikki Patel

Keith Handling Scholarship Award:
Tyler Tice

**Joan Couch Athletic Training
Scholarship:**
Megan O'Hanlon

**DATA District 2 Athletic Training
Student Scholarship Award:**
Amy Bednarek

DATA Student Leadership Award:
Taylor Hatfield

**Ethnic Diversity Advisor Committee
Scholarship for NATA District II:**
Tiana McKim

ATSA Student Service Award:
Grace Kennedy

ATSA Service Award:
Mr. Roger Stafford



Senior Class Photo



Junior Class Photo



Sophomore Class Photo



ATEP NEWS

CLASS OF 2017

After all of their hard work, the ATEP Class of 2017 boasts a 100% first-time pass rate on their BOC exam! Check out where you can find them in the years to come!

Kayla Argudo– working as a medical assistant and applying to PA School

Emily Hunter-working as a medical assistant and applying to PA School

Tyler Tice-UD DPT Program

Amy Bednarek– UD DPT Program

Francina “Franny” Persaud - per diem work and preparing to start her MBA next year

Brie Troyer-working and planning to start her Master’s in Sports Psychology

Jess Boyle– Columbia University DPT Program

Kaley Russin– ATC with Coordinated Health in Pennsylvania

Erica Witkowski– per diem work and preparing for her Master’s in Education

Gregg DeDomenico-Summer intern with Baltimore Ravens

Maddie Stoll-ATC with Pivot PT in Maryland

Jen Worrall– ATC with JAG Physical Therapy in New Jersey

Chelsea Finch– Pre-medical Post-Baccalaureate Certificate Program at UD

Jacob Stoner– ATC GA position at North Park University in Chicago

Adam Zarr-pursuing a career in Public Health

Gabriella Francis—undecided eventually headed to OT school.

Courtney Taylor - ATC with JAG Physical Therapy in New Jersey

Taylor Hatfield– ATC through Bayhealth Medical System in Delaware

Morgan Taylor– ATC with ATI Physical Therapy in Maryland



The Class of 2017 prior to Graduation



ATEP Seniors and Faculty at Deer Park tavern to begin the annual “Senior Night Out”



ATHLETIC TRAINING STUDENTS' ASSOCIATION (ATSA FORMERLY SATC)

ATSA Welcomes B+ Hero Kai to the UDAT Family

In the fall of 2016, we were informed that our student organization would be matched with a B+ Hero as a part of our work with the UDance event. Kai is a 6 year old boy who is a cancer survivor but also has a number of health complications including hyperplastic left heart syndrome. Despite all that he has been through, he is an amazing, outgoing child and quite the magician as he showed off during the UDance B+ Hero talent show. He quickly stole all of our hearts and we could not be more excited to have him join our UDAT family!



The ATSA UDance Team Raised over \$23,000 for in order to benefit the B+ Foundation. Join us next year in the fight against childhood cancer by sponsoring us in this 12 hour dance marathon!

Check out the 2016 Senior Slide Show made by Jen Worrall

<https://www.youtube.com/watch?v=XMQUgMEHhSQ>

Executive Board ('16-'17)

