

## WELCOME!

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.

Inside, you'll find articles covering a wide range of events and interesting topics related to the athletic training profession and our students as they make their way through the program. Find out who won the yearly awards for 2017-18 and catch up with former AT students in the Alumni & Community News section among many other things this issue!

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 Program Director, Tina Claiborne, 517-265-5161, extension 4432, or through email at [tclaiborne@adrian.edu](mailto:tclaiborne@adrian.edu).

## FROM THE DIRECTOR'S OFFICE...

Dear Athletic Training Community,

It has been a busy and exciting last year-and-a-half for the AC Graduate AT Program!

First and foremost, thank you to the supporters of our program. Your financial gifts and donation of time directly impact the students and the future of the profession. The upcoming pages show the students and community success you have helped to nurture.

You will see that our students have been busy attending professional conferences all over the country, alumni have presented research nationally and been published in scientific journals, and our program was recently recognized in the *NATA News* for our spring 2018 Mass Casualty Simulation.

Please take pride in the many accomplishments of your community!

Have a safe and enjoyable spring and summer!

Dr. John Goetschius  
Interim Program Director



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## 2017-2018 STUDENT ATHLETIC TRAINING PROGRAM AWARDS



### RISING STAR OF THE YEAR

**Caroline Fleming** (Grosse Ile, MI) was awarded the 2018 *Rising Star of the Year* award.

This recognition is awarded by the faculty to an Adrian College Athletic Training Student who exhibits exemplary academic and clinical potential in the initial phase of their athletic training education

### ATHLETIC TRAINING STUDENT OF THE YEAR

**Casey Josz (BS '17, MS '18)** (Howell, MI) was awarded the 2018 *Athletic Training Student of the Year* award.

This recognition is awarded by the faculty to a student who has taken full advantage of their education by demonstrating dedication to the athletic training profession through scholarly activity and mastery of clinical skills.



### ATSO MEMBER OF THE YEAR

**Rebecca Neal (BS '18)** (Waterford Twp, MI) was awarded the 2018 *Athletic Training Student Organization (ATSO) Member of the Year* award.

This recognition is awarded by the student members of the Athletic Training Student Organization (ATSO) to a fellow member who provided leadership and significant contributions to the success of the organization.

### PRECEPTOR OF THE YEAR

**Lorie Robinette (Siena Heights University)** (Adrian, MI) was awarded the 2018 *Preceptor of the Year* award.

This recognition is awarded by the faculty to a preceptor who provides exemplary clinical education and mentorship to our students.



**Thank you to all of our *PRECEPTORS* for your clinical expertise and invaluable support of our students and AT Program!**

## 2017-18 MS IN ATHLETIC TRAINING GRADUATES



### **Daniel Malcolm**

Athletic Trainer for Peak Performance Physical Therapy at Great Lakes Christian College, Lansing Community College, and the Lansing Ignite in Lansing, MI.

### **Mikayla Kemp**

Athletic Trainer at Hillsdale High School and Hillsdale College in Hillsdale, MI.

### **Bailey Feekings**

Athletic Trainer for Indiana University Health Arnett at McCutcheon High School and Harrison High School in Lafayette, IN.

### **Micaela Dunbar-Gaynor**

Working on clinical hours and pre-requisite coursework to attend physician assistant program.

### **Brian Killinger**

Athletic Trainer and Strength & Conditioning Coach for Hulst Jepsen Physical Therapy at Northview High School in Grand Rapids, MI.

### **Matt Scherer**

Assistant Athletic Trainer for Mount St. Joseph's University in Cincinnati, OH.

### **Jake Adams**

Athletic Trainer for Detroit Medical Center in Detroit, MI.

### **Chloe Berka**

Athletic Trainer for Cornerstone Orthopaedics & Sports Medicine in Denver, CO.

### **Casey Josz**

Athletic Trainer for Ascension St. John at Grosse Pointe South High School in Grosse Pointe Farms, MI.

