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**Note: Maiden names are preserved in our newsletters because that's how you will always be known to us!!*

What Pandemic?

YOU rocked it in 2020! YOU (AT program preceptors, friends, affiliates, students, faculty and administrators) are the reason for our collective success. Under great duress we linked arms and together, we forged ahead.

Amid the distractions, YOU were resolute in creating an amazing environment that celebrates perseverance and resilience, but most of all a dedication to excellence. I applaud YOU all and give many thanks for your friendship and comradery.

The pages ahead highlight some of the wonderful accomplishments from 2020, and trust me...we aren't Slowing down! I am so proud of the community YOU have built and congratulations on a job well done.

Cheers!

Tina Claiborne

Adrian College Athletic Training Program Director

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Follow us on Facebook: <https://www.facebook.com/vliberi/>

(A special thank you to Victor Liberi for managing our spectacular Facebook page)

ADRIAN COLLEGE, 110 S Madison St, Adrian, Michigan 49221
Merillat Sport and Fitness Center—517-265-5161

THANK YOU!!!

A special recognition to our own bulldog health care team as well as all of our program preceptors and affiliates for keeping us safe and in business!!



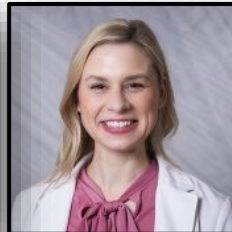
Aron Gornowicz



Meg Sharp



Jamie Fetter



Emily Kist



Jim Nicknair



Caitlin O'Brien



Dayna Schroeder



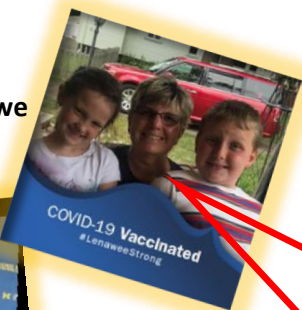
Caleb Christie



Marco Distefano



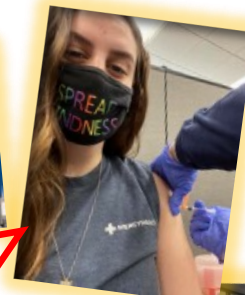
Kathy Steuwe



Aaron Sage & Colleagues



Brianna Chamberlain



"Tuck," Becca Neal, Suzanne Harmon



Eric Kilpatrick



"WE'LL TAKE A CORONA...HOLD THE VIRUS"



Tyler Harris



Erin Laske



Maggie Hein



Kevin Fleming

WITHOUT TEACHERS, WE WOULD HAVE NO CLASS!

A warm welcome to new and familiar faces who dedicate themselves to the AC AT Program.

A New Face

Dr. Tyler Harris joined the Adrian College Exercise Science and Athletic Training Department in Fall 2020. He was born in Boston, Massachusetts in 1992. He grew up in Phoenix, where he enjoyed playing basketball, singing in the school choir, and writing anything from essays to rap lyrics. He has received a bachelor's degree in Athletic Training from Northern Arizona University, a master's degree in Psychology from Northern Michigan University, and a PhD in Kinesiology with a concentration in psychosocial aspects of sport and physical activity from Michigan State University. In his spare time, Dr. Harris enjoys swing dancing, basketball, and writing and reading science fiction. Welcome aboard!!



A Familiar Face

Dakota Morgan (Class of 2020) is giving back to the athletic training program in an extremely meaningful way. To help current students and new graduates navigate the challenges of life outside of college, Dakota founded the Adrian College Athletic Training Mentoring Program.

"I created the program to enhance connections within the AC AT community as well as inspire confidence to initiate and maintain connections outside of it. The importance of mentorship is already encouraged by the AT faculty. The mentoring program emphasizes its importance and provides the opportunity to seek out a mentor.

We offer learning opportunities for current students led by alumni. To date we have addressed topics such as transition into professional life and goal setting, and hosted panel discussions with recent graduates of the ATEP. Eventually, when it is safe to resume gathering in larger groups we will organize networking events at our national and regional conferences. In the meantime, we will continue working to develop soft skills and equip students with the tools needed to foster professional relationships."

Way to be a leader, Dakota! We are lucky to have you.



IN THE KNOW...

Every year, our program contributes more and more to the professional body of knowledge. We are so proud of the scholarly work being produced by Adrian College athletic trainers! This is the epitome of life-long learning and evidence based practice.