President: Amy Bednarek

Vice President: Gregg DeDomenico

Treasurer: Tyler Tice

Secretary: Kaley Russin

Event Chair: Gabby Francis

Historian: Jen Worrall

Summer Internships

-Paige Ezell: Minnesota Hockey Camp

-Megan O'Hanlon: Buffalo Bills

-Nia Powell: McNair Scholar

-Grace Kennedy: University of Arizona

Kyle Weinberg: Summer Scholars Research/ New Orleans Saints

-Kyle Alea: Seattle Seahawks

-Alex Casciato: Philadelphia Flyers

-Alex Siedlecki: Disney's Wide World of Sports

-Sara DeLiberty: Philadelphia Union

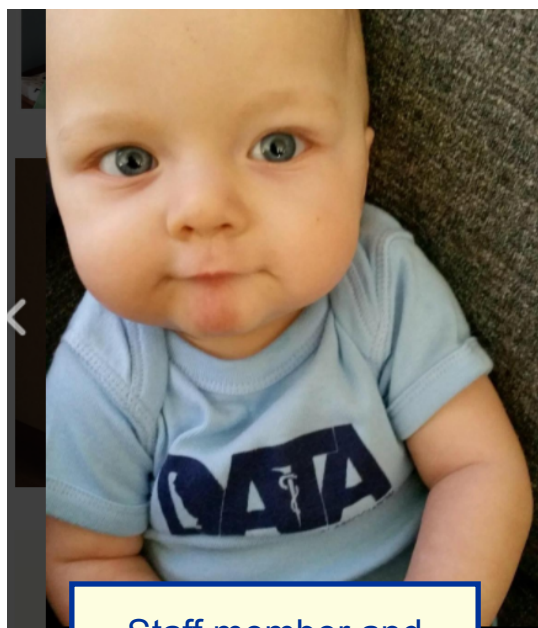


BABY BLUE HENS

Dr. Steve Thomas (PhD 2010) had a son, Jaxon Stephen Thomas, in August 2016



Staff member Brandon DeSantis and wife Lisa had a baby girl, Lena Grace DeSantis, in January 2017



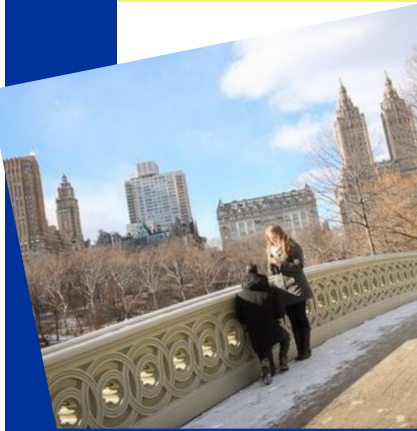
Staff member and ATEP Class of 2009 Paul Lowry had a son Ferris Paul Lowry on 7/8/16 weighing 7lbs



Lauren (Snyder) Greska (2007) welcomed baby boy, Declan in April 2016.



HEN DROPPINGS



Julia (Brandt) Drattell (2009) was engaged last summer then was married in June with many of her fellow UDAT Alums (Class of 2009) there to support her!



Mikey Stant (2016) in action with Sacred Heart University vs Jacksonville University



UD AT staff athletic trainer Paul Lowry and GA Lindsay Yates, ATC, and AT students Erica Witkowski, Gabby Francis, and Sara DeLiberty accompanied the UD Field Hockey team all the way to the National Championship!



Kyle Alea, Megan O'Hanlon, Nikki Patel, and Ethan Lennox recognized Friday 4/28 at the CHS Honors Reception



Rising Senior Megan O'Hanlon worked on the sidelines of the Iron Bowl (Auburn vs. Alabama) in Tuscaloosa, AL in November

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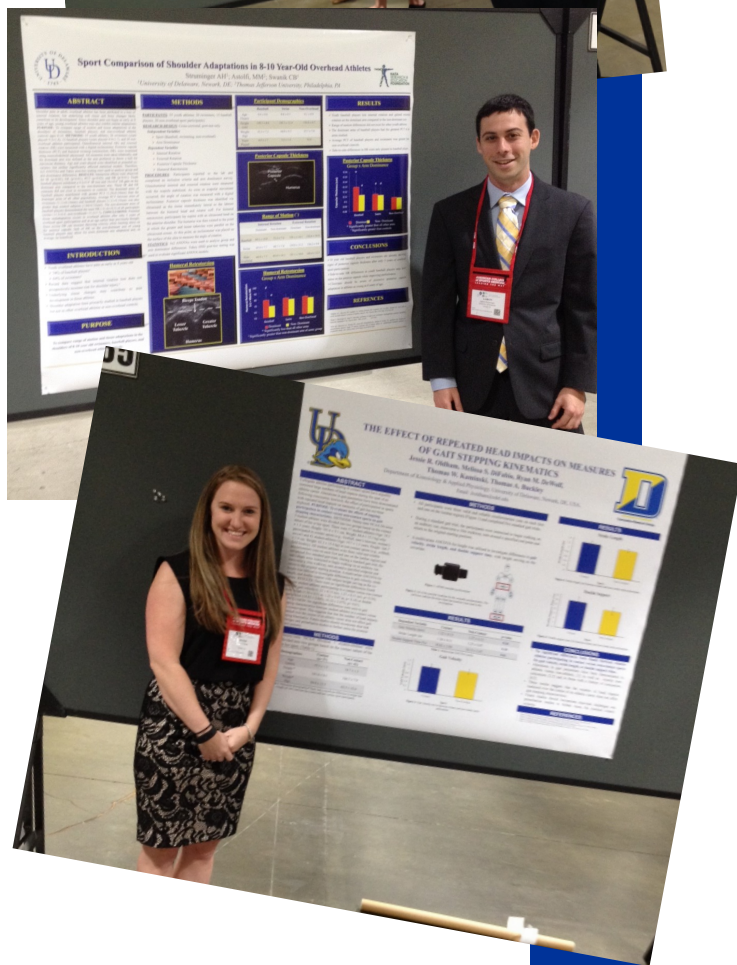
HEN DROPPINGS

