



# Athletic Training Connection

WINTER 2020

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Friends and Colleagues,

I hope you enjoy the pages to come. Our program has enjoyed some great successes and this is a wonderful way to celebrate the great work of our students, faculty, alumni and community. We like to have fun, but you will see that we can get the job done too...Work hard, play hard has always been our motto!

In the coming months, you will see some significant changes to our educational curriculum. The CAATE standards are changing and we must continue to evolve to maintain our relevance in the health care community. We will be communicating with you and will need your input as changes are implemented.

Finally, you are invited to register for the second annual A.C.M.E Collaboration Conference on February 9, 2020. This conference offers 4 FREE CEUs for Certified Athletic Trainers (Category A). The goal of this conference is to bring athletic training professionals together in a collegial fashion to improve our students' experiences as well as a learning opportunity for Certified Athletic Trainers. You may register using this link.

<https://form.jotform.com/200087831840149>

Thank you for all you do!

Tina Claiborne

Adrian College Athletic Training Program Director

## CONTACT US

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*Editors: Karlee Techentin and Johanna Hanley*

## Thesis Defense

Master's students successfully defended their thesis research, April 2019. Very poised!



Heather Schuyler (faculty), Victor Liberi (faculty), Tina Claiborne (faculty), Jake Clark, Marisa Sheppard, John Goetschius (faculty), Front Row: Austeen Freeman, Becca Neal, Savannah Monette, Lauren Krywy



### Lauren Krywy

Examining Perceived Social Support and Mental Health in a Sample of College Athletes

*Jeffrey Lindstrom, Heather Schuyler (Chair)*



### Marisa Sheppard

The Effects of Early Sport Specialization on Subjective Hip & Groin Disability in Female & Male Collegiate Hockey Players

*Jim Nicknair, John Goetschius (Chair)*



### Savannah Monette

The Effects of Blood Flow Restriction on Muscle Activation During Functional Exercises in Individuals with Chronic Ankle Instability

*Jim Nicknair, Victor Liberi (Chair)*



### Austeen Freeman

The Effects of Peppermint on Single Leg Balance and Handgrip in Healthy Young Adults

*Erin Garmyn, Meg Sharp, Tony Coumoundouros, Heather Schuyler (Chair)*



### Rebecca Neal

The Effects of the 2ndSkull Skullcap® to Attenuate Forces Resulting From Foul Ball Impacts Into Two Different Catchers Masks

*Jim Nicknair, Victor Liberi (Chair)*



### Jacob Clark

Comparison of the Effectiveness of Cupping and IASM on Hamstring ROM, PPT, and PFAQ Scores

*Meg Sharp, Heather Schuyler (Chair)*



## LEARNING SIMULATIONS

At the request of the Lenawee County Emergency Management System, students and faculty from the Adrian College athletic training program volunteered as victims for emergency response training at the County courthouse.

"It was a tremendous learning experience and a great service to the community!"



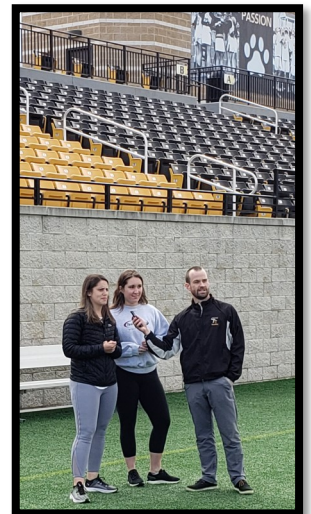
Left to right: Hannah Emerson, Infinity Rogers, Destiny Rogers, Victor Liberi, Allison Zyzelewski, Caroline Fleming, Hannah Arnsten, Brie Chamberlain, Haley Ashton, Katelyn Frederick



## IN COURT...

To emphasize the importance of upholding the standard of care, graduate students were involved in a mock courtroom case. Students provided care during a simulation and documented the patient encounters.

Later in the semester, they were "subpoenaed" to appear in court. During the court case, their clinical notes and cell phone video were submitted as evidence. Each student had to defend their actions in front of a lawyer and judge.



**"I bet their record keeping will be much improved!"**





## Graduation 2019



Master's Degree:  
Austeen Freeman,  
Savannah Monette,  
Marisa Sheppard,  
Becca Neal,  
Jake Clark



Back Row: Jake Clark, Andrew Skibski, Scott Matter, Kyle Schulz, Hannah Emerson, Brittany Archambeau, Dakota Morgan, Savannah Monette, Becca Neal, Victor Liberi (faculty), John Goetschius (faculty), Front Row: Jason Croci, Tina Claiborne (faculty), Jolene Pangani, Rachel Smestad, Courtney Young, Lauren Krywy, Austeen Freeman, Marisa Sheppard.