Contents lists available at [ScienceDirect](https://www.sciencedirect.com)

Physical Therapy in Sport

journal homepage: www.elsevier.com/ptsp

Original Research

Transverse abdominis activity and ultrasound biofeedback in college golfers with and without low back pain

Andrew Skibski^a, Erin Burkholder^a, John Goetschius^{b,*}



Journal of Sport Rehabilitation, (Ahead of Print)
<https://doi.org/10.1123/jsr.2020-0334>
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Human Kinetics
ORIGINAL RESEARCH REPORT

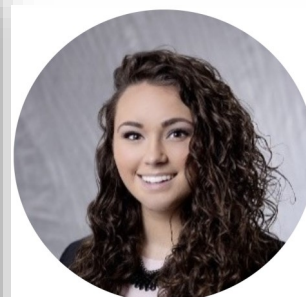
Effects of Blood Flow Restriction on Muscle Activation During Dynamic Balance Exercises in Individuals With Chronic Ankle Instability

Michael Burkhardt, Erin Burkholder, and John Goetschius

The Internet Journal of Allied Health Sciences and Practice
Dedicated to allied health professional practice and education
Vol. 18 No. 2 ISSN 1540-580X

An Examination of Policy and Procedure Practices of Secondary School Athletic Trainers

Micaela Dunbar-Gaynor¹
Ericka P. Zimmerman²
Victor Liberi¹



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Dedicated to allied health professional practice and education
Vol. 19 No. 1 ISSN 1540-580X

An Examination of Employment Model and Policy and Procedure Practices of Secondary School Athletic Trainers

Micaela Dunbar-Gaynor¹
Ericka P. Zimmerman²
Victor Liberi¹



IN THE KNOW *(cont'd)*



Early Sport Specialization Linked to Throwing Arm Function and Upper Extremity Injury History in College Baseball Players

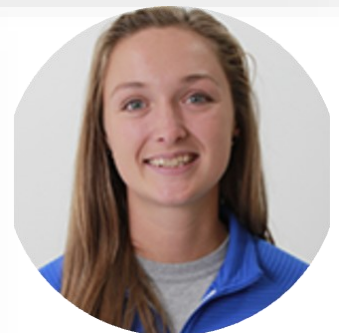
Jason Croci, MS, ATC, NREMT,[†] Jim Nicknair, MS, AT, ATC,[†] and John Goetschius, PhD, ATC*[‡]

Journal of Athletic Training 2020;55(3):232–237
doi: 10.4085/1062-6050-0375-19
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www.natajournals.org

Hip

Early Sport Specialization and Subjective Hip and Groin Dysfunction in Collegiate Ice Hockey Athletes

Marisa Sheppard, MS, ATC*; Jim Nicknair, MS, AT, ATC†;
John Goetschius, PhD, AT, ATC†



* Also Presented Virtual National Athletic Trainers' Association Clinical Symposia, July 2020.

Presentations

- ◇ Monette S, Burkholder E, Goetschius J. Effects of Blood Flow Restriction on Ratings of Perceived Exertion During Dynamic Balance Exercises in Individuals with Chronic Ankle Instability. Virtual National Athletic Trainers' Association (VNATA) Clinical Symposia & AT Expo, July 2020.
- ◇ Sheppard, M. Early Specialization in Youth Sports. Virtual Sports Medicine Conferences, Sept. 2020.
- ◇ Claiborne, TL. The 21st Century Athletic Trainer. ACME Conference, February 2020



Nicole Murzen & Colleague



AT Students Attend ACME Conference
University of Michigan, Feb. 20202

Partner in Crime



Darryl Conway is the Chief Health and Welfare Officer and Senior Associate Athletic Director at the University of Michigan. A former student of Victor Liberi, Darryl became a special friend of our Adrian College several years ago.

Saving a life and preventing catastrophic injury are the most important skills an athletic trainer will ever learn. Darryl has taught alongside us in the classroom and helped organize multiple emergency medicine simulations. He has led everything from small class labs to mock court cases and full-scale inter-professional mass casualty training.

Beyond his work as an adjunct professor, Darryl volunteers many hours of time on behalf of our students. He has a particular affinity for using real-life scenarios to transition knowledge to practice, and

together we really enjoy surprising (torturing may be a better word) the students with unscheduled emergency simulations. Just recently, he invited our Junior class to U of M to learn how to extract an injured athlete from the gymnastics foam pits. Just for fun, we ended the day with a surprise catastrophic injury scenario!

Darryl, you are humble, hard-working and a true professional. You are a wonderful partner in crime and the quality of our program is elevated because of you. Thank you so much for your expertise and creativity. Students...you better beware....a surprise may be coming your way!



2018 Mass Casualty Simulation

Foam Pit Extraction at the University of Michigan

ATSO

Athletic Training Student Organization

Executive Board

President: Emily Baldus

Vice President: Spencer Furlich

Treasurer: Kelly-Rae Zdan

Secretary: Rachel Bucher

Fundraising Chair: Emily Baldus

Social Media: Kalie Simpson

Faculty Advisor: Victor Liberi



Students "Rake to Raise" money for ATSO

ATSO Member, Justin Tobin cares for fellow ATSO Vice President, Spencer Furlich following a club baseball game.



