

## Scholarships Honoring Legendary Trainers Boost Student Aspirations



Yuri Hosokawa, front row, from left, Kathryn Johnson, Jacqueline Laird and Rachel York won the Bill Ferrell Endowed Scholarship in Athletic Training. Jessica Cohen, back, won both the Ferrell Award and the Dean Weber Endowed Scholarship in Athletic Training. Photo by Russell Cothren

Five young women have earned scholarships to help them follow in the footsteps of the legendary Razorback athletic trainers for whom the scholarships are named.

Jessica Cohen, Yuri Hosokawa, Kathryn Johnson, Jacqueline Laird and Rachel York are enrolled in the Master of Athletic Training degree program in the College of Education and Health Professions. They are the 2012 recipients of the Bill Ferrell Endowed Scholarship in Athletic Training. Cohen also won the Dean Weber Endowed Scholarship in Athletic Training presented to the top student in the program.

Former University of Arkansas athletes who played under the care of Dean Weber and the late Bill Ferrell established the scholarships. Weber supervised the athletic training operations for men's sports teams for 35 years and now oversees equipment

operations for all 19 Razorback teams. Ferrell was head baseball coach and head athletic trainer from 1950 to 1967. He died in 1967.

All five of the student recipients plan to graduate next spring. The master's degree will prepare them to work in all kinds of sports and all levels of competition as well as in clinical settings.

Cohen, of St. Charles, Ill., graduated from St. Charles North High School and earned a Bachelor of Science in health policy and human organizational development from Vanderbilt University. She is the daughter of Marci and Michael Cohen of Charlotte.

Hosokawa graduated from International Christian University High School in Tokyo and earned a Bachelor of Arts in sport sciences from Waseda University in Tokyo. She is the daughter of Ma-yumi and Koichi Hosokawa of Tokyo.

Johnson graduated from Gov. John

R. Rogers High School in Puyallup, Wash., and earned a Bachelor of Science in kinesiology and a Bachelor of Arts in fine art from Western Washington University. She is the daughter of Susan and Bruce Johnson of Puyallup.

Laird graduated from Har-Ber High School in Springdale and earned a Bachelor of Science in kinesiology from the University of Arkansas. She is the daughter of Barbara and John Laird of Springdale.

York graduated from high school in St. Clair, Mo., and earned a Bachelor of Science in exercise science from Wichita State University. She is the daughter of Janet and Randy York.

Each student is doing a clinical rotation with a sports team this semester: Cohen, Arkansas football; Hosokawa, Arkansas gymnastics; Johnson, Arkansas soccer; Laird, Rogers High School athletics; and York, Arkansas baseball.



## Program Director's Corner By Jeff Bonacci, D.A., A.T.C., L.A.T.



**G**reetings, friends and alumni of the graduate athletic training education program.

The fall season is upon us here in Fayetteville with all the fall sports in full swing. This year, we welcome a new faculty member to the athletic training education program. Dr. Brendon McDermott came to us from the University of Tennessee at Chattanooga after serving there for three years as the clinical coordinator.

We also welcomed our 2014 class

in June. As discussed during the spring newsletter, the incoming class now starts each year in June, which means they will not be required to enroll in classes between the first and second year. During this time, students will be encouraged to partake in a summer internship at non-athletic training program clinical sites around the country.

In November, as a part of our biannual scholar speaker series, we were honored to have the previous National Athletic Trainers Association's president, Marje Albohm, who presented to the athletic training students, faculty and local athletic trainers. The title of her

presentation was "Your Future in Athletic Training: Emerging Practice Settings."

This past summer, a group of us traveled to San Francisco, where six athletic training students presented at the American College of Sports Medicine Symposium. All six did an outstanding job presenting their research, and we still had some time during the conference to take in some sights of San Francisco.

The recruiting process for the incoming class was another great year. We had more than 70 applications for 15 positions. Students hail from the state of Washington to New Hampshire with a GPA of 3.75.

## Athletic Training Branches Into Many Career Paths



**M**arjorie Albohm's career illustrates the wide range of job opportunities available to students who earn a degree in athletic training.

Albohm was one of the first women certified by the National Athletic Trainers Association, and she was the first full-time women's head athletic trainer at Indiana

University for 10 years. She went on to serve as the association's president from 2008 until earlier this year. A former staff member of Olympic Games, Pan American Games, Track and Field Olympic Trials and World Gymnastics Championships, she was inducted into the NATA Hall of Fame in 1999.

Albohm spoke to University of Arkansas students on Nov. 1 as part of the scholar lecture series sponsored by the athletic training education program.

