



## 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 Education Program at Adrian College.

Inside, you'll find information on the ATSO, an Alumni Spotlight, ACI and ATS of the Year, remarks from students who attended the NATA Symposium in New Orleans, as well as a feature on our beginning of the year visit to *Bodies Revealed* in Toledo.

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...

Last spring, we met another milestone - we graduated our first class of Athletic Training Students from the newly accredited program. Excitingly, we have welcomed seven new athletic trainers to our Adrian College family. Passing the BOC exam on the first try, these students are working in the field and continuing their education in graduate school. We are so proud of the students' successes over the summer.

We are systematically making the transition from offering a B.S. in Athletic Training to the 5 year combined B.S./M.S. in Exercise Science/ Athletic Training. While it will be several years before we welcome the first official graduate student cohort into their 5th year, we are encouraged by the feedback from current and prospective students. This is reflected by the reports of over 70 admitted freshmen interested in the AT program and 26 sophomores poised to enter clinical education next year.

Finally, as always, I want to extend my sincere thanks to the clinical instructors and Adrian College staff/faculty who dedicate their time and passion to the success of the students and this program. Whether in or out of the classroom, you have all dedicated yourselves to the art of teaching, and therefore lifelong self-reflection and learning. "By learning you will teach, and by teaching you will learn."

*Dr. Tina Claiborne, Program Director*



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## ALUMNI SPOTLIGHT

**Leigh Anne (Cramer) Cowger**, Class of 2002, continued her education at East Tennessee State University in Johnson City, TN where she graduated with a Masters degree in Exercise Physiology in 2004. While there she worked as a Graduate Assistant for the athletic teams and did research for the Osteoporosis Center of ETSU's VA Hospital. She now works for Allegheny General Hospital Sports Medicine at Canon McMillan High School in Canonsburg, PA. She works as an Athletic Trainer for the PowerAde Wrestling Tournament - the 5th largest in the nation. She also serves as an Athletic Trainer for the Great Race - a 5/10k race held in Pittsburgh. In 2008 Leigh Anne was the team athletic trainer for the PA AAAA State Championship baseball team. In 2006 she married Chris Cowger, a fellow Athletic Trainer who also graduated from ETSU. In May 2010 they welcomed their first child, Jaxon. Leigh Anne has participated in several 5Ks in the past and just signed up for her first half marathon.



## NEW ATHLETIC TRAINING STAFF AT ADRIAN COLLEGE



**Troy Blasius** is an assistant athletic trainer and clinical instructor. Prior to joining Adrian College, he served as a graduate assistant athletic trainer at Minnesota State University-Mankato where he worked closely with the football team. During his time there, he earned his Master's degree in Sport Management. Troy received his BA in athletic training from Hope College in 2009.

**Kelsey Ferguson** is an athletic training intern. She earned her BS in athletic training, wellness and corporate fitness from Defiance College in 2011. While at Defiance, she worked closely with the women's basketball and baseball teams. She also gained experience with several teams at Ayersville, OH High School. Kelsey also completed an internship at Leaps and Bounds Pediatric Physical Therapy Clinic and was a member of the women's volleyball team at Defiance College.



## AT STUDENTS IN ACTION!



Sophomore students **Anne Hoffsten** (holding board) and **Alexis Carmona** (on board) working on their spine boarding skills in class.

Good job ladies - especially for your first time working with this skill!



## ACI (Approved Clinical Instructor) OF THE YEAR - 2010/2011

**Jody Manes** was chosen as the ACI of the year for 2010/2011. Jody is the Head Athletic Trainer at Adrian High School. Jody has 28 years of experience as an athletic trainer at both the high school and college levels. He holds a B.S. in Physical Education and Secondary Education from Kent State University. ATEP student Alyse Exelby worked with Jody for one of her clinical assignments and said, "I believe Jody is a great teacher, he is someone every student can watch and learn from and he is very knowledgeable about the field of athletic training."



THANKS TO JODY AND ALL OF OUR ACIs!

