



Athletic Training Connection

SPRING 2022

INSIDE THIS ISSUE

NEW FACES	1
THE SKY IS THE LIMIT	2
WE DON'T STOP	3
WE ARE SCHOLARS	4
WINNING!	5
STUDENT ORGANIZATION NEWS	6
PAYING IT FORWARD	7
WHERE ARE THEY NOW?	8-9
2021 ANNUAL RESEARCH SYMPOSIUM	10
2020 & 2021 GRADUATES	11

Dear AT Community,

I can't believe that this year marks 35 years of athletic training graduates, 12 years as an accredited curriculum, and our 8th class of Master's degree recipients! Did you know athletic training was first successful Master's degree program in Adrian College's 163 year history?

With the wonderful support from our administration, the Graduate Athletic Training Program smashed barriers, and paved the way for 13 new graduate degrees and certificates (as of 2021) at Adrian College. You are all an important part of our academic community, and will always be essential components of this institution's rich history.

The pages ahead highlight just a fraction of the great work of our entire AT community over the past year alone. I regret that I didn't have room to include everyone's accomplishments, but please know that you have contributed invaluable to an amazing legacy. I have no doubt that there is more to come!

Enjoy!

Tina Claiborne

Graduate Athletic Training Program Director

CONTACT US

Tina Claiborne, Program Director: tclaiborne@adrian.edu
Heather Schuyler, Coordinator of Clinical Education: hschuyler@adrian.edu
Victor Liberi, AT Faculty: vliberi@adrian.edu
Tyler Harris, AT Faculty: tharris@adrian.edu

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

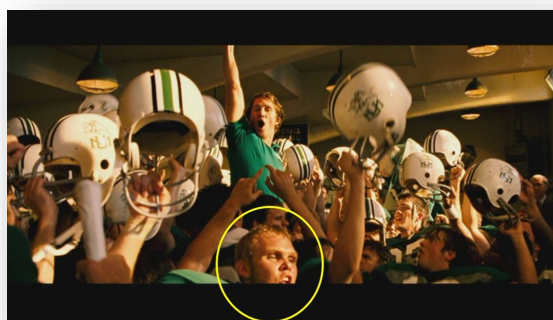
NEW FACES

A warm welcome to new faces who dedicate themselves to the AC AT Program!



Dr. Daniel Traylor joined the Adrian College Exercise Science and Athletic Training Department in the Fall of 2021. He earned his undergraduate degree in Health Promotion at Appalachian State in 2004 while playing football on a full athletic scholarship. Dr. Traylor also earned his MS degree in Sports Medicine from Armstrong State University and his PhD in Food Technology, completing his doctorate studies at the University of Nebraska-Lincoln and Clemson University.

Fun Fact: Dan was an extra in the Matthew McConaughey movie, "We are Marshall!!!" →



Dr. Jeffrey Murphy joined Adrian College as an Assistant Professor of Exercise Science in the fall of 2021. He earned his BS degree in psychology from Saint Vincent College, as well as his MS and PhD degrees in exercise physiology from The University of Pittsburgh. Over the course of his career, Dr. Murphy has worked as a certified personal trainer specializing in functional movement for diverse populations and senior athletes, going so far as to establish his own fitness business. Dr. Murphy is a Certified Strength and Conditioning Specialist through the NSCA and works to promote the strength

and conditioning profession through his position as an advisory board member. With his certification, Dr. Murphy works to provide state clinics and preparation courses to prepare students for their own CSCS certification. With 14 prior years of teaching experience, Dr. Murphy is a member of the exercise science teaching faculty at Adrian College and works to provide engaging student research.



The Graduate Athletic Training Program also welcomes Assistant Athletic Trainers **Morgan McCool, MS, ATC** and **Destiny Rogers, MS, ATC** to our family. Morgan earned her B.S. degree from West Virginia U. and her M.S. from Otterbein. Destiny is one of our own, completing her B.S. and M.S. from Adrian College.

Our students are going to learn a lot from both of you!. Welcome!



The Sky is the Limit!

Our alumni are forging the way for future generations of AC grads!

Brian Killinger '18

Brian Killinger graduated in 2018 with his Master's degree. He just recently started working as an athletic trainer for the United States Army and Special Operations at Fort Bragg in North Carolina. He provides services to soldiers during and after their training sessions, as well as treatment and rehabilitation for injured soldiers. He works with a team of PT's, strength coaches, cognitive coaches, and dietitians to make sure the soldiers return to duty as quickly and safely as possible. Brian believes that although this work setting is a little different than a traditional athletic training job, it is an emerging opportunity for future ATs. Lookin' good, Brian...I can't believe they let you near that thing!



Andrew Skibski '20

Andrew Skibski graduated in 2020 with his Master's degree. He was "AT Student of the Year" in 2020 and just recently started working towards his PhD in Exercise Physiology at the University of Central Florida. His lab specializes in electromyography and ultrasound to improve and assess hip and core muscle function for injured athletes that have been experiencing lower back pain. Andrew is the first Adrian College athletic training graduate to pursue a PhD...way to go Skibs (cute dog)!



We Don't Stop Just 'Cuz It's Summer!

In June 2021 athletic training students and faculty traveled to Sports Medicine Concepts (SMC), one of the country's leading pre-hospital care education centers. SMC provides emergency medicine training for the NFL sports medicine teams, colleges and universities, and many other health organizations across the US. Our athletic training students spent two days learning and perfecting patient-care skills, and had a little fun along the way. Experiences like this will provide our graduates with leadership skills well beyond other athletic training education programs in the country. Thank you to Vic Liberi, Darryl Conway and Tyler Harris for their dedication to our students.

[Check out this video of the students in action!](#)



The Next Generation of ATs



This Fall, Dr. Claiborne took prospective students to tour the athletic medicine facilities at the University of Michigan. Students got a taste of what it takes to be a Division I athletic trainer. During the trip, the students spent time with Darryl Conway (Chief Health & Welfare Officer, U of M) and engaged in a Q&A with AC alumni (and U of M Staff), Caroline Fleming, '21 and Anthony Rossi, '15.

WE ARE SCHOLARS

Every year, our program contributes to the professional body of knowledge via presentations and publications. We are so proud of the scholarly work being produced by our AT alumni. See below for a couple of highlights over the past year.

Peer Reviewed Publications



Claiborne, TL, Kochanek, J, Pangani J (2022). The impact of an intergroup dialogue workshop on culturally competent clinical behaviors in athletic trainers. *Athletic Training Education Journal*, 17(1), 1-11.

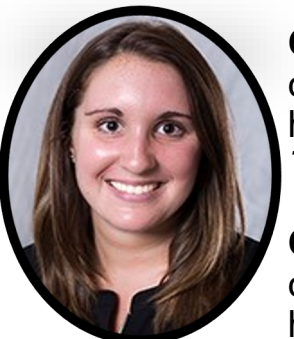
Peer Reviewed Presentations



Burkhardt M, Burkholder E, Goetschius J. The Effects of Blood Flow Restriction on Muscle Activation during Dynamic Balance Exercises in Individuals with Chronic Ankle Instability. *National Athletic Trainers' Association (NATA) Clinical Symposia, Virtual, June 2021.*



Croci J, Nicknair J, Goetschius J. Early Sport Specialization Linked to Upper Extremity Injuries and Throwing Arm Function in Collegiate Baseball Players. *National Athletic Trainers' Association (NATA) Clinical Symposia, Virtual, June 2021*



Claiborne, TL, Archambeau, B, Goetschius, J. A comparison of change in body mass, urine color, and urine specific gravity to determine hydration status during college football preseason. *National Athletic Trainers' Association (NATA) Clinical Symposia, Virtual, June 2021.*