The range of settings in which athletic trainers can practice has evolved significantly over the past 35 years since she was certified, Albohm said, in part because of doors opened by Title IX, federal legislation passed in 1972 prohibiting sex discrimination in education. Other factors include the aging of the baby

boomer generation, changing needs in the medical field and recognition by business and industry that athletic trainers can help keep workers fit and healthy.

"In our history, athletic trainers have been based in team sports settings," Albohm said. "However, today 47 percent of the members of the National Athletic Trainers Association work in clinical settings. We evolved from taking care of athletes to taking care of physically active people of all ages."

Physicians and other health-care practitioners have become familiar with the skills of athletic trainers and are integrating them into their medical practices, Albohm continued.

"The 'physician extender' position has been around for 15-20 years but is really gaining traction now," she said. "An athletic trainer can do so much in a medical practice that some physicians conclude an athletic trainer is the only clinical assistant they need. It's a great partnership."

Albohm now serves as director of clinical research and fellowships for Ossur Americas, an orthopedic company based in Iceland, with offices in the Americas, that manufactures prosthetics and bracing and supports. Oscar Pistorius of South Africa, the first amputee sprinter to compete in the Olympics, runs on blades made by Ossur.



## UConn Grad Joins Faculty, Focuses on Research, Student Preparation

The athletic training education program welcomes Brendon McDermott, a graduate of the top-ranked kinesiology program in the nation, to the kinesiology faculty at the University of Arkansas.

McDermott earned a doctorate in exercise science from the University of Connecticut in 2009. The National Academy of Kinesiology ranked UConn No. 1 among kinesiology departments in the United States last year, its second consecutive designation that stands for five years. Among the factors weighed in the evaluation were students' GRE scores, percentage of students on research support, student placement in postdoctoral positions, faculty publications in refereed scientific journals, external grant funding, editorial boards served on, and fellowships in professional organizations.

A certified athletic trainer, McDermott's passion is preventing heat-related illness and death, not only in sports but also in occupations where employees face extreme weather conditions such as firefighting, construction and military service.

"I love working with athletes who are motivated and driven people, but there are forgotten athletes I want to work with – soldiers, firefighters, law enforcement officers," McDermott said. "All of these people have to deal with heat in the performance of their work. A lot of times, the job they do can affect life and death."

McDermott came to the University of Arkansas from the University of Tennessee at Chattanooga. Some of his research there showed that symptoms of dehydration can be similar to the

symptoms experienced by people with a concussion.

"You get a headache, you feel nausea and fatigue with both, we found," McDermott said. "Reaction time also was slowed when a person was dehydrated."

Working with colleagues in the university's Human Performance Lab at Arkansas, he also plans to conduct research about how heat affects sudden cardiac death.

"In the lab, it will be great to start to figure out the interplay between heat, hydration and cardiac stress," he said.

McDermott said the future of athletic training lies in entry-level master's education. The University of Arkansas offers one of only 27 entry-level master's programs in athletic training education in the United States and the only one in the Southeastern Conference, although SEC newcomer Texas A&M has started a program that is not yet accredited.

"This program is solid," McDermott said. "With the help of clinical sites we have in the area, we are preparing our students to be really good clinicians. They also receive invaluable experience both at the collegiate level with Arkansas programs and in area high school programs that are top quality.

"Our goal is to challenge students and to develop them as professionals who will be leaders in athletic training in the future," he continued.

One part of that goal is to continually expand the kinds of experiences students have while in the program, McDermott said. That includes short general-medicine rotations in which they observe surgery as well as physician-extender rotations.



"An orthopedic surgeon may have an athletic trainer working in the office, conducting an initial evaluation, taking X-rays and coming up with a diagnosis that the doctor will confirm," he said. "The athletic trainer then provides the treatment. Athletic trainers can also assist in surgery. We want our students to get a flavor of that."

Many students who apply to Arkansas say it's the chance to work with SEC athletes that draws them, but McDermott wants to be sure they consider all their options.

"We want to give them the best and well-rounded experience we can," he said. "Our challenge is to put them out of their comfort zone, let them see other settings, so that they make a good, educated decision about the work they want to do."



## 2012 Class Finds Success After Graduation

<b>Kathleen Ayers</b> (Kentucky) ATC, Lexington, Ky.	<b>Sean Huddleston</b> (Missouri) Head Athletic Trainer, Shiloh Christian High School, Springdale High School	athletic trainer, soccer, Florida Gulf Coast University
<b>William Baum</b> (Baker University) