

ALUMNI NEWSLETTER

UNIVERSITY OF DELAWARE ATHLETIC TRAINING

VOLUME: 17- SUMMER 2020

ATEP Proudly Welcomes the First Group of
Entry-Level Masters Students



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“A NEW ERA BEGINS FOR UD ATEP” INTRODUCING THE STUDENTS OF UD’S 1ST MS-AT COHORT



Todd Henry Jr.

Hometown: Egg Harbor Township, New Jersey

Undergrad: Delaware State University

Why UD: I chose this university because this is the one place I have wanted to come to since I was a freshman in high school and only the best of the best come out of the University of Delaware.

Favorite UD AT experience: My favorite UD athletic training experience so far was traveling with the football team to play the University of Pittsburgh at Heinz Field. Everything about that day was incredible and being a part of that made me want to work in the NFL even more.

Near Term Future Plan: My plan for the near future is to finish school strong and make some connections to hopefully become a seasonal athletic trainer for an NFL team or land an internship with a minor league baseball team.



Kristen Kennedy

Hometown: Oceanside, New York

Undergrad: SUNY Cortland

Why UD: Perfect Fit.

Favorite UD AT experience: Being there for the WSOC team when they made it into CAAs.

Near Term Future Plan: Was supposed to work with the Philadelphia Flyers this summer but that got canceled due to COVID-19, hoping to work with them in the spring of 2021!





“A NEW ERA BEGINS FOR UD ATEP” INTRODUCING THE STUDENTS OF UD’S 1ST MS-AT COHORT



Joh’nasia Lewis

Hometown: Wilmington, Delaware

Undergrad: Syracuse University

Why UD: I chose UD because I wanted to stay home this time around for college to save money on housing and meal plans. It's also convenient that UD is only 20min from my house. After my interview with Dr. K, I was informed about how great this program is and how accomplished alumni are after graduating.

Favorite UD AT experience: Softball with Karissa

Near Term Future Plan: After graduation, I want to move to Texas and work on a military base.



Leah McGoldrick

Hometown: North Reading, Massachusetts

Undergrad: University of Delaware

Why UD: I decided to continue my experience at UD due to the skill set that I had been briefly introduced to by the preceptors during my 3 rotations as a sports health student. Watching the preceptors as well as the students tend to the athletes and their injuries, with skill and grace, I felt that this was the kind of education that would best prepare me for my future career. UD became my home during my undergraduate experience, and continuing my education through my graduate degree became a simple outcome overall.

Favorite UD AT experience: My favorite UD AT experience involved a few of us who traveled to NYC in the beginning of March to promote athletic training on Good Morning America. Jordan, Xia, Emilie, Tori and I were able to stand on the set and speak about athletic training as a profession and increase awareness of the skill involved with the profession. Being surrounded by other schools as well as ATCs who were all motivated and proud to be in this career felt energizing.

Near Term Future Plan: I plan to begin working with UD Women's Soccer this upcoming fall with preceptor Leyla and senior student Sara. I am very excited to be a part of this team and to learn and increase the skills that I may throughout my education here at UD.



Leah was also selected to represent UD-ATEP on the UD Graduate College Student Senate!





A NEW ERA BEGINS FOR UD ATEP



Brittany Marie Roman

Hometown: Yorktown Heights, New York

Undergrad: University of Delaware

Favorite UD AT experience: My favorite UD AT moment was when I worked the Medical Aspects of Sports Seminar. I demonstrated several taping methods used within Athletic Training to different healthcare professionals.

Near Term Future Plan: After graduation I plan on applying for a NFL internship or work with a division one football team.

Amanda Singer

Hometown: Germantown, Maryland

Undergrad: University of Maryland– College Park

Why UD: I chose UD because I found the program to be unique and I wanted to be a part of the legacy that has been created by UDATEP.

Favorite UD AT experience: Myself and my fellow AT students working with men's lacrosse dressed up as the coaching staff for Halloween.

Near Term Future Plan: Upon leaving UD I hope to obtain a position as a high school athletic trainer.



Victoria (Tori) Wittemann

Hometown: Baldwin, New York

Undergrad: DePauw University

Why UD: UD felt like a family when I visited and I knew the many years of the AT program would provide me with amazing opportunities.

Favorite UD AT experience: Traveling to the NCAA tournament with the Field Hockey team!

Near Term Future Plan: Working with UD's baseball team



UD ATEP SIGNS HISTORIC AGREEMENT WITH DELAWARE STATE UNIVERSITY

<https://www.desu.edu/news/2019/09/dsu-ud-partner-athletic-trainer-program>



Dr. Cara Gomez,

Dr. Chris Mason,

Dr. Thomas Kaminski

Delaware State University and the University of Delaware recently expanded upon their partnership relationships through a new agreement in connection with UD's Master of Athletic Training Program.

The agreement establishes a collaboration that will annually enable one selected student from DSU's Kinesiology Degree Program within the Department of Public and Allied Health Sciences to, upon graduation, enroll in UD's Master of Science Athletic Training Degree Program.

Each year a graduating DSU student will be selected by the Department of Public and Allied Health Sciences. To be eligible, the student must have maintained a 3.0 GPA throughout his or her undergraduate journey and have 100 hours of observation under a licensed athletic trainer.

Dr. R. Christopher Mason, chair of the DSU Department of Public and Allied Health Sciences, Dr. Cara Gomez, assistant professor of kinesiology, and Dr. Thomas W. Kaminski, director of the UD Athletic Training Program, took part in the Sept. 20 signing ceremony.

Dr. Mason said the partnership will be beneficial to both institutions and for the kinesiology students.

"Increasing the quantity and quality of viable graduate school and professional placement options for our students is one of my top priorities," Dr. Mason said. "Establishing this pipeline with UD's Athletic Training program is a positive step in the direction of achieving that goal."

Dr. Thomas W. Kaminski, director of the UD Athletic Training Program, called it a "terrific" collaboration.

"Cara is one my former students at UD, so she understands the rigor and the prestige associated with our Athletic Training Education Program," Dr. Kaminski said. "For us to gain one student a year from DSU's Kinesiology Program is a great partnership."

BLUE HEN KEVIN GIBBS WORKING AS AN EMT IN THE NEW YORK CITY REGION DURING PANDEMIC

FEATURED IN U-DAILY JUNE 2020

<https://www.udel.edu/udaily/2020/june/athletic-trainer-coronavirus-emt-nyc/>



University of Delaware student Kevin Gibbs had a few extra wrinkles to iron out as he finished up the spring semester at his home in Teaneck, N.J. In addition to navigating his online instruction, Gibbs faced another challenge - working as an emergency medical technician in the New York City area during April and May, when the region was the epicenter of the COVID-19 pandemic.

Gibbs, 21, has been working as an EMT since he was 16 years old. In addition to volunteering with his hometown of Teaneck Township, N.J., he works for a hospital-based emergency medical service that serves New York City as well as a private EMS service. When he's home from UD on break, he's usually working at one of the three jobs.

During the height of the COVID-19 pandemic in New York City, his part-time job morphed into full-time responsibilities. Emergency calls jumped 45%. Gibbs worked 40 to 60 hours a week, often handling as many as 20 patients — most suspected of having coronavirus — during his 12-hour shifts.

For Gibbs, whose mother and sister work in healthcare in New York City and who is considering a post-college career in law enforcement like his father, the desire to help others in need is innate. This past year, he worked as a resident assistant in the South Academy residence hall and served as a senator for UD Student Government Association.

"I can't sit here and literally do nothing," said Gibbs, a senior sports health major beginning his graduate coursework for the hybrid 3+2 Athletic Training Education Program, within the College of Health Sciences. "I just wanted to help out in whatever way I could."

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FEATURED IN UDAILY JUNE 2020

Adapting to changing protocols

After working as an EMT for five years, Gibbs understands there's nothing typical about spending the day in an ambulance. But the unprecedented nature of the coronavirus quickly changed the way he and other EMTs did their jobs.

As the number of COVID-19 cases spiked in the area, their safety protocols changed to reduce the risk of transmission. Concerns about running out of personal protective equipment (PPE) meant that instead of two people assigned to enter the home of a patient, only one went in, stretching PPE supplies over the shift. Calls took two or three times longer than usual because EMTs had to dress in full PPE. After every call, the stretcher and ambulance had to be wiped down, even if the patient wasn't suspected of having COVID-19.

Because everyone in the family had the potential to come into contact with infected patients, Gibbs said they made rules about coming home from work. Everyone changed their clothes at the door and put their clothes in the laundry. The family still does daily temperature checks and additional cleaning, even though the cases are no longer at their highest levels.

"There are risks in anything you take in life. You have to put yourself out there and make the best of it," Gibbs said.

Despite the challenges, Gibbs said he couldn't help but feel inspired by those around him, including emergency personnel who came from Arizona, Nevada, Wyoming and other parts of the country to help with the flood of coronavirus patients seeking care.

"It was gratifying to see people coming from all over to help out where it was needed," he said.

Jeff Schneider, clinical education coordinator for the Athletic Training Education Program, remembered Gibbs as a freshman criminal justice major when he took Schneider's emergency care course. With his interest in treating injuries and previous experience caring for people, Schneider said, it made sense for Gibbs to make the jump into the athletic training program.

"He has a tremendous work ethic and strong passion for health care," he added.

Juggling school with work

Rather than rest on his days off, Gibbs logged onto his laptop to keep up with his online instruction. Most of his professors were unaware of his extracurricular endeavors at home — and he wanted to keep it that way.

BLUE HEN KEVIN GIBBS WORKING AS AN EMT IN THE NEW YORK CITY REGION DURING PANDEMIC

FEATURED IN UDAILY JUNE 2020

“I don’t want that to be an excuse. I know in the real world you’re going to have deadlines,” Gibbs said. “I had to ask for one extension. I had an assignment due at 11 a.m., and I thought it was 11 p.m.”

Eric Greska saw that determination in his classroom as Gibbs’ professor. Even after that, Gibbs would pass by his office in the Fred Rust Arena on his way to class, always taking time to say hello or stop in to chat for a few minutes.

“Knowing Kevin's work ethic and determination, as well as his support for his peers, it does not surprise me that he committed to helping those in need and putting his own health at risk while still maintaining his academics,” said Greska, an assistant professor in the Department of Kinesiology and Applied Physiology.

These days, Gibbs is still busy, although the workload from his job has returned to more typical levels. That’s good timing as he starts the graduate portion of his athletic training program.

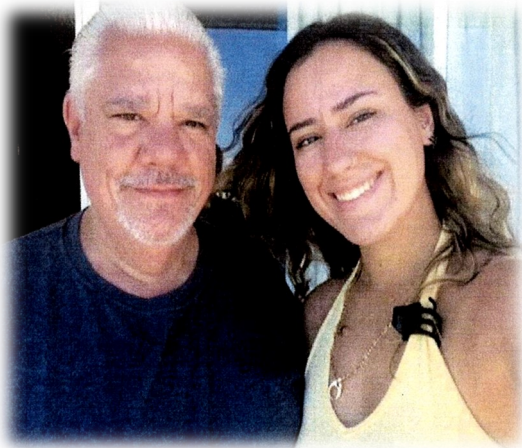
Gibbs credits his sister with providing him with time management skills to keep up his demanding schedule without letting anything drop. That’s why he’ll pull out homework during slow stretches on the job.

“A lot of older people have told me to take in every moment,” he said. “This has helped me to see that tomorrow is never guaranteed.”



<https://sites.udel.edu/chs-atep/>

SPECIAL TRIBUTE TO CHRISTOPHER PAGAN FATHER OF UD ATEP SENIOR STEPHANIE PAGAN (CLASS OF 2020)



Christopher Pagan died unexpectedly but peacefully in his home on April 20, 2020, in the Bronx, New York at the young age of 55. Chris is survived by his only daughter, Stephanie Pagan. Chris was born on October 9, 1964, in New York to Harry Pagan and Florence Dewhurst. He married Sonia Melendez in 1990 who passed shortly in 2001 after they brought their daughter Stephanie into the world in 1998. Chris was a hardworking, loving, and dedicated father. His daughter and friends remember him as a funny and caring father and friend who encouraged them to pursue their goals. Chris was a dedicated and appreciated worker at 930 5th Ave for over 25 years.



A Go-Fund-Me account was setup to show Stephanie love and support! The true UD ATEP spirit shined through!!

<https://www.gofundme.com/f/in-support-or-our-friend-steph-pagan>

\$8,601 has been raised so far!

As a special tribute to UD ATEP senior Stephanie Pagan—the class of 2020 presented her with this commemorative picture collage as a small token of our love and respect for her during this most difficult time. A special THANKS to many of you in the UD ATEP family who generously supported the Go-Fund-Me page set up for Steph to help her moving forward. Finally, on June 14, 2020 Stephanie was engaged to be married to her fiance Kameron Dawson pictured here. Congrats and best wishes!



FROM THE DESK OF DR. K

ATEP PROGRAM DIRECTOR



Needless to say the 2019-20 school year did not end the way most of us had anticipated. As the Covid-19 pandemic descended upon the United States in early March our lives changed. I won't bore you with all of the cliches, because quite frankly you've heard them all. I write this year's notes from the confines of my home in Middletown, DE where I have been cooped up in exile since early March. Now I do occasionally venture out to Lowe's and Home Depot for the many home improvement projects I have found myself involved with over the last 90+ days, but other than that "home sweet home". This whole situation has made me realize how much I miss the "grind" of early morning arrivals, long days in my office, but most importantly the interactions with my students. Needless to say, this year's "virtual" senior luncheon event was by far the hardest and most emotional ever. Those 21 senior students worked so hard during their 4 years in UD's ATEP and did not get to experience all the fun activities those last few months hold. They will persevere and undoubtedly be stronger in the end because of it. I sorely missed being able to interact with family members too --- one of the highlights for me of the entire graduation weekend are those moments chatting with moms, dads, aunts, uncles, grandparents, and brothers and sisters. Because of the pandemic the BOC exam was also postponed until late May/Early June and so the seniors are now anxiously awaiting the results due out late June. The extra time certainly benefitted them all and we are confident about the pending success! A special shout out to senior Stephanie Pagan who lost her father to the Covid-19 virus in April 2020 (see special tribute in this newsletter). You have shown strength and courage beyond your years during this entire time and we all admire you for that.