CONTINUED



Laurel Hellhake (2012) with Dr. K at the SCATA Meeting in July 2016

Aaron Struminger (PhD 2017), Mellissa DiFabio (top) and Jessie Oldham (bottom) (current PhD students) at the ACSM conference in Boston 2016



Gabby Francis (2017) pictured with new UD President Assanis and his wife at the FH banquet Spring 2017



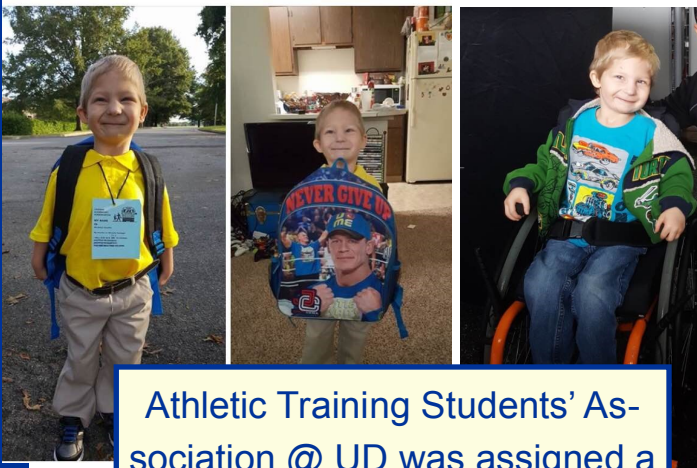
Nikki Hoffman (2004) with Dr. K @ Berlin, Germany airport 10-2016

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HEN DROPPINGS

CONTINUED



Athletic Training Students' Association @ UD was assigned a B+ Hero Kai through their involvement in the UDance event to fight childhood cancer!

Megan O'Hanlon (2018) - will be the first female AT student from UD ATEP to serve as a summer intern in the NFL as she heads to the Buffalo Bills this summer ! Good Luck.

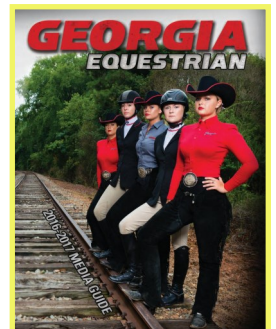


Megan Cusick (2015) (center) met up with the UD Field Hockey AT students Gabby Francis (left) and Erica Witkowski (right) during the NCAA tournament at Duke University!



UD alums Chelsea Best (MS 2016), Daniel Tocci (MS 2012), and Collin Francis (2010) gathered for a pre-game photo before the Rutgers vs. Indiana football game

Caitlyn VanWie (UD ATEP Class of 2015) spent the last 2 years working with the Univ. of Georgia's premier Equestrian Team. She has since moved on and is now serving as an intern on the Athletic Training staff at the University of Connecticut.

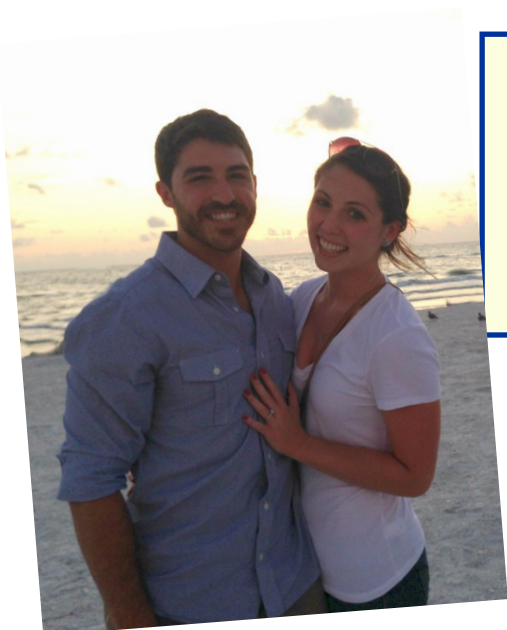


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HEN DROPPINGS

CONTINUED



Shawn Hanlon (MS 2014) and Sarah Neal (2013) engaged in the summer of 2016 at Pass-a-Grill Beach!