Claiborne, TL, Archambeau, B, Goetschius, J. A comparison of change in body mass, urine color, and urine specific gravity to determine hydration status during college football preseason. *Canadian Athletic Trainers' Association (CATA) Research Webinar, Virtual, 2021*

WINNING IN & OUTSIDE THE CLASSROOM

Zoe Nowicki '22

Zoe Nowicki '22 is now a two-time women's wrestling NCAA national champion! This year at the Women's Wrestling Championship, Zoe dominated the 136-pound weight division. She won her first match-up by fall in under two minutes. Then, in her semi-final match-up she was behind in the first half by 2, but came around to outscore her opponent in the second half to win 8-4. In her championship duel, she clinched the national title after a tough battle in her home gym at Adrian College. Zoe graduated this year with a degree in Exercise Science/Pre-Athletic Training with plans to pursue a career in strength and conditioning.



Derek Plitt '22

Derek Plitt, an Adrian College AT senior, is now a two-time Indoor Track National Runner-Up. At this year's 2022 Division III NCAA National Championships, Derek gathered two All-American accolades, one in the 60m dash and the other in the 200m dash. This year, Derek also broke two Adrian College indoor records (60m and 200m). Derek plans to earn his MS in athletic training from Adrian College in 2023.



AT students Zoe Nowicki, Andrea Vidusic, Griffin Werth, Cody Schramm and Hunter Schramm volunteered to provide athletic health care at the Division I wrestling championships in Detroit! Way to represent!!

ATSO

Athletic Training Student Organization

21-22 Executive Board

President: Mackenna Crowley

Vice President: Hannah Heller

Treasurer: Griffin Werth

Secretary: Kiley Horn

Fundraising Chair: McKenna Mardlin and Karlee Hinzman

Social Media: Cody Schramm

Faculty Advisor: Victor Liberi



Students “Rake to Raise” money for ATSO

Left to Right: Mackenna Crowley, McKenna Mardlin, Hannah Heller, Sophie Lanzi, Kyle Plesha

Mackenna Crowley (ATSO President): *“The Athletic Training Student Organization has allowed me to be more involved in the AT community all while having an opportunity to be a leader. As a result, I have created stronger relationships with faculty, staff and alumni at Adrian College. This organization has a lot to offer students because of the support we get from our professors and alumni.”*



Left to Right: Mackenna Crowley, Kiley Horn,
Hannah Heller

Fundraisers

This year ATSO has been fundraising to send 14 members to the NATA Convention in Philly this year! Some events included:

- “I love my Athletic Trainer” T-Shirt Sale
- Sticker sale
- Aubree’s Dine to Fundraise
- Bulldog Yoga
- “Rake to Raise”
- Refreshment Sale at NSCA State Conference