As you can see by this year's cover story we have spotlighted our inaugural class of master's students who descended upon the UD campus in early June of 2019. While we were all anxious to get started, there were many uncertainties as to how the year would unfold. Looking back the transition was actually very smooth and we owe a debt of gratitude to the senior and junior classes who welcomed the new cohort of students into the UD ATEP legacy with true Blue Hen spirit. The students jumped right into coursework the 1st summer

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FROM THE DESK OF DR. K

ATEP PROGRAM DIRECTOR

and have not looked back, even despite the hurdles created in the face of the Covid-19 pandemic. They are extremely excited to get back into the clinical environment and continue to hone their skills. Their 2020-21 academic year will conclude with a Spring 2021 semester long “full-immersion” clinical experience. Some plan to stay at UD to do that, while others will venture off campus to get the all-important clinical experience. Graduation in May of 2021 will involve our remaining class of undergraduate AT students (17) and the 2nd year MS-AT students (7). From that point forward, UD ATEP will have fully transitioned into the graduate entry-level education process.

The 2019-20 academic year also marked the first without Keith Handling who retired following the 2018-19 school year. Although the shoes were large, Dr. Bethany Wisthoff stepped in in earnest in June 2019 and has not looked back. She has been a terrific addition to our ATEP family and serves as an excellent classroom instructor, thoughtful academic advisor, and insightful colleague. Additionally, in early March 2020 UD ATEP hired its’ first administrative support staff member in Ms. Shantele Neal. Unfortunately, the Covid-19 pandemic has curtailed her immersion process, but in due time she will be a full-fledged member of the UD ATEP team! Faculty/staff/student are all excited to have her onboard!

Special THANKS to Dr. Eric Cousino who graciously agreed to serve as this year’s Alumni Spotlight. His “straight from the heart” writings speak volume to his character as a colleague, health care professional, loving husband and father, and most importantly a friend to UD ATEP! Please take a moment to read his inspirational story.

Tomorrow evening was supposed to be our UD ATEP Alumni Party night at the Sidebar in Atlanta! With the cancellation of the NATA Annual Meeting back in May, our event was also cancelled. I so look forward to that event every year as a chance to get caught up with former students and friends of UD ATEP. Please take a few moments to check out the pics and recap of the Las Vegas Alumni Party event. Looking forward to the Orlando event late June 2021. If anyone is familiar with the area near the convention center in Orlando, please let me know of ideas for a venue that I should scope out.



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FROM THE DESK OF DR. K ATEP PROGRAM DIRECTOR

YOU (our alumni & friends) are an important part of the UD ATEP family. Thanks for your ongoing support of the program and STUDENTS. Please keep in touch and follow us throughout the year on Twitter **@UD_ATEP** I utilize Google Groups to manage our UD ATEP e-mail list so please use the Alumni Update on the website --- <https://sites.udel.edu/chs-atep/alumni/> to send me your changes or send an e-mail directly to me at kaminski@udel.edu Please-please ---- if there are any classmates/alums who are not getting my communications send me their contact info. Hoping for a better 2020-21 school year and a return to normalcy. In the meantime STAY WELL and Go Blue Hens!



Alumni and friends please consider a gift to the UD ATEP via UD's Alumni Donor page — <https://www.udel.edu/alumni-friends/give/how-to-give/> Please target the gift to the UD ATEP Gift Account—HNES412112 Your donations go a long way in supporting professional development programming for our students enabling them to attend and represent UD ATEP at local, state, regional, and national sports medicine conferences. THANK YOU in advance for your generosity!





FROM THE DESK OF DAN WATSON SENIOR ASSOCIATE AD, SPORT PERFORMANCE

Greetings UD Alumni. Unfortunately I have to be brief this year as I'm up to my eyeballs in Return to Campus planning. More on that shortly. I would be remiss in these times to not comment on the abhorrent racism that clouds our great nation. It's very clear that simply having good intentions but staying on the sidelines is no longer good enough anymore. You should be ProUD to know that UD Athletics along with our Student-Athletes are planning and implementing sustainable action steps to influence and guide real change. Inclusivity is one of our departmental core values (<https://bluehens.com/sports/2018/6/4/211621394.aspx>). Our AT staff reflects that not only in our daily actions, but in our meaningful involvement in the Athletic Department's action steps. Be ProUD.

As I mentioned I am leading our Student-Athlete Return to Campus planning. Our Wave 1 S-As arrive on June 15th. This is a small group and we will occupy a small footprint at our facilities. The plan is a progression of sequential waves that strategically grow our numbers and footprint. There's many more steps ahead, but we are on a pathway for Fall Sports Seasons (until someone tells us otherwise). Again the AT staff is leading this initiative which is ultimately the spearhead for the entire student body's return to campus. Be ProUD.

The AT staff has heard me say this many times before. There is no question in my mind that we have the best AT staff in the world. (See our staff pic below taken at Nikki (Lounsberry) Yates wedding!). From being recognized annually with NATA & District Awards (Kelly Stafford was just announced as the D2 Young Professionals' Award of Distinction, Nikki Yates won the same award last year), to advocating for our profession at the State, Regional & National level, to leading UD Athletics through an incredible build of a truly integrated Sport Performance Department. I could go on and on, and if you visit I'd love to show you our new facilities and tell you more about the incredible initiatives we are building. Be ProUD.





FACULTY SPOTLIGHT

KELLY STAFFORD (CLASS OF 2008)

One of the things I was most excited about when I returned to UD 9 years ago as an assistant Athletic Trainer was being involved with the ATEP program. As an alumni, I was excited to be a part of developing the future of our family as a preceptor, steering committee member, and an instructor for AT Practicum 3.

May is my favorite month. It is when we recognize the hard work the AT students and my athletes put in all year. It is the month of traditions—The Bar Crawl, UD athletics senior days, BOC results, Semi-formal, DATA 5k, the Car Wash, KHBO, senior slide show, cleaning day, and graduation celebrations--traditions that many generations of students have shared and value. With the loss of many of these traditions this year, I realized that they are not the source of feeling a part of the UD ATEP family. When I look back on my experience as a student, it is the bond of growing together, the shared journey of becoming great athletic trainers, which binds us all. Now, in my current position, I am proud to be a part of our student's journeys, the thing that will keep UD in their hearts many years into their careers.