## 2017-18 MASTERS THESIS RESEARCH

All 2018 Graduate Athletic Training Students presented their masters thesis research at the **Adrian College Ribbons of Excellence Conference and Athletic Training Research Symposium (Thesis Defenses)**

**Jacob Adams:** The Effects of Second-Skull Skullcap on the Protective Properties of Ice Hockey Helmets  
*Committee: Victor Liberi, Tina Claiborne (Chair)*

**Chloe Berka:** Interaction of Athletic Identity and Motivation of the Rehabilitative Patient  
*Committee: Lorie Robinette, Heather Schuyler (Chair)*

**Micaela Dunbar-Gaynor:** An Examination of Employment Model: Policy and Procedure Practices of Secondary School Athletic Trainers  
*Committee: Ericka Zimmerman, Victor Liberi (Chair)*

**Bailey Feekings:** The Effect of Comfort on an Athlete's Desire to Wear Protective Skull Caps  
*Committee: Meg Sharp, Tina Claiborne (Chair)*

**Casey Josz:** Effects of Unilateral Ankle Bracing on Vertical Jump Performance and Lower Extremity Kinematics  
*Committee: Anthony Rossi, Tina Claiborne (Chair)*

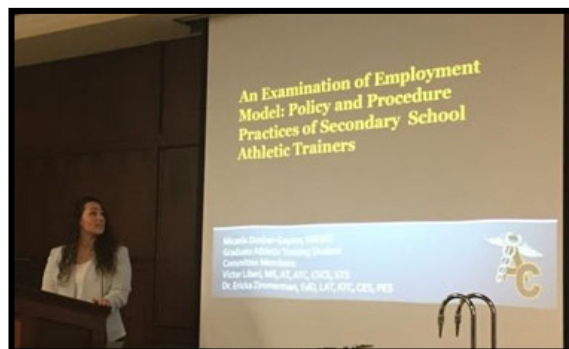
**Mikayla Kemp:** Division III College Athletes' Perception of Care Provided by the Athletic Trainer  
*Committee: Meg Sharp, Heather Schuyler (Chair)*

**Brian Killinger:** Effects of Blood Flow Restriction on Muscle Activation During Ankle Exercises in Patients with Chronic Ankle Instability  
*Committee: Jakob Lauver, John Goetschius (Chair)*

**Daniel Malcolm:** The Effects of Local Vibration to the Patellar Tendon on Quadriceps Function in Patients with Patellofemoral Pain  
*Committee: Tina Claiborne, John Goetschius (Chair)*

**Matt Scherer:** Multi-directional Hopping Asymmetries in Individuals with a History of ACL Reconstruction Surgery  
*Committee: Lorie Robinette, John Goetschius (Chair)*

**Look for AC Alumni Presenting their Research  
this Summer at the 2019 NATA Annual Meeting!**





## 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.



End of the Year Party at Aubree's!



ATSO at NATA 2018!



ATSO Raking Leaves to Raise Funds!

### 2018-2019 Executive Board

President ..... Andrew Skibski  
Vice President ..... Brittany Archambeau  
Treasurer ..... Brandon Moody  
Secretary ..... Caroline Fleming  
Fundraising Chair ..... Hannah Emerson  
Social Chair ..... Michael Burkhardt  
Sophomore Rep ..... Emily Baldus  
Faculty Adviser ..... John Goetschius

*The ATSO  
will see you  
in Las Vegas  
this summer  
for the 2019  
NATA Annual  
Meeting!*



