

The *Athletic Training Connection* is a newsletter to keep our alumni, staff and students up-to-date on what's happening in the Athletic Training Program at Adrian College.

If there is any information you would like to have published in our next issue or if you have any questions or suggestions, please contact either Program Director, Dr. Tina Claiborne, 517-265-5161, extension 4432, email: tclaiborne@adrian.edu; or Administrative Assistant, Amy Moore, extension 5023, email: amoore1@adrian.edu.

Visit our Facebook page, "Adrian College Athletic Training Program", located at this address: <https://www.facebook.com/vliberi>, for current information on the program.

FROM THE DIRECTOR'S OFFICE...

Dear Athletic Training Community,

I am so proud to be a part of the great things that are happening with our students, faculty, preceptors and associated professionals. Your hard work on and off the field is truly impacting our community.

It has also been great to be able to bridge the gap between the faculty and clinicians through our students' research.

Your presence at thesis proposals and committee service shows your dedication to the advancement of the profession and our students.

Please enjoy the pages to come, and stay sane through the end of fall sports and the beginning of winter!

Go Bulldogs!

Dr. Tina Claiborne, Program Director



Inside this issue:

ADJUNCT AND PROFESSIONAL COLLEAGUE SPOTLIGHT	2
ATSO / BEG OF YR MEETING	3
ALUMNI/STUDENTS /STAFF ATTEND NATA	4
AT STUDENTS—WHAT HAVE THEY BEEN UP TO LATELY?	5
AT STUDENTS PRACTICE FOAM PIT EMERGENCY EXTRACTION	6
ALUMNI NEWS / CONGRATS	7
WELCOME TO ADRIAN COLLEGE / MEG SHARP PROMOTED / SO YOU WANT TO BE A DOCTOR	8

ADJUNCT AND PROFESSIONAL COLLEAGUE SPOTLIGHT



Darryl Conway joined the AC AT Community as an Adjunct Professor this fall, assisting Dr. Claiborne with ESPE345 Athletic Training Clinical Skills I. He facilitated their recent visit to the University of Michigan for Foam Pit Emergency Extraction training...check out the article on page 6.

Darryl serves as the Associate Athletic Director of Student-Athlete Health and Welfare for the University of Michigan. In this role, he oversees Athletic Medicine, Sports Nutrition, Strength and Conditioning, and Equipment Operations personnel, as well as serving as the liaison to Team Physicians from the University of Michigan Health Systems and Health Services, and serving as a member of the Athletics Leadership Team. Darryl came to the University of Michigan in 2013 from the University of Maryland, where he served as the Assistant Athletic Director- Sports Medicine. Darryl has also worked as an athletic trainer at the University of Central Florida, the University of Northern Iowa, Morgan State University, the University of Delaware, and for the New York Jets.

In addition to being a certified member of the National Athletic Trainers' Association (NATA), Darryl has worked with various SWAT Teams as their Tactical Medic and Athletic Trainer, and as a volunteer EMT. Darryl's professional interests lie in the fields of Emergency Planning, Catastrophic and Crisis Response, Risk Management, and Cervical Spine Injury Management.

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**Karen Liberi** serves the AC AT Community as a professional colleague and assists in teaching along with her husband, our own **Vic Liberi**. Karen is a Licensed Physical Therapist in both Michigan and Ohio and was one of the first Board Certified Women's Health Specialists in the country. As the Director of Northwest Ohio Pelvic Rehabilitation and Wellness, she specializes in manual therapy and bio-feedback in treating lumbosacral pain, pelvic pain and urinary incontinence.

Karen is a lecturer for University of Michigan, Trine University, and an instructor at Adrian College. Her contribution to Adrian College is as a co-instructor for the Graduate Course, ESPE 515 Advanced Therapies, teaching 30 hours of lumbosacral muscle energy techniques. Currently, Karen is a committee member for two AC AT graduate theses.