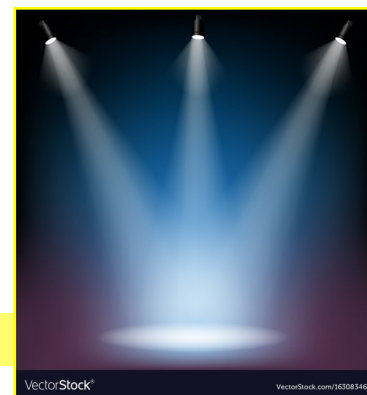
As someone that loves tradition, it is not a surprise that I was one of the biggest skeptics when the transition to a master's program was introduced. I was fearful for what this big change meant for our profession and the UD ATEP experience. My fears dissolved quickly this year when our Athletic Training rooms were filled with 1st year entry-level master, senior, and junior BS students. We have always held our students to a high standard with a rigorous course load and a high level of clinical responsibilities. Students have always been integrated into the fabric of UD athletics. This fabric provided a seamless transition to the new normal. The most beneficial difference between the two programs is the opportunity for a full-immersion experience. The gift of time to slow down and focus on patient care and clinical growth for their entire last semester. Time is a gift that BS students never had as they balanced general undergraduate student requirements, professional degree requirements, clinical hours, and living the college experience. The UD AT staff has worked hard to create a full-immersion experience program for MSAT students (UD and elsewhere) that will help them grow in all areas of administration and patient care. This program also aims to create a network of immersion experience opportunities for current and prospective UD students.

Change is hard, but we have built on our proud history and what makes us special in order to evolve. I look forward to being a part of the continued UD ATEP journey and watching our traditions live on for generations to come.



ALUMNI SPOTLIGHT

DR. ERIC COUSINO (2006)



“Check please! I’m all set. I’d rather study real medicine at a medical school.” Let’s start back a little further on how I ended up where I am today.

In high school, just like most of the athletic training student body I started off as a multi-sport high school athlete, which dwindled to 1 sport by my senior year. This led to more injuries, often finding myself in the AT office or PT clinic. Naturally, I began to become more interested in the medical side of sports, but I still wanted to play soccer in college. At the time playing in college was my number 1 goal in life and I was fortunate enough to play with great players that often made me look better than I actually was. Not to say I couldn’t hold my own, but I had to put more effort into being great than players that were actually great. Having this knowledge really helped me cope with the fact I should really focus on school. I decided to add new goals and major in Athletic Training while playing soccer. In this era it was still possible, but frowned upon in most division 1 schools. Low and behold I was able to find 1 coach that agreed to my plan, but following my freshman season my coach gave me an ultimatum of one or the other. He told me if I wanted to be a better soccer player I had to be fully committed to his program. I went with option C and transferred to UD. This ended up being a huge turning point in my life and propelled me into where I am today.

As a “redshirt” freshman I was selected to the athletic training program along with my 7 classmates. The next year Keith Handling decided to step down as director of the program and in comes Dr. K. It’s amazing at 37 I can single out about 10 people that helped me become what I am today. For me one of my biggest influencers was when I met Dr. K in 2003. Most of you don’t know this, but when Dr. K first came on the scene he was not beloved like he is today. I still remember his first ever meeting in front of the entire student program where he explained his plan for a massive overhaul. As he was speaking I scanned the room and noticed severe displeasure from most of the crowd. I don’t blame them, most people hate change, but for me I felt an instant connection because he looked like a transfer student without friends. I could easily relate to him and I believe I was the first UD undergrad student to beg him to let me help with his research. He said, “Sure, meet me next Tuesday after class, but before training room.” He gave me the glamorous job of data entry, which I much appreciated. While going through class, training room, and hanging out at the lab in the ice arena, I discovered I loved working out and decided to minor in strength and conditioning. Influencer #2 was the one and only Jeff Schneider who I didn’t even know existed the year before. Jeff let me work on top of his office for 2 years while I was doing research, training room and class. It worked out great because Dr.K’s office and Jeff’s were side by side before they remodeled the place.

The summer before my senior year I was co-author on three studies that Dr. K was the lead and I believe I was the first undergraduate student from UD to present at the NATA. During my poster presentation I met two other athletic trainers who also happened to be chiropractors from Philadelphia. These two became influencer #3 and #4. We talked for an about an

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ALUMNI SPOTLIGHT

DR. ERIC COUSINO

hour on what I was presenting and we ended up meeting for dinner one of the nights. By the end they asked me if I ever considered becoming a chiropractor and that's when I said, "Check please!...." At the time they were in the same office and implored me to come visit them. Following our nightcap they finally persuaded me to visit. Now thinking about it, they offered me another free meal and I was a hungry college kid.

Their office hours started at 7am and I hate being late so I begrudgingly met them first thing on a hot early July day. I was completely blown away with the stuff they were doing and how much relief they were giving their patients. I fully expected to walk in their office and be unimpressed, but their knowledge of the body was what I had been missing. During the morning they went 5 hours and it felt like 1. They were doing rehab, modalities, manipulations, nutrition, cold laser therapy, decompression therapy, orthotics, KT taping, graston, ART, and even acupuncture. Their techniques were so above my head that at one point I asked for a pen and paper because some of their conversations sounded like a foreign language. As the morning shift ended we went to lunch (my second free meal) and I asked if I could stay the afternoon. They both looked at each other, then looked at me and said, "It's going to be a lot different." I'm thinking, I just want to see more. We get back to the office and there are zero patients. I didn't understand because I was there at 6:30am with at least 10 patients deep in the waiting room before the place even opened. All of a sudden in comes the offensive line for the Philadelphia Eagles. It was amazing seeing this Family practice turn into a sports medicine office. As soon as I got home I quickly researched more about the profession. Coming from an extremely conventional medical background there was a lot I wasn't in love with. This included the severe lack of research of chiropractic manipulations and the fact that both the doctors I just shadowed went to a school that had to fold due to lack of students and funding. Was this a dying profession? If it is then why did every single NFL team have 4 chiropractors not including players personal ones?

In this same summer I already took my GREs and MCATs for plans that were now blurry because of what I just witnessed. I can fully attest that I was not the greatest student, but the athletic training program opened up more doors than I can even count. I had multiple opportunities following graduation at UD. Many included grad assistantships in both AT and strength and conditioning, PT school, professional team jobs, even medical school. Instead of taking what I thought would've been the safer root I decided to gamble in what I thought was one of the riskiest medical professions. Following graduation at UD I ended up going to the gloomiest place in the US. I was in upstate New York in a town called Seneca Falls working on becoming a doctor of chiropractic. I know, it's not Antarctica, but one year it snowed from Halloween to May 15th. This school has a built in underground tunnel system to go back and forth into all the buildings so when it snows 10 feet you can still go to class. Nevertheless, I was sold based on what I saw in the Philadelphia office only months ago.