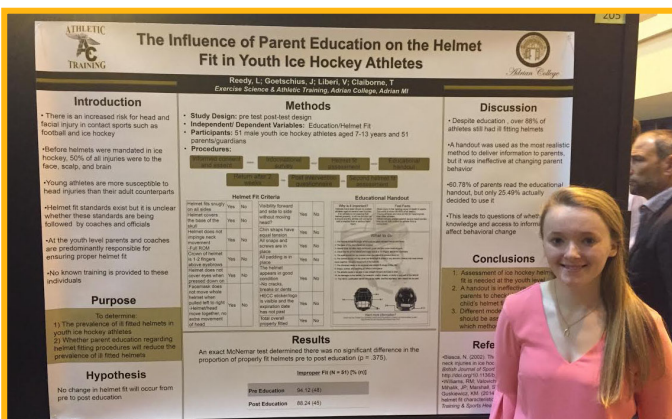
## PROFESSIONAL CONFERENCES

### 2018 NATA ANNUAL MEETING & CLINICAL SYMPOSIUM—NEW ORLEANS, LA

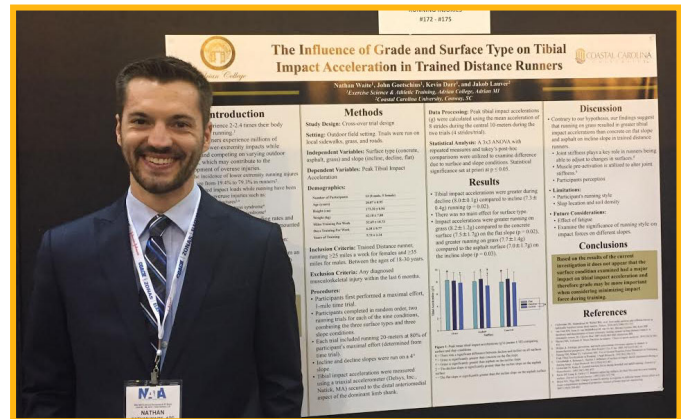
Students, preceptors, faculty, and alumni all came together in New Orleans, LA last summer for the **2018 NATA Annual Meeting & Clinical Symposium**. Current students utilized ATSO fundraising efforts to attend the conference and gained valuable professional development and networking experience!



AT Program Alumni Gathering!



**Lydia Reedy (BS '16, MS '18)** presenting her thesis research, "The influence of Parent Education on the Helmet Fit in Youth Ice Hockey Athletes"



**Nate Waite (BS '16, MS '18)** presenting his thesis research, "The Influence of Grade & Surface Type of Tibial Impact Accelerations in Trained Distance Runners"



**PROFESSIONAL CONFERENCES (continued)...****2019 NATA iLEAD STUDENT LEADERSHIP CONFERENCE**

In January 2019, second year graduate AT students **Jolene Pangani** and **Courtney Young** attended the **2019 iLEAD Athletic Training Student Leadership Conference** in Arlington, TX. Both students applied for and were awarded **grants from the NATA Ethnic Diversity Advisory Committee (EDAC)** to attend the conference, and each will present on their experience at the 2019 NATA Annual Meeting in Las Vegas, NV.

**2019 ACME ATHLETIC TRAINING PROGRAM COLLABORATION**

The first **ACME Athletic Training Program Collaboration** was held in February 2019 in Ypsilanti, MI. This conference brought together AT students, preceptors, and faculty from Adrian College, Concordia University, University of Michigan, and Eastern Michigan University to discuss clinical education and hear presentations on Human Trafficking, Advanced Wound Care, and Active Threat Response.

## PROFESSIONAL CONFERENCES (continued)...

### 2019 GLATA ANNUAL MEETING - WHEELING, IL



Athletic Training students attended the **2019 Great Lakes Athletic Trainers' Association (GLATA) Annual Meeting** in March 2019 as part of a Topics course offered through the Exercise Science & Athletic Training department.



## CONGRATULATIONS FACULTY!



### Heather Schuyler: Doctor of Education (EdD)

Congratulations to **Dr. Heather Schuyler, EdD, AT, ATC** for successfully completing her **Doctor of Education (EdD)** degree online from the University of St. Augustine College of Health Sciences in December 2017!

### Darryl Conway: NATA Most Distinguished Athletic Trainer Award

Congratulations to **Darryl Conway, MA, AT, ATC** for being selected as a **2019 Most Distinguished Athletic Trainer!** This award recognizes NATA members who have demonstrated exceptional commitment to leadership, volunteer service, advocacy and distinguished professional activities as an athletic trainer.

**Darryl Conway** is a Senior Associate AD and Chief Health & Welfare Officer at the University of Michigan and an adjunct faculty member in our AT Program.





## NATA PRESIDENT SPEAKS TO AT PROGRAM!



We were extremely fortunate to have the current **NATA President, Tory Lindley**, visit Adrian College in February 2019 to speak with our AT students, preceptors, and faculty about the future of the AT profession and current NATA initiatives.

**Tory Lindley, MA, ATC**, is the Senior Associate AD for Health, Safety, & Performance at Northwestern University.



## 2018-19 AT PROGRAM PRESENTATIONS & PUBLICATIONS

### PROFESSIONAL PRESENTATIONS

- Goetschius J, Killinger B, Lauver J, Donovan L.** Effects of Blood Flow Restriction on Muscle Activation in Individuals with Chronic Ankle Instability. *GLATA Annual Meeting*. March 2019. Wheeling, IL.
- Goetschius J, Hertel J, Saliba SA, Brockmeier SF, Hart J.** Immediate effects of patellar tendon vibration on quadriceps strength in ACL reconstructed knees. *NATA Annual Meeting*. June 2018. New Orleans, LA.
- Reedy L, Goetschius J, Liberi V, Claiborne T.** The influence of Parent Education on the Helmet Fit in Youth Ice Hockey Athletes. *NATA Annual Meeting*. June 2018. New Orleans, LA.
- Schuyler H, Ward D.** Concussion Management: The non-sport Aspects. *MI-AHEAD*. June 2018. Grand Rapids, MI.
- Waite N, Goetschius J, Darr K, Lauver J.** The Influence of Grade & Surface Type of Tibial Impact Accelerations in Trained Distance Runners. *NATA Annual Meeting*. June 2018. New Orleans, LA.

### PUBLICATIONS

- Claiborne T, Conway D.** An Inter-professional Approach to Planning and Executing a Mass Casualty Simulation. *NATA News*. Oct 2018; 30(9):32-35.
- Eddy R, Goetschius J, Hertel J, Resch JE.** Test-retest reliability and the effects of exercise on the King-Devick test. *Clinical Journal of Sports Medicine*. Mar 2018 [Epub ahead of print]
- Goetschius J, Hertel J, Saliba SA, Brockmeier SF, Hart JM.** Gait Biomechanics in Anterior Cruciate Ligament Reconstructed Knees at Different Time Frames Postsurgery. *Medicine & Science in Sport & Exercise*. Nov 2018;50(11):2209-2216.
- Osterman M, Claiborne T, Liberi V.** Radius of Care in Secondary Schools in the Midwest: Are Automated External Defibrillators Accessible to Enable Optimal Patient Care? *Journal of Athletic Training*. April 2018;53(4):410-415.
- Schuyler H, Seguire B, Wilkins N, Hamson-Utley J.** Psychological Aspects of Athletic Training. *Oxford Research Encyclopedias Psychology*. Mar 2018. DOI: 10.1093/acrefore/9780190236557.013.173

## MASS CASUALTY SIMULATION

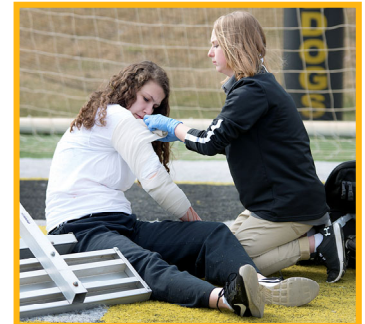
On April 13, 2018, athletic training students were pulled from class and presented with a mass casualty simulation on campus that required cooperation with multiple local medical and safety organizations!



First & second year students arrive on the scene and call 911 to activate EMS



Taking charge of the situation!



First aid wound management



***High wind incident blows debris into the stadium during an athletic event. Ten athletes and spectators are injured; three with critical injuries including impalement, internal bleeding, and a deep thigh wound.***



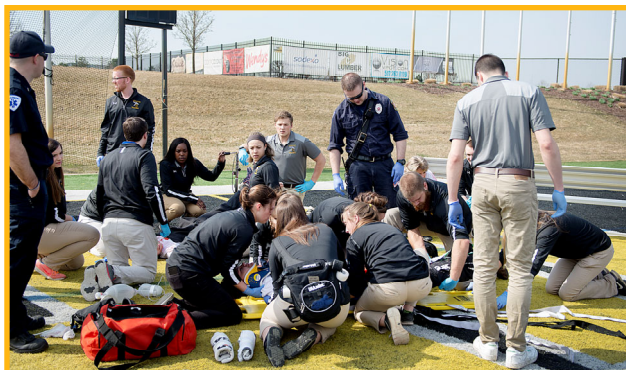
Packing and applying pressure to the wound



Stabilizing a large, impaled piece of glass



Third year students roll onto the scene with local EMS







Promedica Air & Mobile unit landing on scene in the Merillat parking lot



Ready for transport!



## The Full Response Team

- Adrian College Athletic Training Student
- Adrian College Campus Safety Officers
- Madison Township Fire/EMS
- City of Adrian Fire/EMS
- City of Adrian Police
- Promedica Air & Mobile
- Lenawee County Central Dispatch (911)



Updating President Docking on the situation

## AN INTER-PROFESSIONAL APPROACH TO PLANNING AND EXECUTING A MASS CASUALTY SIMULATION

By Tina Claiborne, PhD, ATC, and Darryl Conway, MA, ATC

When a sports medicine team, athletic trainers, physicians, EMS crews provide athletic health care for a sporting event, they need to be ready for unexpected situations that could result in injuries to large amounts of people. Incidents could range anywhere from weather emergencies (lightning, asthma, tornados, etc.) and fall from the way to active shooters or acts of terrorism. In the event of a mass casualty incident, athletic trainers and their medical team are likely to be the most qualified professionals immediately present to triage and organize patient care.

Since these types of events are rare, it can be hard to practice and prepare for them. It was Adriatic who wrote that during stressful situations, "We don't rise to the level of our expectations, we fall to the level of our training." With this principle in mind, it's important for both seasoned athletic trainers and AT students to train regularly for unexpected situations, including mass casualties, in an integrated fashion with other professionals.

At Adrian College, the athletic training program emphasizes critical thinking and emergency preparedness. Our first-year clinical students spend two semesters training for pathological medicine, triage and patient management. They also complete two FEMA courses on incident command and mass casualty triage. Third-year clinical students are required to take an EMT course through a local

fire/EMS department. Our relationship with local EMS has been beneficial for our program and students because the mutual respect between our disciplines has provided the opportunity for large scale simulation training.

Simulation training has been shown to advance learning twice as fast as traditional classroom training. However, "when health care providers train separately, it may be difficult to integrate their capabilities." Working as a team appears to be the most effective means of reducing error and improving outcomes. A well-coordinated team will work toward a shared goal and demonstrate respect, awareness, trust, adaptability, flexibility and interdependence. Athletic trainers should plan and drill as a collective unit with institutional authorities, local law enforcement, fire and EMS in order to establish the most effective and comprehensive emergency action plan.

Our program has performed smaller scale simulations over the years, but with the evolution of our curriculum and community relationships, it was the right time to execute a full-scale, interdisciplinary exercise. We simulated a high wind weather event that caused multiple injuries as a result of flying debris. The simulation was a surprise to students, who were unknowingly extracted from class at the start of the scenario.

"Unfortunately, campus emergencies that result in multiple injuries are a reality. Not only did the simulation exercise



This mass casualty simulation training was a great day of camaraderie, collaboration and inter-professional education with long-lasting institutional and community benefits. We have documented what we learned during the planning process, including our tips and timelines, to help our fellow NATA members who might be interested in conducting a similar training.

EMERGENCY SIMULATION TIPS AND TIMELINES

There are many components that go into planning a full scale simulation. It will feel very daunting, so it is important to give yourself plenty of time to meet with the necessary stakeholders and plan roles and responsibilities. We began planning six months prior to the event date. The following are steps to consider:

- **Identify primary and secondary objectives for the exercise.** This is an important step because it helps to maintain focus when planning with interdisciplinary teams. Our objectives were:
  - **Primary Objective:** To prepare athletic training students for multiple casualty incidents in sporting events.
  - **Secondary Objective:** To plan and interface with campus and community emergency response teams.

Identify key players. For a drill to be realistic, it must include all entities that would normally respond to an emergency. In addition to the response team, you may consider working with local experienced in operating emergency simulations. In our case, we contacted the Lenawee County Emergency Management team; the worked in close liaison with local EMS and law enforcement agencies. In addition to the athletic training organization, our key players were:

- Adrian College (AC) campus Safety Officers
- Madison Township Fire/EMS
- City of Adrian Fire/EMS
- City of Adrian Police
- Promedica Air & Mobile
- Lenawee County Central Dispatch (911)

**SIMULATION SUPPORT**

- AC administration
- AC athletics
- AC plant services
- Lenawee County Emergency Management
- AC video production and marketing (including communications students)
- Local/regional radio, newspaper and television media

Volunteer patients/victims (including pre-AT students, pre-health students, students, etc.)

- Evaluation (flexibility, parameters, and courtesy authorized)
- Identify your scenario. Prior to meeting with the participants, it's good to have an idea of what you would like your scenario to be. It is important to watch your students' skill sets with the scenario. Some of our past simulations involved several types of injury, equipment removal and CPR skills. As our program progressed, our students' training advanced to include mass casualty and incident command training. To evaluate their trauma and triage skills, we chose to simulate the aftermath of a tornado that passed through a lecture hall. Debris was blown into and around the stadium, resulting in multiple injuries to spectators.
- Meet with your response team. It is important to identify a point person for each agency. While it is necessary

Check out the full article in the Oct 2018 NATA News!



Thank you Tina Claiborne for all the hard work & time that was put into planning the simulation!

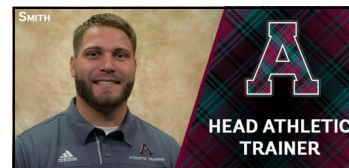


## ALUMNI & COMMUNITY NEWS



Congratulations to James Ruby (MS '15) for his new position as Assistant Athletic Trainer at Gannon University!

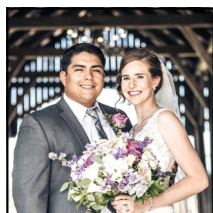
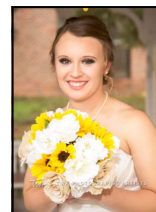
Congratulations to Brad Smith (MS '14) for his new position as Head Athletic Trainer at Alma College!



WESTERN MICHIGAN  
HOCKEY

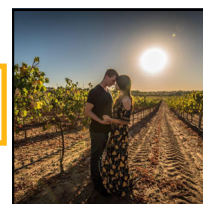
Congratulations to Anthony Rossi (MS '15) for his new position as Assistant Athletic Trainer at Western Michigan University with Men's Hockey!

Congratulations to Amanda (Antos) Polak (MS '16) and Adam Polak on their marriage!



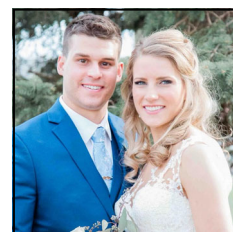
Congratulations to Emily (Borup) Orellana (MS '16) and Eric Orellana on their marriage!

Congratulations to Nicole (Murzen) Vargas (MS '15) and Jordan Vargas on their marriage!



Congratulations to Preceptor Jim Nicknair and Lindsay Pukey on their engagement!

Congratulations to Anthony Rossi (MS '15) and Emily Rossi on their recent marriage!



For more alumni news and program updates,  
Like us on Facebook!



[Adrian College Athletic Training Program](#)