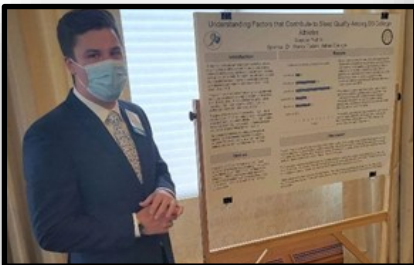
ATSOooooo Busy!

The Athletic Training Student Organization focuses on fund-raising events in order to attend conferences and other professional events.

Keep up the great work!

Upcoming!

AT Students will be traveling to upstate NY to practice pre-hospital care skills at the famous Sports Medicine Concepts Simulation Center



ATSO Vice President, Spencer Furlich (Left), and ATSO President, Emily Baldus (Right), present their senior projects at Adrian College Ribbons of Excellence Program

Spotlights

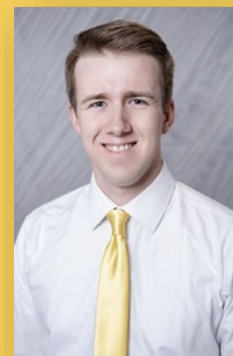


2020 RISING STAR OF THE YEAR

Tyler Sullivan

2020 AT STUDENT OF THE YEAR

Andrew Skibski



2020 ATSO MEMBER OF THE YEAR

Caroline Fleming

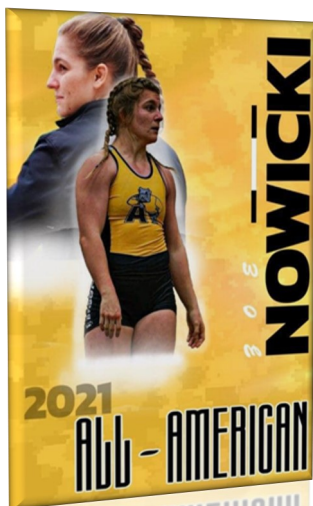


2020 PRECEPTOR OF THE YEAR

Jamie Fetter



Emily Haas becomes the first AT Student to pass earn the OPE-C Credential



Zoe Nowicki, 2021 All-American women's wrestler
[\(Read More Here\)](#)



Spencer Furlich named New Penn West Region Pitcher of the Week by the National Club Baseball Association

[\(Read More Here\)](#)

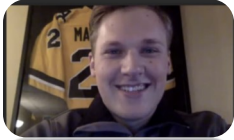


Tyler Sullivan named President of Tau Kappa Epsilon Fraternity

Virtually Amazing!

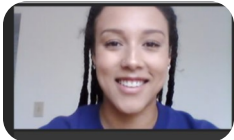
Master's students quickly pivoted to an online platform to successfully defend their thesis research, April 2020.

Great "screen-shots" guys!!



Scott Mattern- *Realistic Paths of Care in Select Southeastern Michigan Secondary Schools*

Brianna Chamberlain- *Student-Athlete and Their Parent's Satisfaction of the Athletic Trainer's Care in the Secondary School Setting*



Dakota Morgan- *Effect of Mindfulness Based Stress Reduction Meditation on Depressive Symptomology in College Students*

Jason Croci -*The Effects of Sports Specialization on Shoulder and Elbow Injury in Collegiate Baseball Players*



Kyle Schulz- *Helmet Fit Characteristics in Collegiate Ice Hockey Athletes*

Hannah Emerson- *Comparison of Impact Attenuating Capabilities of Ice Hockey Helmets With and Without XRD Foam*



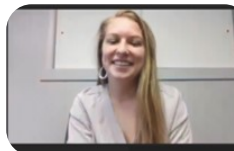
Jolene Pangani- *The Influence of an Intergroup Dialogue-Based Workshop on Athletic Trainers' Cultural Competence*

Courtney Young- *Knowledge and Awareness of Diversity and Inclusion to Provide Culturally Competent Care*



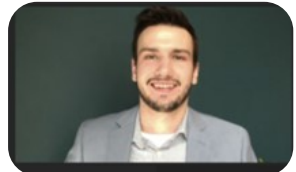
Brittany Archambeau- *A Comparison of Body Mass Charts, Urine Specific Gravity, and Urine Color to Determine Hydration Status*

Michael Burkhardt- *Effects of Blood Flow Restriction on Muscle Activation during Y-balance Exercises in Individuals with Chronic Ankle Instability*



Rachel Smestad- *Behavior of the Linea Alba During a Latissimus Dorsi Pull-Down in Diastasis Rectus Abdominis*

Andrew Skibski- *Effects of Ultrasound Biofeedback on Transverse Abdominis Activation in College Golfers with and without Low Back Pain*



Calm, Cool and Collected



With the Michigan High School Athletic Association halting its spring sports season, athletic trainer Rebecca Neal, like everyone else, is looking forward to life returning to normal so she can get back to doing what she loves.

Only three days after starting an athletic trainer position at Columbia Central High School last summer in Brooklyn, Mich., Neal was put to the test in a big way. A student-athlete began complaining of cramps and a migraine headache during an August football practice and Neal recognized the symptoms as being life-threatening. Neal, a Waterford Twp. native, had just earned a Master of Science degree in Athletic Training in May at Adrian College and was hired by Henry Ford Allegiance health system two months later.

Neal provides all of the medical coverage at Columbia Central High School through Henry Ford Allegiance health system and is usually out on the practice fields or at a game after the final school bell rings. On day three of the high school's evening football practice, she was extremely relieved to have had the quality training needed to handle a sudden life and death situation when treating a severely overheated athlete. The players were not in pads but did wear helmets, however, it had been a very hot and humid day in the Mitten.

"He was complaining that his arms and legs were tingling and his feet were going numb, and he said he had a migraine," Neal said of the young athlete, explaining that he did not start practice with a headache. "That was an indicator for me, and he felt nauseous as well. There is a big push in the athletic training profession for treating heat exhaustion. To treat it you have to begin quickly. You have a half an hour to begin cooling the athlete."

Columbia Central does not have a tub so Neal used the "taco method" where a tarp is held up and open by several people, and cool water and ice are dumped on the overheated athlete inside. [Read the entire article written by Adrian College here.](#)

Heather “Strong-ly” Believes in Lifelong Learning



Heather Strong (class of 2013) has been the athletic trainer at Lenawee Christian School in Adrian, MI since she graduated eight years ago. Over the years, Heather has grown both personally and professionally. Most recently, Heather was featured in a Gray Institute news article chronicling her many successes. You may read the entire article [here](#).

Way to go Heather...So proud!

Awards and Rewards



Aug 05, 2020

Dan Hudson (class of 2017) and **Mikayla Kemp** (class of 2018) are Assistant Athletic Trainers at Hillsdale College. Along-side current and former clinical preceptors **Lynn Neukom**, **Tyler Cortright** and **Andrew Bacon**, they were recently featured in the National Athletic Trainers' Association (NATA) newsletter for their recognition as "G-MAC Athletic Training Staff of the Year."

Read the entire article [here](#) and great job Hillsdale!!

Oh Baby!

Look how much our family has grown! The next pages are dedicated to our busting puppy pound. Don't worry, we don't discriminate...human and fur-babies allowed!



Congratulations to Amanda Antos who is expecting her first in July this year!

Dan Hudson gives us a smiling baby Taylor! She is making big progress on her walking! Good job Taylor :)



Easton will have a baby sister in April! Congratulations Trevor Lopez and Family!

Andrew Andonian's daughter, Amelia, and son, Forest! How cute!



Scarlett is already 6 months old and is growing fast! What a beautiful baby, Chelsea Wanczyk!

Fur babies Izzie and Odie are some happy to get some fresh air with Sarah Engle!



Bailey Wolf (Feekings) and husband, Hayze, are styaing busy with Goose, Geema, and a little girl who arrives in July!!

Mikayla Kemp and Bella! She will be 6 in April. Happy Birthday Bella!



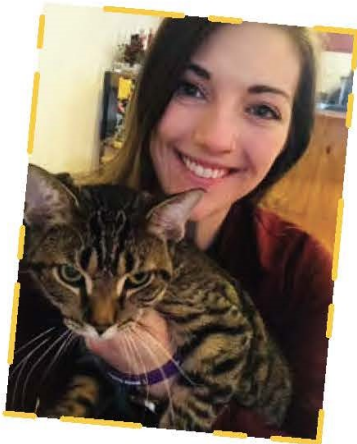
More Babies!



These photogenic fur babies, Cleo and Lincoln, belong to Cindy Graves! Such great poses they deserve extra treats!



Meet Rusty, Eric Kilpatrick's Fur Baby! What a handsome smile, Rusty.



Ollie is Casey Fourgerousse's fur son. Ollie doesn't seem too fond of pictures but he sure is handsome!!



Pictured is Casey Josz and Husband, Noah, along with two fur babies who are loving the attention by mom and dad. Meet Jimmy and Oscar!



Fur baby, Ebony, along with Jacob Clark and his Fiancé, Rachel!



Congrats to Zynda Larkman and Husband, Kyle, on their baby boy! Colton William was born on Janurary 1st of 2021!