The school is broken down into 10 semesters, including clinicals and fellowships. Since my background has totally prepared me, I decided to fast track it and finish in 3 ½ years instead

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ALUMNI SPOTLIGHT

DR. ERIC COUSINO

of the recommended 5 years. Well it turned out my background only scratched the surfaces of cadaver anatomy, neuro anatomy, pathology, biochemistry, histology, microbiology...ect. My first professor gave a test the first day and said, "Get used to this because each of you will need to pass 1001 tests before you can sit for the national boards." My head exploded, that's almost 24 tests every month. Naturally I counted and he's off by about 400. Succeeding the classroom portion of school, my career as a chiropractor first started in Long Island and New York City where I completed my clinical and fellowship assignments in various hospitals, general chiropractic offices, drug addiction clinics, High schools, colleges and various sporting events, like the NYC marathon, US open (tennis) and US open (golf- they were at Bethpage black that year). Soon after those experiences I decided to come home and become an associate chiropractor at an office in central New Jersey. I mainly picked the office because I was broke from school and couldn't afford rent anywhere, except my parent's place. For some reason banks don't like to loan money to inexperienced students with mounting tuition debt. It's always humbling when you receive a doctoral degree to practice some form of medicine, but can't afford a frame for the piece of paper that says your degree.

After graduation I decided to do everything I could to get my name out there and start a practice while I was waiting for my state license, which takes 2-3 months. I ended up becoming a personal trainer at a local gym, working at local summer sports camps as an AT, volunteering as a Special Olympics coach and I still had some mild athletic ability to play for a semi-professional/ beer league soccer team that didn't pay, but they gave me free food and adult beverages. I'll never forget this summer because it truly changed the way I view care for patients. Since my graduation was July 27th, 2009 and I was completely finished with my school by June 1, 2009 I decided to get into all the things I'd planned on. On August 9th it was the first game of the resurgence of my soccer career. Kind of like "the summer of George" for the Seinfeld fans out there. Well just like George, I injured myself. At first I had the classic, "it feels like I was shot or kicked from behind." Except, when I turned around there was no one behind me. "F&#ing great, I totally tore my Achilles."

I tell this story because I've had multiple injuries and multiple minor surgeries, but following this surgery I knew I was never going to be the same. Instead of starting my new job in October of 2009, I couldn't start until January of 2010. I am still very grateful the bank never gave me a loan. In the months following my September surgery I knew it didn't feel right. I went back to the surgeon and they ended up doing a second surgery, and finally a third to clear out severe scar tissue around the Achilles and ankle. My surgeon told me I was a rapid healer, like wolverine from X-men, but zero super strength and zero saving the world ability. A week after my third surgery I fell into a pretty severe depressed state, but at the same time I learned an invaluable lesson. What scared me more than pain or loss of function was the

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ALUMNI SPOTLIGHT

DR. ERIC COUSINO

mental head game of knowing I won't ever be right again. For all the reading, studying, past experiences with just working on people, I was missing this key component. I never understood how some doctors and researchers could come up with rehab plans for another person when they never experienced the surgery for themselves? Going forth I changed my mindset of how I was going to push people and start listening more. I decided that just because a that just because a patient's injury looks textbook doesn't mean their recovery is textbook.

January 4, 2010, I joined what is a pretty standard cut throat NJ practice. See as many patients as you can, in as little time as possible and try to bill their insurance carrier for anything and everything you can think of. Great, this isn't what I had planned, but I'm desperate, broke, and some of my friends think I should be able to buy a Benz because there's a Dr. in front of my name. On my first day not a single patient wanted to see a 26 year old doctor, fresh out of school. Most of the patient's joked and called me, Doogie Howser. I realize this is outdated myself, so for those of you who don't know the show it's basically saying your way too young to be treating patients. After 1 week of just sitting on my hands and realizing that if I don't see patients by next week I'm probably going to get fired due to lack of production. I decided to fall back on what I knew better than most other chiros. I put in a rehabilitation clinic in a chiropractic practice. Ten years ago not many chiropractic offices were doing this, but I have my athletic training and strength and conditioning background and all of a sudden I'm building my patient base through my undergrad degrees. Amazingly none of the other 20-30 year experienced chiros that were in the office could create this because they simply didn't know how. From there the word got out quick and my biggest referrals were actually from PTs, neuro/orthopedic surgeons and physiatrists. Our office became known as the place you were sent if you had failed surgery or we were your last hope before you went under the knife. We essentially became the bridge for most surgeons to decide if the patient was a good candidate for spinal surgery.

Surprisingly the office, which wasn't known for its sports medicine population, started seeing local HS athletes and their coaches. Then the coaches began telling other coaches and that led to seeing players and coaches from Rutgers University, Princeton University, Rider University, and Fairleigh Dickinson. From there we started seeing minor league baseball players in the independent league and major league prospects that lived in Jersey during the off season. Essentially my athletic training degree helped our chiropractic office trickle into the NFL. We became personal chiropractors for players on the Jets and Eagles. By 2013 my #3 influencer back in Philadelphia gave me a call about an opening as one of the team chiros for the Eagles. What a dream, I can do what I love and work for a team. I already know the chiros on the team, the strength and conditioning coaches, some of the front office staff. I'm so excited, I run home to tell my wife who is 8 months pregnant with our first child and before I can even get the words out I already know the answer.

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ALUMNI SPOTLIGHT

DR. ERIC COUSINO

I knew that my weekends would already be booked and I didn't have time to fly around the US on Saturdays, Sundays and possibly Mondays at least 10 times a year. After deciding to turn down the job I decided to change my goals for the office. I felt like our office became more of a pain management clinic rather than a wellness clinic. One of the biggest parts that drew me to becoming a chiropractor was that the profession looks at the whole body. Meaning besides the mechanical approach, they look at using nutrition, biofeedback, neurofeedback, the effects of toxic environmental factors, or even just everyday stress and sleep patterns. Personally I wanted more freedom into digging deeper into someone's health than what we were currently doing. During my time in NJ there was 1 patient that baffled me, meaning he didn't come in with the typical pain that most of our patients were coming in with. Billy Hall was in the minor leagues and was a hitting coach in the off season. He was a long time patient of one of the other doctors, but he would always complain about his abdomen. The other doctors and I would do different visceral techniques along with nutritional guidance, but nothing worked. We referred him out and ordered an ultrasound to get the ball rolling with his GI doc before spring training started back up. One month went by and Billy called the office in mid-march and said, "I'm dying in camp. I can't even drive my car." I was stunned and started researching anything and everything. All his tests were normal, blood work, stool samples, ultrasounds, MRIs, everything. I ended up researching an MD who did something called Functional Medicine and thought at this point nothing else has worked. I called Billy in Arizona, sent over all his records and in 1 visit this guy figured it out. He had SIBO (small intestinal bacterial overgrowth), a gluten allergy and he diagnosed him with chronic Lyme disease. It amazed me that 3 docs in the office, plus the team doctors and his personal doctors could not even come close to figuring that out. I was both relieved and jealous about the skills this doctor possessed. From there I talked to my colleagues about getting involved with functional medicine and I tried to convince them it was the missing piece to building our practice into what I thought could be great. Let's just say they weren't very receptive to the idea and I decided to take option C again.