———— WE ARE ————  
**ADRIAN COLLEGE**

## **ATHLETIC TRAINING STUDENT ORGANIZATION**

The Athletic Training Student Organization (ATSO) exists for Athletic Training students to coordinate activities and support each other throughout the school year.



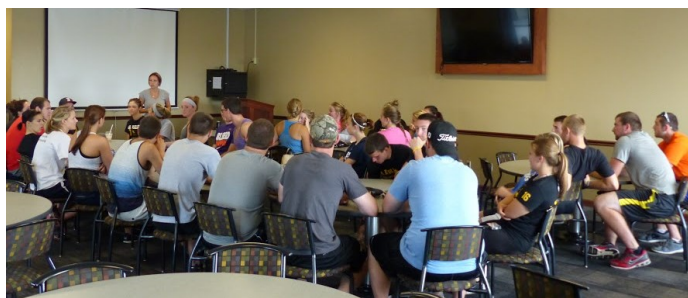
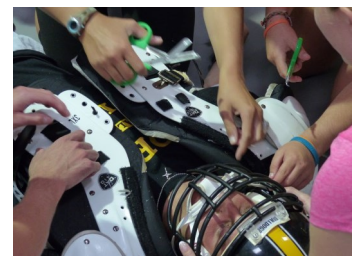
On Sunday, October 26th, 2014, four students from ATSO attended the Michigan Athletic Trainers Society (MATS) Student Seminar hosted by Central Michigan University. The seminar was a great learning opportunity that included several presentations along with hands-on activities. The three senior attendees, **Emily Borup**, **Kaylee O'Neil**, and **Emily McCauley**, took part in the MATS Quiz Bowl to represent Adrian College for the first time, finishing in second place out of 13 teams. In addition to the three seniors, sophomore **Brian Killinger** attended. It was a great way for Brian, being an underclassman not yet in the program, to get to know some upperclassmen and also to gauge his further interest in athletic training. The MATS Student Seminar provides a fantastic opportunity for students to get a small taste of what the NATA conference is like in June.

*Look for ATSO fundraising opportunities to help our students attend professional meetings like the NATA Symposium, MATS and GLATA conferences and social events.*

**Contact ATSO President *Emily Borup* or any ATSO member for more information!**

## **AT PROGRAM BEGINNING OF YEAR MEETING**

On August 24, 2014, all AT students met with **Dr. Tina Claiborne** and **Professors Vic Liberi** and **Heather Schuyler** for the annual beginning of the year meeting. Along with completing required testing and paperwork, students were given refreshers in CPR and First Aid and were trained in Athletic Equipment Removal to get them acclimated to athlete care they will likely encounter in their clinical rotations throughout the Fall semester.

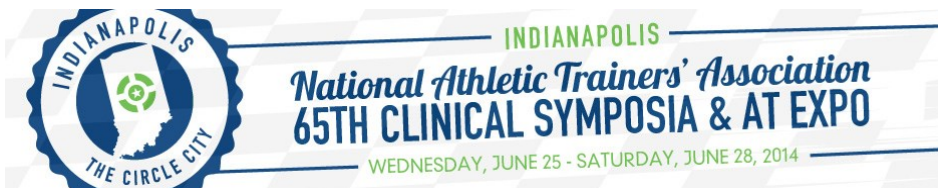




**ALUMNI, STUDENTS, AC STAFF ATTEND NATA**



Adrian College Athletic Training Alumni, current students and staff attended the National Athletic Trainers' Association Symposium in Indianapolis, Indiana in June. They gathered for a photo while attending a social at **Granite City Food and Brewery**. The social was sponsored by the **Adrian College Alumni Association**.



DEDICATION  
HEALTH  
Loyalty  
COMMITMENT  
DRIVE MOXIE  
Integrity  
CONFIDENCE HEART

## **AT STUDENTS—WHAT HAVE THEY BEEN UP TO LATELY?**

Adrian College's Athletic Training Program currently has 32 students working their way through the courses and clinical rotations. Here's what some of them have been up to lately...

**Emily Borup, Emily McCauley** and **Kaylee O'Neil** attended MATS and participated in the Quiz Bowl—check out a story and the picture in the ATSO section on page 3!

**Chelsea Essenmacher**—Chelsea got married in July! Look at some photos on page 7!

**Nicole Murzen**—This past summer Nicole had an internship at Adrian Orthopedics through Promedica Physicians.

**James Ruby**—Over the summer, James served as a First Responder (First Aid) for sports camps at the University of Michigan.

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Watch for opportunities to hear graduate students defend their theses in the Spring of 2015. Here are their thesis topics:

Casey Donovan: "Look good, feel good, play good: How appearance and confidence relate to athletic performance"

Casey Fougousse: "Effects of Hydration Education on Hydration Status of Youth Ice Hockey Players"

Megan Gallatin: "The Efficacy of the Bernese Ankle Rules in the Athletic Training Setting"

Eric Kilpatrick: "Effects of Kinesio Tape on performance of the quadriceps muscles during an isokinetic exercise"

Kristen Langermann: "Effects of Focus of Attention on Track Athletes in the 100 meter dash"

Nicole Murzen: "Positive and Negative Mood Effects on the Performance of an Imagery Task"

Mike Osterman: "Radius of Care: Calculating the coverage area not within the area for adequate response time of an automated external defibrillator application in high schools"

Anthony Rossi: "Can increased static friction between jersey fabrics and helmet finishes influence forces incurred by the head and neck?"

Cody Spotts: "The Incidence of Pelvic Pain in Dental Workers"

Chelsea (Essenmacher) Wanczyk: "The Presence of Fungal and Bacterial Organisms in Ice Hockey Gloves"

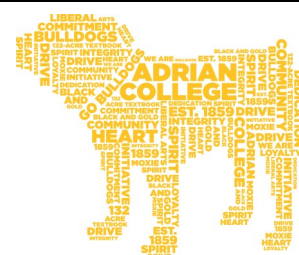
Derek White: "University and College Professors' Knowledge and Attitudes Towards Concussions"

Jaclyn Young: "Incidence & Correlation of Urinary Incontinence & Low Back Pain in female Gymnasts 12-22 years old"



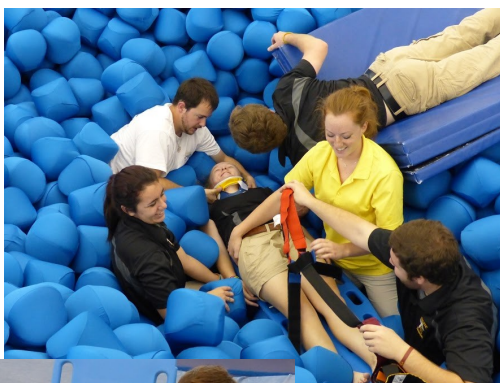
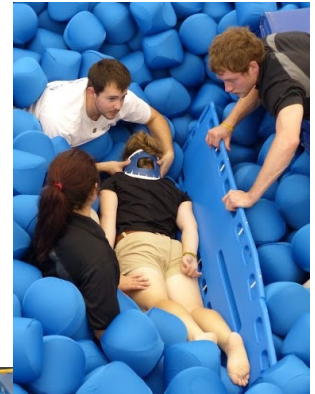
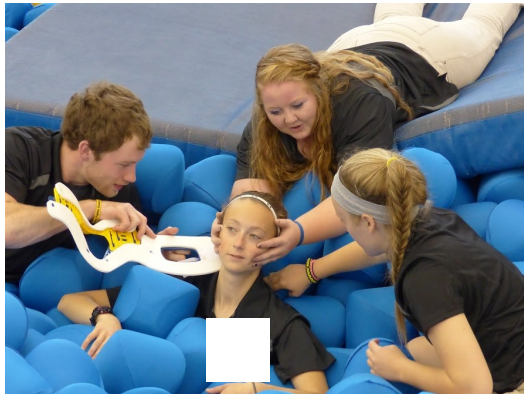
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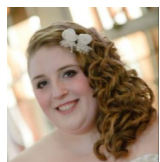
AT STUDENTS PRACTICE FOAM PIT EMERGENCY EXTRACTION