**What a great looking group.**

**The future is bright!**



Bachelor's Degree: Andrew Skibski, Michael Burkhardt, Courtney Young, Dakota Morgan, Brittany Archambeau, Hannah Emerson, Jolene Pangani, Scott Mattern, Kyle Schulz, Jason Croci, Front Row: Brie Chamberlain, Rachel Smestad

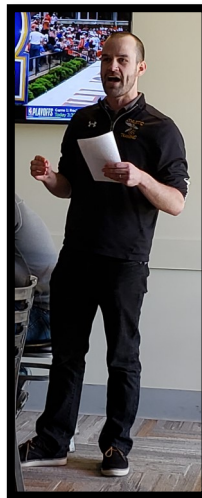






Left to right: Back Row: Fernando Rodriguez, Michael Burkhardt, Calvin Raker, Dylan Rose, Becca Neal, Savannah Monette, Austeen Freeman, Marisa Sheppard, Jake Clark, Dakota Morgan, Jolene Pangani, Bradon Moody, Jamie Fetter, John Goetschius, Victor Liberi, Jim Nicknair, Second Row: Katelyn Frederick, Kaylee Simpson, Rachel Smestad, Haley Ashton, Emily Haas, Madison Federmeier, Destiny Rogers, Amy Goodman, Brittany Archambeau, Hannah Emerson, Infinity Rogers, Jenna Moreno, Brie Chamberlain, Lorie Robinette, Meg Sharp, Third Row: Heather Schuyler, Megan Coleman, Allison Zyzelewski, Hannah Arnsten, Caroline Fleming, Tina Claiborne, Courtney Young

## END OF YEAR PARTY



A huge thanks to our preceptors and friends of the program.

Everyone enjoyed the celebration of another great year!

I even see a couple future bulldogs in the mix!





## Program Awards (2019)

**“We have such fantastic students and preceptors. Thank you for your contributions to the program and the profession of athletic training!”**



### **RIISING STAR OF THE YEAR**

**Haley Ashton**

### **ATHLETIC TRAINING STUDENT OF THE YEAR**

**Savannah Monette**



### **ATSO MEMBER OF THE YEAR**

**Andrew Skibski**



### **PRECEPTOR OF THE YEAR**

**Lynne Neukom—Head Athletic Trainer, Hillsdale College**



## Community Service



Students left to right: Jolene Pangani, Meagan Coleman, Caroline Fleming, Allison Zyzelewski, Courtney Young

AT students volunteered in the medical tent to care for "Glass City" marathoners in Toledo, OH last spring.



Adrian College was the only institution that had two students selected to attend the nationally known ILEAD conference for leadership and diversity. Great work Courtney Young and Jolene Pangani!



## NATA CONVENTION

A huge group of students, faculty and alumni convened at the National Athletic Trainers' Association annual symposium in Las Vegas! We learned a lot, made connections and enjoyed our annual alumni gathering at Top Golf.

**What happens in Vegas, stays in Vegas!**



Left to right: Back Row: Victor Liberi, Calvin Raker, Hannah Emerson, Emily Haas, Spencer Dennison, Eddie Schaeffer, Dan Hudson, Jake Adams, Brian Killinger, Tina Claiborne, Jolene Pangani, Middle Row: Heather Schuyler, Casey Josz, Brandon Moody, Brie Chamberlain, Brittany Arhcambeau, Michael Burkhardt, FrontRow: Jenna Moreno, Jennifer Phillips, Megan Coleman, Dakota Morgan, Rachel Smestad, Caroline Fleming, Matt Scherer, Courtney Young, Nicole Murzen.



## PUBLICATIONS

Every year, our students and faculty contribute more and more to the professional body of knowledge. We are so proud of the scholarly work being produced by Adrian College...and this is only since last Spring!

*(Dr. Goetschius wins the award for most pubs and presentations!! Great job Gutch! :)*

- **Goetschius J**, Hertel J, Saliba S, Brockmeier SF, Hart JM. The Effects of Patellar Tendon Vibration on Quadriceps Strength in Anterior Cruciate Ligament Reconstructed Knees. *Physical Therapy in Sport*. 2019 Nov;40:71-77.
- **Killinger B**, Lauver J, Donovan L, **Goetschius J**. The Effects of Blood Flow Restriction on Muscle Activation and Hypoxia in Individuals
- Norte GE, Solaas H, Saliba SA, **Goetschius J**, Slater LV, Hart JM. The Relationships between Kinesiophobia and Clinical Outcomes after ACL Reconstruction Differ By Self-Reported Physical Activity Engagement. *Physical Therapy in Sport*. 2019 Nov;40:1-9. with Chronic Differ By Self-Reported Physical Activity Engagement. *Physical Therapy in Sport*. 2019 Nov;40:1-9.



## PRESENTATIONS

- **Adams, J, Liberi, V, Claiborne, TL** (2019). The effect of 2nd skull skullcap on the protective properties of ice hockey helmets. NATA Annual Symposium, Student Exchange Poster Presentation. NATA Annual Symposium, Student Exchange Poster Presentation. National Athletic Trainers' Association (NATA) Annual Meeting, June 2019, Las Vegas, NV.
- **Feekings, B, Sharp, M, Claiborne, TL** (2019). Effect of comfort on an athlete's desire to wear protective skull caps. National Athletic Trainers' Association (NATA) Annual Meeting, June 2019, Las Vegas, NV.
- **Goetschius J, Killinger B**, Lauver J, Donovan L. Effects of blood flow restriction on muscle activation in individuals with chronic ankle instability. National Athletic Trainers' Association (NATA) Annual Meeting, June 2019, Las Vegas, NV.
- **Harm, C, Liberi, V, Liberi, K**. The Prevalence of Lower Urinary Tract Symptoms and Impact on Quality of Life in Women's Collegiate Ice Hockey Athletes. Michigan Athletic Trainers' Society Annual Meeting, June 2019. Lansing, MI
- **Neal, R, Nicknair, J, Liber, V**. The Effects of the 2ndSkull Skullcap® to Attenuate Forces Resulting From Foul Ball Impacts Into Two Different Catchers Masks. Michigan Athletic Trainers' Society Annual Meeting, June 2019. Lansing, MI
- Norte GE, **Goetschius J**, Slater L, Hart JM. Influences of patient demographics and surgical characteristics on return-to-activity pass rates following ACL reconstruction. Osteoarthritis Research Society International (OARSI) World Congress, May 2019, Toronto, ON, Canada.
- **Reedy L, Goetschius J, Liberi V, Claiborne T**. The influence of parent education on helmet fit in youth ice hockey players. Michigan Athletic Trainers' Society Annual Meeting, June 2019. Lansing, MI
- **Scherer M, Robinette L, Goetschius J**. Multi-directional hopping asymmetries in individuals with a history of anterior cruciate ligament reconstruction. *National Athletic Trainers' Association (NATA) Annual Meeting*, June 2019, Las Vegas, NV.



## ATSO

### Athletic Training Student Organization

#### Executive Board

President: Caroline Fleming

Vice President: Brandon Moody

Treasurer: Hanna Arntsen

Secretary: Emily Haas

Fundraising Chair: Meagan Coleman

Social Chair: Allison Zyzelewski



#### Students "Rake to Raise" money for ATSO

Left to right: "Ace" the cat, Caroline Fleming, Hannah Arntsen, Kyle Plesha, Brandon Moody, Spencer Furlich, Rachel Bucher, Front: Haley Ashton



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

Keep up the great work!

#### Fall 2019 Events

- \* ATSO Thanksgiving Social Event
- \* ATSO Donuts and Cider Social Event
- \* Chuck a Puck Fundraiser—Every weekend during Hockey Games
- \* Leaf Raking at Dr. Claiborne's
- \* Recruit new, younger members in entry level exercise science classes

#### Upcoming Events

- \* Chipotle Fundraiser
- \* Buffalo Wild Wings Fundraiser
- \* Valentine's Day collection for animal food and toys to donate to the humane society
- \* Corn Hole Tournament fundraiser
- \* ATTEND THE NATIONAL AT ASSOCIATION CONFERENCE. ATLANTA HERE WE COME!!



#### Students Attend Michigan AT Society

Left to Right Back Row: Rachel Bucher, Spencer Furlich, Infinity Rogers, Emily Haas, Madison Federmeier, Front Row: Haley Ashton, Destiny Rogers, Hannah Arntsen, Caroline Fleming, Andrea Vidusic, Holly Sperling



## AT STUDENTS IN THE NEWS



ADRIAN, Mich. — U.S. News & World Report designated Adrian College as a Top Performer on Social Mobility in its 2020 edition of “U.S. News Best Colleges.” This honor is presented only to institutions that enroll and graduate large numbers of disadvantaged students awarded with Pell Grants, a form of need-based financial aid.