Paying it Forward



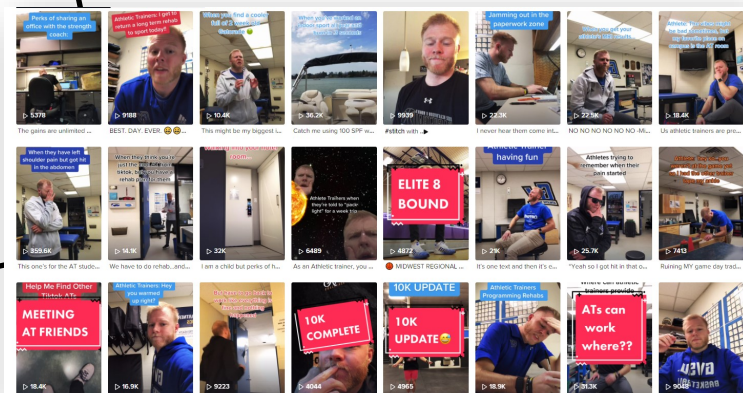
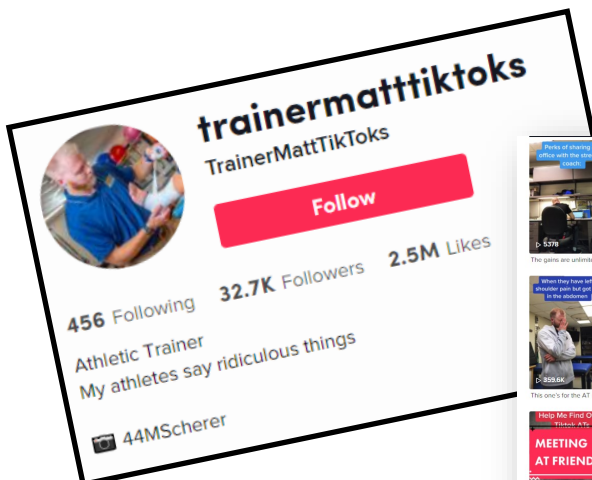
In partnership with Professor Liberi, Dakota Morgan '20 (Alumni Mentor and Coordinator) successfully hosted two webinars geared toward professional preparation and career advancement. Time management, role modeling, networking, interview, and negotiation strategies are just a few insights the speakers had to offer. Panel speakers included James Ruby ('15), Spencer Dennison ('16), Brie Chamberlain ('20), Darryl Conway, Alyse (Exelby) Sperry ('12), and Jenna Moreno ('21). Great job everyone and thanks for paying it forward!



Dakota is also spearheading our annual alumni gathering at the NATA National Convention in Philadelphia in June. Check Facebook for more details as the dates draw near!

Matt Scherer is TikTok Famous!

Matt ('18) is a modern mentor, and one that thousands of followers look to for laughs and advice. We can't deny his appeal with 2.5 million "likes." Great job bringing a little entertainment to the serious work ATs do. Check him out by clicking on the images below.

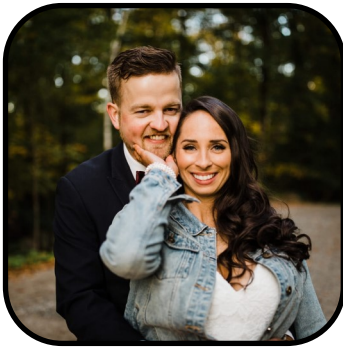


AT Students of the Year: Where are the now?

*It has been 13 years since the program started recognizing the "AT Student of the Year."
Take a walk down memory lane and let's see what past recipients are up to these days...*

Nicole Larkman (Zynda)

2008-09



Nicole went on to become a Physician Assistant and currently works at the Ottawa Hospital Rehabilitation Centre (Ottawa, ON). Beautiful photo Zynda!

Jessica Basile (Grubbs)

2009-10 AND 2010-11



Jessica earned her DPT and worked as a physical therapist for years before marrying a Marine and starting a family. She now dedicates herself to her kiddos and currently resides in California.

Alyse Sperry (Exelby)

2011-12



Alyse earned her M.A. in Health Care Leadership and worked for Fort Wayne Orthopaedics for nearly 6 years. She is now a claims adjuster for an Insurance Company in Indiana AND about to be a mom! Congrats Exelby!

Heather Strong

2012-13



Heather has been the Athletic Trainer for Lenawee Christian School in Adrian, MI since she graduated from AC! Way to give back to our community!

Anthony Rossi

2013-14



Anthony started his career at AC and is the head Athletic Trainer for Men's Lacrosse at the University of Michigan. Go Blue!

Spencer Dennison

2014-15



Spencer started his career at IMG Academy in Florida and quickly worked his way to Asst. Athletic Trainer with the Detroit Lions. Way to go get your dreams!

Where are they now? (cont'd)

Brigette Scarber (Cameron)

2015-16



Brigette made her way back to Canada after working for Madison HS in Adrian. In Canada, she continued her career in sports medicine. Brigette JUST got married to AC Exercise Science graduate Jon Scarber, so we hope to see you back in the US soon!