### Other Affiliates

- Blissfield High School
- Bone & Joint Orthopedics
- Bone & Joint Physical Therapy
- Carter Rehabilitation
- Internal Medicine Associates
- James Creps Physical Therapy
- Madison High School
- Onsted High School
- Promedica Bixby ER
- Sand Creek High School
- Siena Heights University

### ACIs/CIs

- |                   |                    |
|-------------------|--------------------|
| • Troy Blasius    | • Aaron Deline     |
| • Phil Dennie     | • Jamie Fetter     |
| • Jordan Johnson  | • Suzanne Harmon   |
| • Dr. Jon Maxwell | • Todd Nighswander |
| • Katie Ohlman    | • Lorie Robinette  |
| • Meg Sharp       | • Kathy Steuwe     |
| • Aubrey Stover   | • Josh Valdez      |
| • Sara Vida       |                    |

## ATS (Athletic Training Student) OF THE YEAR - 2010/2011



**Jessica Grubbs**, Class of 2011, was chosen as the Athletic Training Student of the year for 2010/2011 - for the second year in a row!

As an undergraduate student, Jess presented "A Comparison of Kinesio Tex Tape and Elastic Tape on Inhibition of the Upper Trapezius" at NATA in June. She is now in the Physical Therapy program at George Washington University. Following her orientation meeting at GWU, she wrote to us:

"It seems like Adrian will have prepared me well! Talking with other students today I found that they have not had and are not used to practical exams and they are not used to having classes in which you need to carry your knowledge through each year and through graduation. Clearly we were responsible for both. So, thank you for preparing me to understand the difficulty of my workload and study appropriately."



BECOME A FAN OF ATEP on FACEBOOK

<http://www.facebook.com/vliberi>

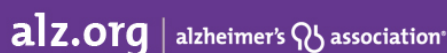




## ATHLETIC TRAINING STUDENT ORGANIZATION

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

So far this year, the group has organized several fundraisers to benefit organizations like **America4RMarines**, the **Juvenile Diabetes Research Foundation International** and the **Alzheimer's Association**. The *Black Tape Sale* has provided athletes with easy access to tape during practice and competition. During Homecoming, a *Pop Can Drive* was held to benefit the victims of the Orchard apartment fire. The group is currently selling their *Soup Cookbooks* for \$10 each. America4RMarines will benefit from an upcoming sale of wristbands.



On December 4th, the ATSO will host a fun-filled Ugly Sweater Christmas Party. Guests are encouraged to wear their ugliest Christmas sweater to the party!

### 2011-2012 OFFICERS

President .....	Alyse Exelby
Vice President .....	Cindy Graves
Treasurer .....	Zach Crothers
Secretary .....	Kelly Behen
Freshmen Representative .....	Taylor Merritt
Sophomore Representative .....	Tim Turner
Junior Representative .....	Heather Strong
Senior Representative .....	Kelly Babbles

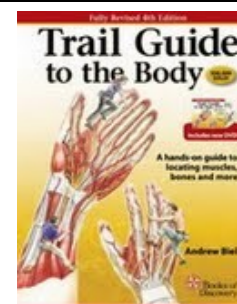
Look for ATSO fundraising opportunities to help our students attend professional meetings like the NATA Symposium, MATS and GLATA conferences and social events.



## VIC LIBERI JOINS ADVISORY BOARD

**Vic Liberi**, ATEP Assistant Professor, was recently appointed to the Advisory Board for Books of Discovery Publishing - developer of the *Trail Guide to the Body* book.

Way to go Vic!





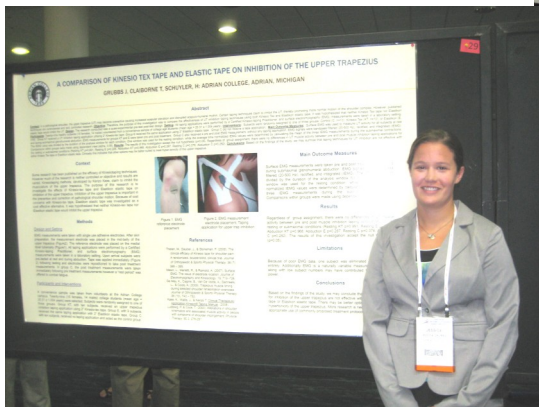
## STUDENTS/FACULTY ATTEND NATA

ATEP Faculty members **Dr. Tina Claiborne**, **Vic Liberi** and **Heather Schuyler** and students **Alyse Exelby**, **Jessica Grubbs** and **Erin Laske** attended the 2011 National Athletic Trainers' Association (NATA) Symposium in New Orleans, LA last June.