Sean Stryker (MS 2014) was married in Summer of 2016 with Alex Salinas (MS 2014) as his best man

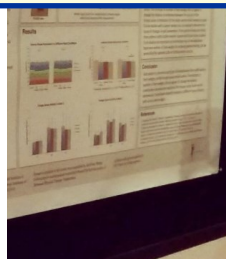


UDAT Senior Tyler Tice Presented poster "Changes in Gait Pattern and Triceps Surrae Activity in Immobilization Boots" at the EATA convention



UDAT Senior Amy Bednarek's Abstract on her concussion research was accepted as the Undergraduate Oral Presentation Winner at the EATA Convention in Philadelphia

Dr. K with Dr. Adam Rosen @ UNO March 2017



AT Students Katie Boltz and Ethan Lennox were chosen to serve on the CHS Student Advisory Board





HEN DROPPINGS

CONTINUED

Cody Walker and Josh Evans (2015) ran into each other recently at UK! (Josh — the orange pants have got to go!)



Retired UD athletic trainer and faculty member Joan Couch spotlighted in UD FB

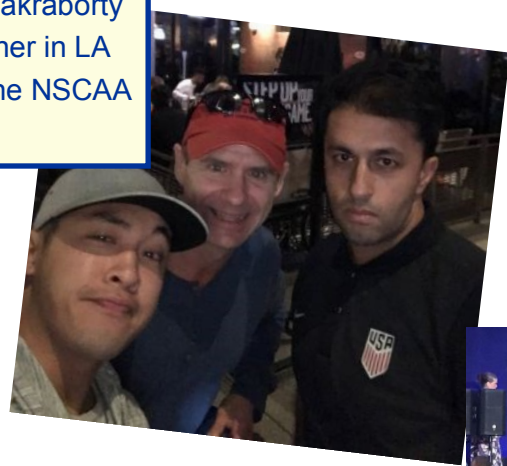
Eric Cousino (2006) sent along a wonderful photo of his family on the beaches of Cape Cod!



Dr. Buz Swanik was featured as keynote speaker at the IOC world conference presenting, "The Brain's Role in ACL Injury Prevention." at the IOC World Conference on Prevention of Injury & Illness in Sport in Monaco back in March 2017



Jon Hernandez (2010) and Shiraj Chakraborty (2011) together in LA with Dr. K at the NSCAA Mtg.



Senior Amy Bednarek was selected to give the student speech during the 2017 Department of KAAP Graduation Convocation on Friday May 26, 2017



Senior Taylor Hatfield is president of EATA Student Delegation and gave invocation speech at the 2017 EATA banquet



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HEN DROPPINGS

CONTINUED

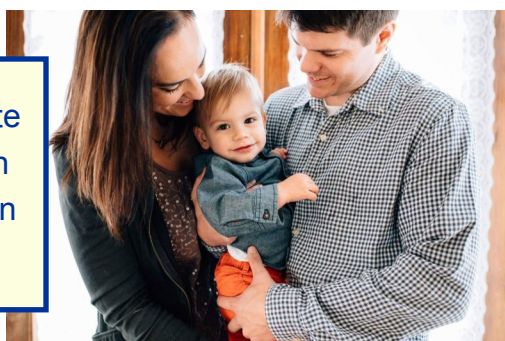


Allyssa (Claiser) Sundstedt (2012) got married in September 2016



Alex Salinas (Graduate 2014) sends his Christmas card from Forest Hills Northern High School in Grand Rapids, MI

Matt Hinsey (Graduate 2011) doing well with wife Meredith and son Chip



AT senior Taylor Hatfield and rising senior Megan O'Hanlon represented UD ATEP and DATA at NATA iLEAD conference in February 2017 in Dallas, TX

ATEP Senior Gregg DeDomenico (4th from the right, bottom row) with the AT team at the NY Jets



DE state senator Tom Carper visited the AT Research Lab at UD and learned about the research being conducted on concussions by the UD faculty Drs. Buckley & Kaminski along with graduate student Chantel Hunter





HEN DROPPINGS

CONTINUED

UD ATEP represented at the UD Day as a part of our Government Relations Day in Dover, DE summer 2016