“Being recognized for promoting social mobility is very meaningful for us because we have helped so many students improve the future quality of their lives,” Adrian College President Jeffrey Docking said. “Seeing students who are less fortunate than others succeed is a big part of what this educational institution is all about. The number of students with Pell Grants at Adrian really shows our commitment. It indicates that we have a

lot of kids coming from working-class backgrounds.

“The luckiest thing that happens to any of us in life — which we have absolutely no choice in whatsoever — is the family we’re born into,” Docking added. “We land here like we’re landing on Mars. And when we’re old enough and mature enough to look around and see that others weren’t as fortunate as us... I think it’s actually bred into human beings to help those who are less fortunate.”

Approximately 600 of Adrian College’s students receive the Pell Grant. While these students are considered “disadvantaged,” that has not stopped them from striving for excellence. Brandon Moody, a senior majoring in athletic training, is one of those 600 students. He has never allowed labels like disadvantaged to undermine his desire and drive to climb up the ladder of success and out of poverty. In fact, after completing his Bachelor of Science in exercise science / pre-athletic training at Adrian College next spring, he plans to stay and earn a master’s degree.

“They introduced me to the athletic training program here and a lot of the success it was having — especially with graduate students — and how I could get my master’s from the same institution,” Moody said, adding that the Bulldogs also had a solid football program. “It all tied in together and made it a really good decision for me to go here,” he said.

During his four years at Adrian College, Moody has been the co-captain on the Bulldogs’ football team, an Adrian College associate trustee, the vice president of the Athletic Training Student Organization and an executive board member on the Mid-America Intercollegiate Athletics Association Student Athlete Advisory Committee (representing men). With a cumulative 3.7 GPA, he has also earned memberships in various honor societies and service organizations, including Mortar Board, the National College Senior Honor Society, Phi Eta Sigma and the National Society of Leadership and Success.

In the future, Moody plans on becoming a certified and licensed athletic trainer and working at an institution affiliated with the National Collegiate Athletic Association or the National Association of Intercollegiate Athletics. If the opportunity ever came along, he would love to work in a professional league.

“Brandon is one of the hardest working students I have known,” said Dr. Tina Claiborne, an athletic training professor and director of the athletic training program. “Rather than making excuses, Brandon uses his past experiences to fuel his desire and drive. His adaptability, resilience and humility are welcome yet rare qualities. We are fortunate to be a part of his future success.”

Moody was born in Toledo, Ohio, one of the most dangerous cities in the nation. When he was a child, his parents moved to Sylvania, Ohio to give him a better environment and education. Despite his parents divorcing during his junior season, Moody maintained good grades and graduated from Northview High School as a three-sport athlete, participating in wrestling, football, and track and field.

It wasn’t easy for Moody to earn his diploma after the divorce, especially after he and his mother were evicted from an apartment and forced to live in an extended stay facility in Toledo.

“Most people wouldn’t consider that hard because you have a roof over your head, but it still wasn’t a place I could call home,” Moody said, adding that it was tough on his mother, who worked two jobs to get them out of there. “Her biggest worry was for me. She could care less about how she was feeling. I can’t thank her enough for everything she’s done.”

Moody felt he had a lot to live up to and wanted to follow in his father’s footsteps. He said his father received a full-ride to a NCAA Division I university and was later scouted by four NFL teams. His father even received an invitation to the Atlanta Falcons’ Rookie Mini-Camp, but a torn ACL kept him from going.

Moody knew because of his smaller size and capabilities that attending a NCAA Division I university wasn’t the most practical decision for him. So, he decided going to a smaller college would be the path he’d take, and he selected Adrian. However, getting on the playing field even at a NCAA Division III level was just as tough as he expected. He saw limited time on the gridiron.

“I went through a lot of difficult times, especially with anxiety and depression,” Moody said. “But, Adrian College has helped me get through a lot of that with the counseling services they have here.”

Moody has come to understand life is what you make of it. Not everything goes as planned. There will always be bumps in the road.

“I believe in God... I put so many things in my life into his hands,” Moody said. “There were so many times I just wanted to go to the chapel, and I would sit there, whether I was crying or praying. I give everything to him, really, when it comes to my personal successes and why things happen. I just trust that it’s happening for a reason.”