Daniel Hudson

2016-17



Dan landed his first job at Hillsdale College, MI and was recently promoted to Head Athletic Trainer. Dan is a preceptor for our AT program, and takes full responsibility for the success of all future generations of AC AT grads! Thanks for taking the heat, Dan!

Casey Eros (Josz)

2017-18



Happily married with 3 cute kids (shown here), Casey made the move to the industrial setting and currently works for DTE through Biokinetix. She is loving life with her husband and three dogs!

Savannah Monette

2018-19



Savannah caught the emergency medicine bug, and currently works as an EMT-Paramedic for Huron Valley Ambulance. She spends her free time with her black lab, Boots, who just turned 2.

Andrew Skibski

2019-20



Recently engaged, Andrew is studying to join the PhD ranks at the University of Central Florida. Following his passion, he also works as a golf pro at Tuscaawilla Country Club. Remember the little people when you make it big, Skibs!!

Caroline Fleming

2020-21



Caroline started her career as an athletic trainer at the University of Michigan and after only 1 year, is now the Head AT for women's soccer at NC State. What a dream!

2021 Athletic Training Research Symposium

Jenna Moreno (IMG Sports Academy): The Quality of Cardiopulmonary Resuscitation Skills in Athletic Trainers

Emily Haas (Concordia U)—Effects of Blood Flow Restriction on Muscle Activation during Static Single Leg Balance in Individuals with Chronic Ankle Instability

Caroline Fleming (North Carolina State)—Effects of Blood Flow Restriction on Center of Pressure During Static Single-Leg Balance Exercises in Individuals with Chronic Ankle Instability

Brandon Moody (Chowan U) —The Effects of Listening to Self-Selected Music During a Strength-Training Workout in Football and Hockey Players and in Wrestlers

Infinity Rogers (Siena Heights U) —The Effect of Hip Abductor Fatigue on Balance Lunch Break

Meagan Coleman (Henry Ford Health System)- The Effects of the Mindful Attention Awareness Scale Survey Implementation on Anxiety and Depression Scores in College Students

Destiny Rogers (Adrian College) —Certified and Licensed Athletic Trainers' Education and Perception of Competence in Mental and Behavioral Health

Allison Zyzelewski (Industrial AT, Clemens)—Theory of Planned Behavior as a Predictor of Athletic Trainers' Hand Hygiene

Hanna Arntsen (Vanderbilt U) — The Role of Artificial Turf in Non-contact ACL Injuries



Emily Haas, Brandon Moody, and Caroline Fleming “with” John Goetschius



Tina Claiborne, Jenna Moreno, Allison Zyzelewski, Tyler Harris



Victor Liberi “with” Destiny and Infinity Rogers



Meagan Coleman, Heather Schuyler, Hanna Arntsen

OUR GRADS ARE SO RAD!

COVID can't stop us....ONE Weekend, TWO Graduations, THREE Classes!
Congrats to the class of 2020 (BS Exercise Science/Pre-AT and MS in AT) AND 2021 (MS in AT)!



Master's Degree Class of 2020 (not all pictured):

Brianna Chamberlain, Courtney Young, Dakota Morgan, Jolene Pangani, Scott Mattern, Andrew Skibski, Kyle Schulz, Michael Burkhardt, Rachel Smestad, Jason Croci, and Brittany Archambeau

Master's Degree Classes of 2021 (not all pictured):

Infinity Rogers, Destiny Rogers, Brandon Moody, Jenna Moreno, Meagan Coleman, Emily Haas, Allison Zyzelewski, Hanna Arntsen, Caroline Fleming



Bachelor's Degree Classes of 2021 (not all pictured):

Justin Tobin, Spencer Furlich, Kaitlyn Frederick, Emily Baldus, Kaylie Simpson, Kelly-Rae Zdan, Nick Jackson, Rachel Bucher



2021 Department Award Recipients and Honors Students: Rachel Bucher, Spencer Furlich, Sydney Feelings