Feb 2016, my contract is up and I need to decide if I want to partner up with this group or if I make another risky life choice. This was by far the hardest decision I had encountered, but I knew I still had a desire to practice in the way I first envisioned how I'd always do it. The scary part is that now I have my family with me and if I fail I'm going to feel like the scene out of Tiger King and say, "I am never gonna financially recover from this." Nonetheless, my fear of not at least trying to make the change drove me to persuade my then family of 4 to make the decision to leave NJ for Cape Cod. My friends in various healthcare professions all told me I was nuts and that I was an idiot to not start my own practice where I had an established patient base, but I still decided to leave a thriving practice in the most densely populated area of America to join a little practice in Orleans, MA.

The town of Orleans has the oldest population in the state of Massachusetts. Meaning there are not a lot of athletes, not a lot of young families and the oldest person in the town is awarded a trophy in the shape of a cane for out surviving his or her friends. To top it all off most

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ALUMNI SPOTLIGHT

DR. ERIC COUSINO

of the residents are seasonal and live in Florida or Arizona half of the year. So far not a great recipe for building a successful practice. I still decided to partner up with my #5 influencer who usually codes out 1 treatment code for 80% of his visits, he's in better shape than me with 30 years on me and has built the exact opposite of the typical "cut throat" practice. While working in NJ for 7 years the most patients the office ever saw in one 42 hour work week was 330 patients. On the cape I work a 25 hour work week and our average amount of patient visits is 450 and we've seen up to 550 in the summers. Amazingly I spend more time with the patients, my family, and have helped build a practice that keeps advancing more and more every year. Last year we finally implemented a functional medicine clinic along with a barometric chamber and a decompression table. Since partnering we have built relationships with local high school trainers, coaches and players. Just like what happened in NJ we have started seeing Cape Cod baseball league players and more impressively we've started seeing patient's from as far as off the "man- made" island of cape cod. The point of this entire story is that your goals will change in life, but you need to go with the change, instead of being afraid of it. I went from a college kid trying to play soccer and do athletic training to getting asked to join the Massachusetts state board of chiropractors, which was the profession I thought was for a bunch of quacks.

"Here's my cheesy, but heartfelt statement."

I am truly humbled and honored to be given the opportunity to write a bio for the UD ATEP newsletter. I personally look forward to this letter every year to see how the program has grown and I always come away impressed and grateful to have been a part of such a strong and dedicated program. The students and alumni that continue to pour out of this program is beyond impressive. I would like to personally Thank Dr. K and Jeff Schneider who went above and beyond to help me during my time at UD. They have been exceptional role models in guiding me to multiple opportunities following graduation and I credit my success from their drive and passion in challenging students to work hard. I would also like to thank my fellow undergraduate and graduate students that gave me amazing memories during my time at UD. I miss you all every day.

To the current student body, whether you're a freshman or a graduate student, please take every advantage of UD because you're going to miss your classmates, your professors and your memories. Please always reach out to your alumni and professors if you need help with opportunities and please keep asking questions and more importantly seeking answers. I look forward to reading and hearing about the limits that you all will push and about your future accomplishments.

Sincerely,

Eric Cousino DC, CFMP, ATC, CSCS

UD ATEP Class of 2006



CLASSMATES FROM THE CLASS OF 2006 WHERE ARE THEY NOW?



Sophomore Year @ SATC Picnic



Junior Year @ SATC Picnic



Senior Year Graduation May 2006



Senior Year Graduation January 2006

Eric Cousino— Lowey Chiropractic Health Center, Orleans, MA

Kristin (Dorr) Koscs— Physical Therapist, Marlboro, New Jersey (Trinity Rehab)

Allison (Ingalsbe) Sokol— Athletic Trainer UAP Bone & Joint Center in Terra Haute, Indiana

Joanna Mikhail—Physical Therapist, Wilmington, Delaware (Specialty Rehabilitation, Inc.)

Amanda Pupillo—Assistant Athletic Trainer @ Wilmington University (Wilmington, DE)

Adam Rosen— Associate Professor @ University of Nebraska—Omaha

Carrie (Steinman) Conte— Head Athletic Trainer @ Sanford School & DME Coordinator for DE Orthopaedic Specialists

Nicole (Surdam) Jackson— stay at home mom and involved in health product sales living in Virginia

ATEP NEWS

SALUTE TO THE CLASS OF 2020

LINK TO SENIOR SLIDE SHOW— [HTTPS://YOUTU.BE/S5BVQ4HZZO8](https://youtu.be/S5BVQ4HZZO8)

Geoffrey Bevere	PT School @ University of Southern California
Cory Bird	Actively seeking employment as an ATC in the Sport Performance World
Reese Butler	Seeking to pursue a career as a Physician Assistant
Alexis Chilton	Graduate Assistant ATC @ Merrimack College
Julia Clayton	PT School @ Rutgers University
Tyler Dalton	PT School @ University of Delaware
Jordan Del Bianco	Head Athletic Trainer @ Brattleboro (VT) Union High School
Quinn Donohoe	PT School @ Widener University
Laura Durkee	Seeking to pursue a career as a PT, in the interim actively seeking employment as an ATC
Erin Finley	Graduate school at the University of Pittsburgh (Master's in Sports Medicine)
Joseph Fullum	PT School @ University of Delaware
Billy Gaffney	Actively seeking employment as an ATC in the Denver, CO area
Melissa Gutheil	Graduate school at the University of Florida (Doctorate in Athletic Training)
Emilie Hager	Actively seeking employment as an ATC in the greater Wilmington, DE area
Xia Howard	Graduate Assistant ATC @ Georgia State University
Trevor Kosinski	PT School @ University of Delaware
Stephanie Pagan	Actively seeking employment as an ATC in the Baltimore, MD area
Harsh Patel	PT School @ the Massachusetts College of Pharmacy and Health Sciences (MCHPS)
Julianna Perno	Graduate Assistant ATC @ Central Michigan University
Kurt Schmeal	Graduate Assistant ATC @ Illinois State University
Jenna Thatcher	Actively seeking employment as an ATC in the State of Delaware while also pursuing a graduate degree online



DELAWARE
ATHLETIC TRAINING



ATEP NEWS

**Welcome to the newest members of the
UD ATEP Family the MS-AT
Cohort Beginning Summer 2020**

Student Name	Institution
Nathaniel Benjamin	Hartwick College
Brooke Bower	Seton Hill University
Justice Colon	University of Delaware
Sydney Fresia	University of Texas @ San Antonio
Matthew Gervasi	Grove City College
Kevin Gibbs	University of Delaware
Bethany Hannum	Temple University
Helena Johnson	University of Delaware
Donovan Martire	University of Delaware
Brian McCoy	Rutgers University
John Paul Moran	Boise State University
Jacob Ouellette	University of Delaware
Marissa Perez	Wesley College
Ali Soban	Richard Stockton College of NJ
Daniel Ugoamadi	Morgan State University
Robert Van Duzer	University of Delaware

Members of the cohort take part in Dr. Wisthoff's class on Tuesday June 9, 2020 via Zoom →

UD Sports Health Students who have been chosen to be CHS STAR Ambassadors include: Maxon Blow (junior), Kevin Gibbs (1st year MS-AT), Mallory Margherita (sophomore), Morgan Mitchell (sophomore), Kyle Ocampo (junior), Jacob Ouellette (1st year MS-AT), and Alexandria Sisofo (junior).