Laurel Hellhake (2012) was engaged at Crater Lake, Oregon on 6/13/16



- ◇ AT Junior Alex Siedlecki participated in a winter session internship with the Army FB Team at West Point
- ◇ Courtney Taylor closed out her Figure Skating Career at UD
- ◇ UD Athletic Trainers Wrap Up NATM! Check out godelata.org
- ◇ AT Junior Katie Boltz awarded Atlantis Project Fellowship to study abroad in Zaragoza, Spain during Winter 2017
- ◇ Nikki Patel received the Gilman Scholarship to study abroad in Brazil for the summer of 2016
- ◇ Julia (Brandt) Drattell (2009) was featured in a video on the Initial Care of Concussions Discussion
- ◇ Kimmie Faucher (2015) is engaged to be married!
- ◇ Mary Mahon (2014) was married in May of 2017
- ◇ Christopher Clyde (2012) was married in November 2016
- ◇ AT Senior Taylor Hatfield joined the National Society of Leadership and Success

CONTINUED ON NEXT PAGE



ALUMNI NEWS

CONTINUED

Michael Bruno (2016) will intern with the Philadelphia Eagles summer 2017.

Marleigh Halkes (2011) is now an ATC and teacher at Atlantic County Institute of Technology in Mays Landing, NJ

Julia (Brandt) Drattell (2009) is working at NYU Langone at the concussion center working on community outreach and education, concussion identification, etc.

Maggie Johns (2014) will be starting as a GA at Florida Atlantic University in July

Dr. Jaclyn Caccese (PhD -2016) was awarded the outstanding Exercise Science Graduate Student Award in April 2017

Lindsay Lamond (MS 2016) was awarded the Robert Neeves award for her thesis in April 2017

Erin (McLaughlin) Rogers is now working at Nemours in New Jersey

Terrence McHugh (2012) PT/ATC for the Olympic Sports at Temple University

Billy Kerr (2016) finished out the year with the Northern Illinois University gymnastics team

Lindsey Lamond (MS 2016) is the NCAA/DoD CARE research coordina-

tor at Wake Forest Univ.

Brett Sammons (2011) working men's soccer and softball at Stony Brook University in NY

Alex Salinas (2014) is doing well at Forest Hills Northern High School and wrapping up his 3rd semester as an adjunct at GVSU

Evan Jay (2012) is working for Interventional Pain Management Practice and is a preceptor for Seton Hall's PA Program

Craig Oates (MS 2015) is now the head ATC for Women's Basketball at University of Virginia

Christina Saadeh (2011) continues to pursue her MA in counseling and has been offered a position as the Northeast Rep for Africa Inland Mission in Philly

Devon Leahy (2014) begins PA school at Philadelphia University in the fall



Dr. K. with Brian Goodstein (1995) and Ryan Tierney (1996) at the MLS Concussion Summit NYC 2017

CONTINUED ON NEXT PAGE



ALUMNI NEWS

CONTINUED

Kelsey Wolfe (2013) working in an outpatient therapy clinic at Children's Hospital of Richmond and was accepted to the DPT Program at the University of the Sciences in Philly Fall 2017

***Robbie" Wessells (2016)** accepted an athletic trainer position with Delaware Orthopedic Specialists

Eric Cousino (2006) started his own chiropractic practice in Cap Cod, MA

Mary Mahon (2014) is attending Army Health Services Plans and Operations course to receive an AOC Concentration

Corey Lopez (2011) is the head AT with football at Hampton University

John Taggart (2012) is the ATC working with the wrestling team at Rutgers's University

Deanna Lapp (2013) is working with an orthopedics group in central NJ as a PA-C/ATC

Meagan Maguire (2011) is keeping busy with their newly added Men's Lacrosse team at St. Joseph's College in Long Island, NY

Dr. Andrea DiTrani (PhD 2017) - is working as a faculty member in the ATEP at Neumann College outside of

Philadelphia

Lauren (Snyder) Greska (2007) is the DPT Coordinator at the University of West Florida

Meg (Burger) Solyak (2008) will graduate from PA school at Drexel University in December 2017

Evan Griskowitz (2015) accepted a GA position at the University of Kentucky working football starting fall 2017

Collin Francis (2010) was featured in the Athletic Trainer Spotlight for Cramer Products (8/16) and is the football AT at Indiana University

Matt Piha (2015) has started grad school at Eastern University (Philadelphia) to get teaching certificate for Health and Physical Education

Dr. Aaron Struminger (PhD 2017) - will begin his career with a faculty position in the ATEP at Eastern Michigan Univ. Fall 2017.