As part of ESPE 345 Athletic Training Clinical Skills I, students recently travelled to the University of Michigan Women's Gymnastics Training Center to practice Foam Pit Emergency Extraction. A foam pit is a large area filled with foam blocks, usually 10 x 20 feet and approximately 6 to 8 feet deep. The pit is designed to provide a safe landing area for athletes. In the case of an injured athlete, proper extraction from the pit is essential. While the foam creates a safe landing for the athlete, it also creates a very unstable platform for emergency workers. Because of the instability of the foam blocks, special methods for accessing an injured athlete have been developed. Throughout the training students were instructed on athlete access, pit entry, athlete immobilization, and athlete extraction. Foam pits are utilized in training facilities for sports such as Gymnastics, Skiing, Track and Field and Extreme Sports. Many thanks to **Adjunct Professor Darryl Conway** for facilitating the trip to the center.



ALUMNI NEWS

Cindy Graves, Class of 2012, recently accepted a position as Admissions Counselor here at Adrian College. It's great to see familiar faces here at Adrian College!



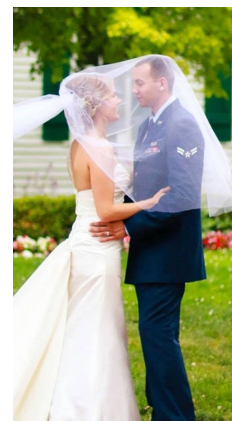
Kelly (Babbles) Largent, Class of 2012, is now the Head Athletic Trainer for Onsted Community Schools, just northwest of Adrian. We'll bet she can't wait to become a Preceptor and work with some students from her alma mater!

Brad Smith, our first Masters student, Class of 2014, accepted a position as Assistant Athletic Trainer for Berea College, Kentucky. He will have the opportunity to work with their new Biomechanics faculty member and perhaps teach as well. Congratulations Brad!



Graduate student

Chelsea Essenmacher married Kevin Wanczyk on July 25, 2014.



Several of Chelsea's AC AT classmates attended the wedding!



WELCOME TO ADRIAN COLLEGE

Tyler Koops joined Adrian College as an Athletic Training Intern for 2014-2015. Tyler is from Hamilton, Michigan. He graduated from Grand Valley State University in 2014 with a Bachelor of Science in Athletic Training. He is currently working with football, women's basketball and softball as well as track and field. Tyler enjoys fishing, being active and spending time with friends and family.



MEG SHARP PROMOTED



Meg Sharp, Adrian College Associate Athletic Trainer, works in the AT Room helping AC athletes with injuries and recovery as well as serving as a Preceptor for the Athletic Training Program. She is currently supervising three of our students. Meg was recently promoted to Senior Woman Administrator. In that role, she assists the Athletic Director, **Mike Duffy**, with a variety of duties. She will be involved in MIAA meetings, Title IX compliance standards, and act as a resource for all female athletes across campus. She will serve on the retention committee, attend NCAA and NACWAA (National Association of Collegiate Woman Athletic Administrators) meetings and assist with MIAA grant funding for the college.

SO YOU WANT TO BE A DOCTOR

Heather Schuyler, AT Associate Professor, is currently pursuing her Doctoral degree in Education (EdD) online with the University of St. Augustine (Florida). She must finish by September 2019 but Heather says she expects to be done ahead of schedule. She hasn't yet decided about the subject of her dissertation. Heather says she is looking forward to travelling to Florida for the program's required visits (Hello Sunshine State!). Best wishes to Heather in pursuit of that new title—DOCTOR!



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