ATEP NEWS

SCHOLARSHIPS & AWARDS

2020 ATEP Award Winners

Dr. Julie Moyer-Knowles Award:
Emily Crutchfield

Dr. C Roy Rylander Outstanding Senior Award:
Jordan Del Bianco

Paris Delligatti Memorial Scholarship: **Amanda Singer, Victoria Wittemann**

Lee J. Hyncik Athletic Trainer Achievement Award: **Amanda Singer, Victoria Wittemann**

Keith Handling Scholarship Award:
Jordan Del Bianco

Joan Couch Athletic Training Scholarship: **Alexis Chilton**

DATA Ethnic Diversity Committee Award: **Xia Howard**

NATA D2 Student Scholarship Award: **Jordan Del Bianco**

EATA District 2 Paula Turocy Scholarship Award: **Jordan Del Bianco**

DATA Student Leadership Award:
Melissa Gutheil

EATA Quiz Bowl Champion 2020:
Melissa Gutheil

Sr



Senior Jordan Del Bianco was chosen to give the Dept. of KAAP Convocation address this year on Friday May, 29, 2020. Unfortunately that even never took place, however Jordan was able to give her speech to the UD ATEP graduating class of 2020 during our “virtual” luncheon event.



Jr



Congrats to senior Laura Durkee on achieving a perfect 4.0 GPA during her rigorous 4 year program of study at UD. This accomplishment will get her recognized at the UD Commencement ceremony and her name will be placed on a perpetual wall plaque that adorns the hallway of Hullihen Hall on UD’s campus!





2019-2020 ATSA Exec Board ↓



Executive Board ('19-'20)

- President: Emilie Hager**
- Vice President: Jules Perno**
- Treasurer: Jordan Del Bianco**
- Secretary: Emily Crutchfield**
- Event Chair: Ally Thomasen**
- Historian: Paige Palli**

Executive Board ('20-'21)

- President: Emily Crutchfield**
- Vice President: Paige Palli**
- Events Planner: Ally Thomasen**
- Secretary: Amanda Singer**
- Treasurer: Tori Wittemann**
- Public Relations: Hollyann Wettstein**



ATSA members (Emily, Olivia, Marco, Aly, and Paige) attend the ATSA Grotto's fundraiser Fall 2019

[http://
udelatsa.weebly.com/](http://udelatsa.weebly.com/)



HEN DROPPINGS

Rebecca (Tolhurst) Styers (2003) is shown here with Dr. K. at the FWATA meeting in San Diego April 2019. Becci works as an athletic trainer for the US Marine Corp in Camp Pendleton, CA and was invited to speak to Jeff Schneider's Practicum IV class Spring 2020 via Zoom



Nick Ludwig (215) has completed his physiotherapy degree at Camilo Jose Cela University (UCJC) in Madrid Spain and is pursuing a master's degree in osteopathy while working as an instructor in UCJC's athletic training program.

Dr. Gabriel (Gabe) Fife (MS 2011) graduated from basic training with the United States Air Force and is now stationed in Monterrey, California. Gabe is pictured here with his family following his graduation from basic training. ↓



Collin Francis (2010), former UD Head ATC John Smith, Chris Marroquin (2015) and Andrew DePietropaolo (2011) on the sidelines before an NFL preseason game (Ravens vs. Packers) in August 2019



ATHLETIC TRAINER OF THE MONTH

NAME: ALEX SALINAS ALMA MATER: UNIVERSITY OF DELAWARE

CURRENT SCHOOL: FOREST HILLS NORTHERN H.S.

WHY I CHOOSE HOWIES: I LOVE THE GREAT QUALITY OF THE PRODUCTS AND PROMPT, CONSISTENT SERVICE.



← Alex Salinas (MS 2014)

HEN DROPPINGS

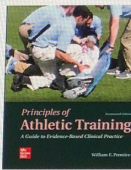
UD ATEP Alum (Class of 1974) Dr. William “Bill” Prentice has recently released two of his updated textbooks to the Athletic Training community. ↓ →

NEW 17TH EDITION!!

McGraw-Hill Higher Education

Principles of Athletic Training: A Guide to Evidence Based Clinical Practice

- Connect with SmartBook
- Online eBook with Interactive Instructional Videos



William Prentice, PhD, ATC, PT, FNATA
MHED 1-260-24105-X
ISBN- 978-1-260-24105-1
Copyright: 2021

Principles of Athletic Training: A Guide To Evidence Based Clinical Practice is the leading text in the athletic training field. The text is designed to lead the student from general foundations to specific concepts relative to injury prevention, evaluation, management, and rehabilitation. As with other health care professions, the gold standard for athletic trainers is to make decisions about the clinical care of individual patients based on the current best available evidence in the professional literature to achieve the most optimal patient outcomes. It has always been important for this text to address all of the competencies and clinical proficiencies that the profession has identified as critical relative to both the education of our students and to the practice of athletic training. *Principles of Athletic Training* continues to innovate, with several new features available with the new edition. Learn more at: <https://www.mheducation.com/highered/product/principles-athletic-training-guide-evidence-based-clinical-practice-prentice/M9781260241051.html>

Rehabilitation Techniques for Sports Medicine and Athletic Training, Seventh Edition

William E Prentice, PhD ATC PT FNATA



\$110.95

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ISBN 13 978-1-63091-623-7

896 pp Hard Cover

Pub. Date: 2020

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William (Wes) Sellars (MS 2018) is currently working on his PA degree at Penn State University.



DELAWARE ATHLETIC TRAINING

Meeja Kinsey (MS 2017) and Chelsea Best (MS 2016) are pictured here getting together recently in Indiana ↓



HEN DROPPINGS



Mandy Merritt, ATC, PT (2001) head athletic trainer for MLAX @ Notre Dame served as the PT rotation supervisor for Amy Bednarek (2017) during one of her clinical rotations for UD PT school.



UD ATEP classmates (Class of 2016) Molly Hennessy and Brian Winkler were married in October 2019 in Wilmington, DE. Pictured in the photo below are Dr. K. Kayla Albertella (2016), Brian and Molly, Kathleen Criss (2016), Tyler Golembrosky (2016), Amanda Pupillo (2006), and Jeff Hennessy (2018) ↓

Dr. K. visited Sussex Tech High School in October 2019 to promote UD's Sports Health and Athletic Training education programs, while there he met up with Head ATC Heather Heidel (2009)



Bryce Gaines (2009) and family at a winter 2019 fireworks celebration



The Ravens and Eagles got together for a combined practice during preseason 2019. Pictured here are Collin Francis (2010), Steve Feldman (2010) and Chris Marroquin (2015).