Nick Ludwig (2015) - has completed his master's degree at Boston University and will venture to Spain where he's enrolled in the physiotherapy program at the Universidad Camilo Jose Cela in Madrid.

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ALUMNI NEWS

CONTINUED

Meredith Link (2009) presented on “Rehab Considerations for ACL Injuries in Pediatric and Adolescent Populations” at the Annual Medical Aspects of Sports Seminar in February 2017 @ UD

Steve Feldman (2010) holds a mini-clinic on “NFL Sideline Stinger Management” at the Annual Medical Aspects of Sports Seminar in February 2017 @ UD

Alissa (Claiser) Sundstedt (2012) is working with an Orthopedic surgeon in St. Paul, Minnesota

Kathleen Criss (2016) has been accepted to UD’s DPT program to begin summer 2017

Anthony Morse (2015) will begin the PA program at Arcadia University

Molly Johnson (MS 2014) is now working as a clinical research associate for Avid Pharmaceuticals researching radioactive biomarkers related to neurodegenerative diseases

Jessica Bonnett (2014) is currently completing her clinical rotations as a part of Penn State’s medical school

Doug Pizac (MS 2016) is working in the department of Physical Therapy and Rehabilitation Sciences at the University of Maryland School of Medicine

Eboni Coffey (2002) is the head AT at Oakland Mills in Columbia, MD via Pivot PT and was featured in a Baltimore Sun article on the Howard County athletic trainers— [http://www.baltimoresun.com/news/maryland/howard/sports/ph-hs-get-](http://www.baltimoresun.com/news/maryland/howard/sports/ph-hs-get-to-know-howard-county-high-school-athletic-trainers-20160328-storygallery.html)

[to-know-howard-county-high-school-athletic-trainers-20160328-storygallery.html](http://www.baltimoresun.com/news/maryland/howard/sports/ph-hs-get-to-know-howard-county-high-school-athletic-trainers-20160328-storygallery.html)

Brittany Van Sickle (2012) is working as an operations manager at MedPro Wellness and is involved in many large-scale wellness objectives

Natalie Reynolds (2015) is finishing up her master’s degree as a GA with softball at Ohio University

Maggie Berkowitz (2013) has accepted a position with Women’s soccer and track at Appalachian state in NC

Onazi “Oz” Agbese (MS 2016) is now serving as a strength & conditioning coach with athletics at the University of North Dakota

Stephanie Minite (2016) - will begin as an athletic trainer intern at Manhattan College in New York City summer 2017

Patrick Morton (2015) - completed his master’s degree in Exercise Science from UD in May 2017 and will now begin in the DPT program here beginning summer 2017!

Allison Kim (Graduate 2010) - is a PA-C with Penn Orthopedics in Philadelphia.

Emily Henderson (Graduate 2015) - is serving as the DME Coordinator for Select Ortho DME Solutions in Michigan and hopes to soon be accepted into PA school.

CONTINUED ON NEXT PAGE



ALUMNI NEWS

CONTINUED

Sue Maurer (1982) is a fully-time counselor and part time ATC at BHS

Megan Couch (2014) is working as an athletic trainer/physician extender with Dr. Mesa and Dr. Rubato at Delaware Orthopedic Specialists

Catherine Hortsman (2013) began in the PT program at Stony Brook University last summer

Theresa Repole (2003) is an ATC at Newark Charter school and also is working as a teacher with special-needs students during the school day

Jess Clausen (2010) is at physical therapist at CORE/PT in Dover, DE

Meeja Kinsey (MS 2017) accepted an internship with DC United of Major League Soccer and will work closely with Head ATC Brian Goodstein (1995).

Dr. Greg Gutierrez (PhD 2008) is an assistant professor in the

School of Physical Therapy & Rehabilitation Sciences at the University of South Florida and writes that his two girls Natalie (5) and Jackson (3) are keeping he and his wife Kristie “crazy” busy!

Shiraj Chakraborty (2011) and Andrew DePietropaolo (2011) - are both working as athletic trainers on the medical staff for the US National Soccer team gearing up for the 2018 World Cup in Russia.