**Erin Laske**, Class of 2011, said, "The trip was amazing - it was really fun spending time with classmates and the professors. I actually got to give out my resume at the career center and got a few calls back from prospective employers. Other athletic training students should try to attend at least once."

**Alyse Exelby**, ATEP student, said, "it was a great opportunity to see all of the different opportunities the career of athletic training can have."



Health Care for Life & Sport

National Athletic Trainers' Association  
63rd Annual Meeting & Clinical Symposia  
Tuesday, June 26 – Friday, June 29, 2012

Check out the current Athletic Training website at the following address:

[http://www.adrian.edu/academics/ESPE/athletic\\_training/masters\\_program](http://www.adrian.edu/academics/ESPE/athletic_training/masters_program)

## PUBLISHED!

**Jamie Fetter**, AC Athletic Trainer, and **Heather Schuyler**, ATEP Assistant Professor, recently co-authored an article titled *An Economical Alternative to the 'Quick Fill Bottles'*. It was published in the **NATA News**, June 2011.

Congratulations Jamie and Heather!



## BODIES REVEALED



ATEP students, faculty and staff attended the Beginning of the Year Meeting on August 21, 2011 and got the chance to visit the Bodies Revealed Exhibit at the Imagination Station in Toledo, Ohio. The exhibition uses 14 full body human specimens and over 200 organs to tell the story of the miraculous systems of the human body.



Each full body specimen is dissected to best reveal the function of a complete anatomical system and to show that system's relationship to the body as a whole. The full body specimens are complimented by presentation cases of related individual organs, both healthy and diseased, that provide an even more detailed look into the elements that comprise each system. Specimens are preserved using the Polymer Preservation process - a revolutionary technique in which human tissue is permanently preserved using liquid silicone rubber. This prevents the natural decay process, making specimens available for study for an indefinite time period.

Students also had fun exploring some of the interactive exhibits at Imagination Station.





## FIRST TRY - SUCCESS!

SUCCESS! All of the recent ATEP graduates who have challenged the Board of Certification (BOC) exam have successfully passed on their FIRST TRY!

CONGRATULATIONS to:

**Lindsay Baic**, Class of 2011 - currently in the University of Toledo Athletic Training graduate program - she earned a graduate assistantship and is working as the Athletic Trainer for a Toledo City high school

**Robyn Denney**, Class of 2011 - currently in the Adrian College Athletic Training graduate program

**Joseph Flater**, Class of 2011 - currently an intern at Siena Heights University

**Jessica Grubbs**, Class of 2011 - currently in the George Washington University Physical Therapy program

**Erin Laske**, Class of 2011 - currently Athletic Trainer for Promedica at Onsted High School

**Katelyn Tuck**, Class of 2010 - currently an intern at Siena Heights University

**Nicole Zynda**, Class of 2010 - currently in the Barry University Physician's Assistant graduate program



BOARD OF CERTIFICATION

Be Certain.™

for the Athletic Trainer

# GREAT JOB!

## LOOKING FOR A MASSAGE THERAPIST? SOME TIPS...

In addition to her career as an Assistant Professor for Athletic Training Education, **Heather Schuyler** is also a Nationally Certified Massage Therapist and a member of the American Massage Therapy Association (AMTA). Here, she shares some tips for finding a massage therapist in your area...

There are many qualified therapists; however, look out for those "posing" as massage therapists. A common misconception is the term "masseuse" - easily construed to mean something beyond massage. Heather suggests you look for a therapist who is:



- ~ Certified by the National Certification Board for Therapeutic Massage and Bodywork (NCBTMB)
- ~ Licensed (if your state licenses massage therapists)
- ~ Member of one or all of the following...American Massage Therapy Association (AMTA), Associated Bodywork and Massage Professionals (ABMP), International Massage Association (IMA)

Find a therapist in your area and enjoy a relaxing massage soon!



## CONTACT US

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