UD ATEP NFL NEWS

Summer 2020 NFL Interns:

Emily Crutchfield—Seattle Seahawks

Marco Diaz*—LA Rams

Todd Henry—Miami Dolphins

Jay Hinds—Houston Texans

Brian McCoy—Arizona Cardinals

Aron Porte*—NY Jets

Victoria Wittemann—Green Bay Packers

* - denotes selected as a PFATS scholarship



Jordan Del Bianco (2020)—Summer 2019



Erin Finley (2020) with Jon Hernandez (2010) in summer 2019



Check out the U-Daily article on Jordan and Erin—<https://www.udel.edu/udaily/2019/december/athletic-training-students-female-interning-NFL/>



Former Philadelphia Eagle and US Congressman Jon Runyan came to the UD Campus in the Fall 2019 and Dr. K. along with several current students were invited to the luncheon to hear him speak. Pictured here are Tyler Dalton, Amanda Singer, Dr. K., Jon Runyan (wow is he tall!), Emilie Hager, Jordan Del Bianco, Emily Crutchfield, and Jay Hinds.

ALUMNI NEWS

Allison Kim (MS 2010) is working as a Ortho Surgical Hand/ Wrist PA in Colorado Springs, Colorado

Dr. Adam B. Rosen (2006, MS-2008) has been promoted to Associate Professor with Tenure at University of Nebraska at Omaha. He was also nominated as 2020 MAA-TA, Educator of the Year.

Meeja Kinsey (MS 2017) is Head Athletic Trainer for the USL - Indy Eleven — <https://www.indyeleven.com/technical-staff>

Josh Evans (2015) has ended his seasonal internship with the Washington Redskins to move to the Naval Academy as an assistant ATC with football.

Sara DeLiberty (2019) will start PT school at Washington University in Saint Louis this fall.

Cecelia “CeCe” Fedele (2012) was accepted into Villanova’s accelerated nursing program

Tyler Golembrosky (2016) is now the head football Athletic Trainer at John Hopkins University in Baltimore, MD.

Jillian Seamon (2012) is an Athletic Trainer working with the Sports Performance Team at St. Luke’s Health Network. Jillian is also an Olympic weightlifter — <https://www.slhn.org/blog/2019/st-lukes-athletic-trainer-also-an-olympic-hopeful>

Maggie Berkowitz (2013) accepted a new position as Assistant Athletic Trainer for Track and Field at Washington State University.

Patrick Fava (MS 2016) is a New York City Firefighter assigned to Engine 221 in Williamsburg Brooklyn.

Anthony Morse (2015) accepted a position with Tower Heath in Hockessin, DE as a Physician Assistant

Laura (Miller) McDonald (PhD 2013) accepted a new position at a softball training facility (S2Breakthrough) where she helps with integrating wearable technology and oversees youth development/training programs and player assessment.

Diamond O’Donovan (2013) is leaving her position at Rhodes College to pursue a graduate degree in Mental Health Counseling @ the University of Memphis.

Kelly Stafford (2008) was recognized as the NATA D2 Young Professional Award winner in 2020.

Jenna Cades (2018) is working now as an athletic trainer in the Penn State Health networks as a n outreach to high school and middle school athletes!

Samantha “Sam” Schlageter (MS 2018) - is currently matriculating as a graduate student in the PA program @ Monmouth University.

ALUMNI NEWS

Ross Thorp (2018) - has accepted an athletic training position at Idaho State University.

Stephanie (Segulin) Dimos (MS—2013) - is working as an athletic trainer at the Crystal Clinic Orthopaedic Center in Northeast, Ohio—<https://www.crystalclinic.com/>

Leah Crowley (1991) - sends an alumni update that she's living in Winston-Salem, NC and is serving as an elected member of the school board there. All 4 of her kids are active as student-athletes in the school district, keeping her very busy!

Tiffany Malin (2019) - has finished her 1st year as a graduate student at East Stroudsburg University [ESU] where she served as an ATC for the field hockey team that made it to the NCAA Championship semifinals!

Andrew DePietropaolo (2011) is an athletic trainer/physical therapist with the Green Bay Packers of the NFL and returned to the UD campus in February 2020 to speak with the students about his career. Here is a photo of that event.

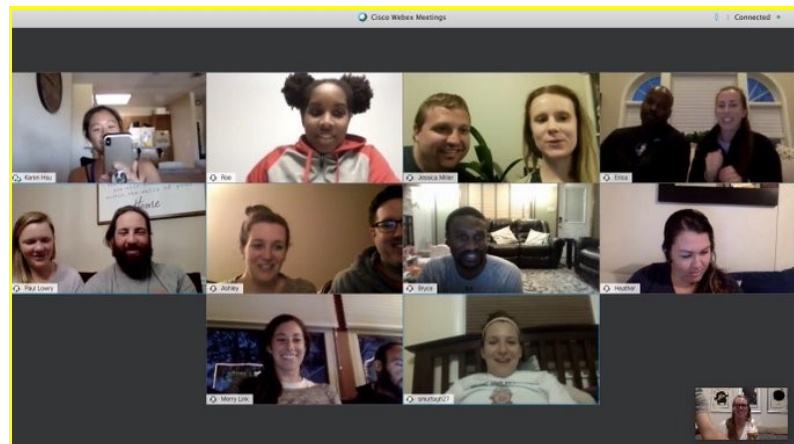


Dr. Michael Younes (1995) a foot/ankle surgeon in York, PA returned to UD in ear-

ly February to engage our MS-AT students in a gait and foot orthotic lecture/lab. He was joined by his fellow Dr. Catlea Gorman



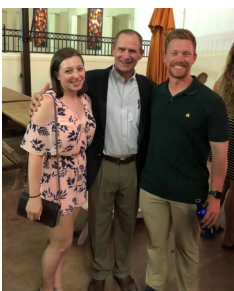
The virtual world brought together the **UD ATEP Class of 2009** back in April to celebrate Julia (Brandt) Drattell's birthday. Here is a screenshot of the class



Congrats to former UD ATEP students Amy Bednarek (2017), Patrick Morton (2015), Tyler Tice (2017), and Kathleen Criss (2016) who graduated 1/11/20 from UD's doctoral program in Physical Therapy!



PHOTOS FROM THE UD ATEP ALUMNI PARTY 2019 LAS VEGAS, NEVADA



DELAWARE ATHLETIC TRAINERS ASSOCIATION

President: Mandy Minutola

President-Elect: Kelly Stafford (2008)

Secretary: Heather Heidel (2009)

Treasurer: Kathleen Kenney (2011)

Past-President: Nikki Yates (UD Staff ATC)



UD ATEP hosted NATA President Mr. Tory Lindley after the program was awarded the University of Delaware Career Center Faculty & Staff Career Innovation Grant in September of 2019. Tory is pictured here with students reps Tyler & Melissa as well as DATA Executive Board members Mandy and Nikki following his presentation at the STAR Atrium.



Student Representatives

2019-2020: Tyler Dalton & Melissa Gutheil



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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