Matt Armistead (2016) - is currently serving as a GA athletic trainer with the swimming/diving program at Penn State University. Matt also received a \$500.00 grant last summer from Cramer Products to attend the Baltimore NATA Convention!

Jon Hernandez (2010) - is now working with the Los Angeles Rams in the NFL following a brief stint with the Buffalo Bills.

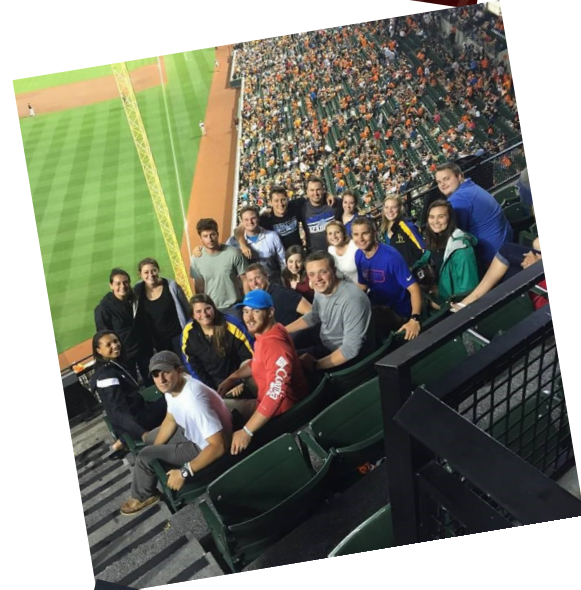
Uriah Myrie (2011) - has accepted a position with the athletic training staff of the Houston Texans of the NFL

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ALUMNI PARTY 2016

Thanks you everyone who attended last year's Alumni Party at NATA in Baltimore, Maryland! Alumni, faculty, and students had a blast catching up at Little Havana! We also honored Joan Couch for all of her accomplishments as she retired from her position as an AT staff member at UD.





ALUMNI PARTY 2017

HOUSTON, TX

Please join us in Houston, Texas for this year's UD ATEP Alumni party!

Wednesday June 28rd, 2017

8PM-11PM

Flying Saucer Draught House
Emporium

705 Main St.

Houston, TX 77002

\$10 at the door



DELAWARE ATHLETIC TRAINERS ASSOCIATION



President: Nikki Lounsberry

President-Elect: Mandy Costello

Secretary: Kelly Stafford

Treasurer: Kathleen Kenney

Past-President: Cara (Cordrey) Gomez



Thank you to everyone who supported the Annual DATA 5K Run/ 1 Mile walk. Volunteers, participants, and sponsors– you are greatly appreciated.

Can't wait to see you all there next year!!

Student Representatives

2016-2017: Morgan Taylor and Kristyn Lawler

DELAWARE ATHLETIC TRAINERS ASSOCIATION



DELAWARE **ATHLETIC TRAINERS'** ASSOCIATION

Keep up with all DATA News and Events at:

<http://www.delata.org/>

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J. Douglas Patterson, MD
Peter F. Townsend, MD

Joint Replacement

Steven M. Dellose, MD - UD '91
James J. Rubano, MD

Shoulder

Brian J. Galinat, MD

Spine

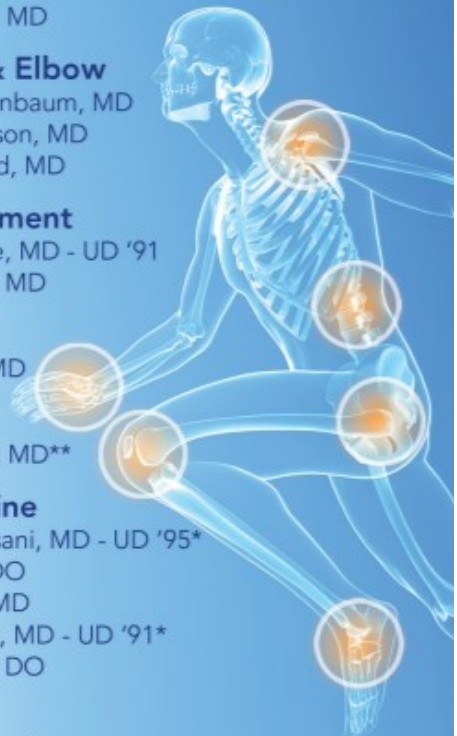
Mark S. Eskander, MD**

Sports Medicine

Damian M. Andrisani, MD - UD '95*
Bradley C. Bley, DO
Joseph J. Mesa, MD
Douglas A. Palma, MD - UD '91*
Matthew K. Voltz, DO