## AT STUDENTS IN THE NEWS

### Caroline Fleming Adds to Senior Season Postsea- son Awards List with United Soccer Coaches Honor



**KANSAS CITY**--One day after being named first-team United Soccer Coaches' Women's Scholar All-North/Central Region, Adrian College senior forward Caroline Fleming (Grosse Ile [Mich.] High School) has been selected to the organization's scholar All-America list on the first team--becoming the first Bulldog, men's or women's, to earn this honor.

Earlier this month, Fleming became the first Adrian student-athlete in the College's history to repeat Academic All-America accolades from the College Sports Information Directors' of America as she made the CoSIDA Division III First Team after she was a third-team selection in 2018.

Fleming, who is the only Michigan Intercollegiate Athletic Association representative on both USC and CoSIDA listings, owns the second-highest grade point average of 3.97 on the former's first team.

The athletic training major had a stellar final year in a Bulldogs uniform in which she raked in a slew of additional awards: USC NCAA Division III All-America Second Team, three-time USC All-Central Region selection (2nd-2017 & '18, 1st-2019), MIAA Most Valuable Player, three-time all-conference first team and two-time USC Scholar All-North/Central Region.

Fleming paced the MIAA with 16 goals, a school-record 14 assists and 46 total points--all career highs. She also led the Bulldogs with five game-winners.

She left her mark in the program's history books, too, owning the record for assists in a career with 34 while ranking third in points with 112 and fourth in goals with 39.

Adrian won its second-straight MIAA tournament title and claimed the regular-season crown for the first time since 2011. The Bulldogs also advanced to the second round of the NCAA Division III Women's Soccer Championship in their second-ever trip to the national tournament, finishing with a school-record-tying 17 wins (17-5-2). Fleming capped off a stellar playing career as she collected the program's first-ever goal in an NCAA Tournament game, lifting the Bulldogs over Wis.-Stevens Point in double overtime (1-0) in the opening round of the 2019 tournament on Nov. 16.

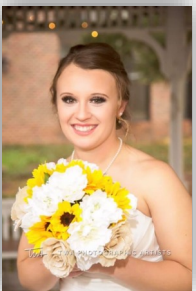
## ALUMNI & FRIENDS NEWS



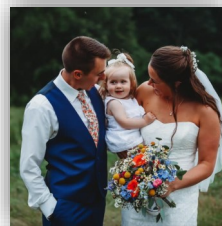
Rebecca Neal won the 2019 Best Original Research Award at the Michigan Athletic Trainer's Society!



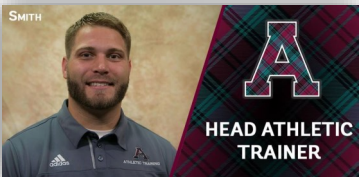
Dan Hudson is using his PES Certification as a strength coach and expecting a baby girl in early February!



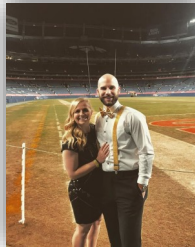
Congrats to Amanda Antos Polak and Adam Polak on their marriage!



Andrew Andonian married Cassie on June 15, 2019!



A belated congrats to Brad Smith who was promoted to Head Athletic Trainer at Alma in 2018!



Chloe Berka works at Cornerstone Orthopedics and Sports Medicine clinic and will be married to her fiancé, Carson on July 2nd, 2020!



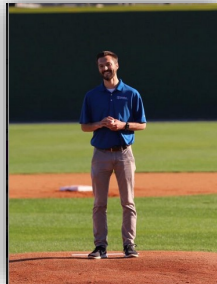
Adjunct instructor Darryl Conway and former preceptor Suzanne Harmon promoting, "Stop the Bleed," at the state capital!



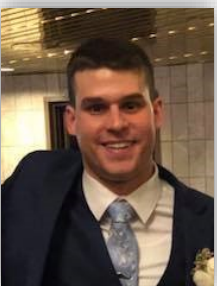
Congrats Katelyn "Tuck" Canterbury '10 and her new husband Brian as of June 8th, 2019! Katelyn is working for Ford Allegiance and contracted to Jackson College.



Congrats to Jake and Taylor Ladd married July 6 2019!



After saving an athlete's life following a cardiac event, Nate Waite was invited to throw out the first pitch of Yellow Jacket's Baseball game on March 27th!



Anthony Rossi soon to begin new athletic training position at the University of Michigan.



Nicole Murzen will present on performance optimization in menstruating athletes at the California Athletic Trainers' Association Conference.