Trauma

Michael J. Principe, DO
Nicholas F. Quercetti, DO



* Orthopaedic Surgeon for the University of Delaware Athletic Department
** Affiliated Faculty Member with the University of Delaware Department of Physical Therapy

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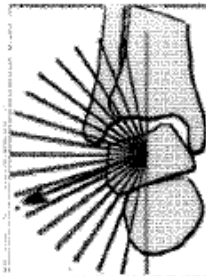
UD ATEP is grateful for the support provided by ATSA toward the Alumni Newsletter and Convention Social.

Please check out our website for club activities during the coming year: <http://udelatsa.weebly.com/>

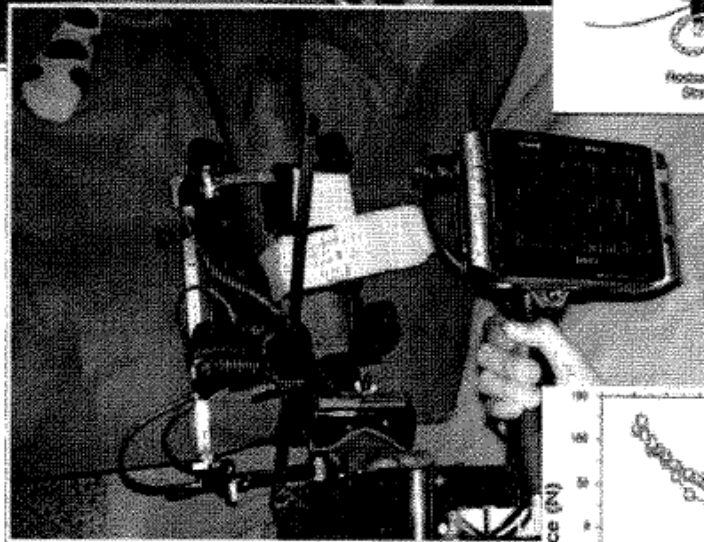
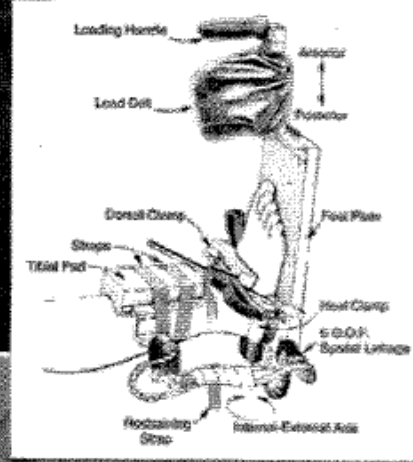
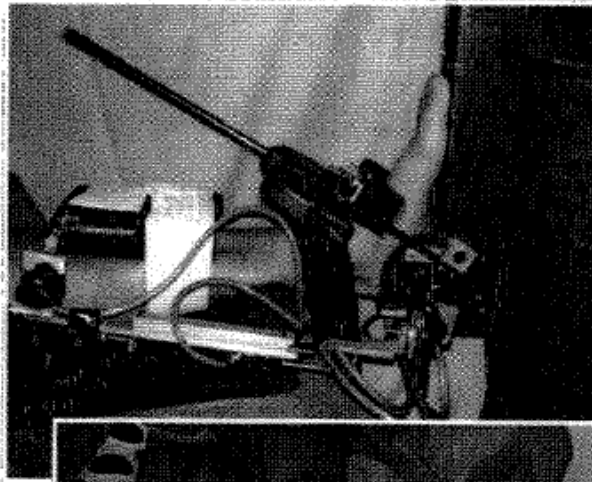


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Proud to again sponsor the University of Delaware Athletic Training Education Program's Alumni Newsletter and Alumni Social



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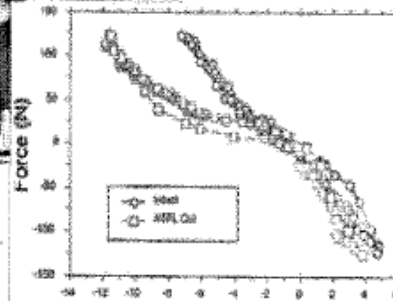


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Matt from the College of Health Sciences @ the
University of Delaware**



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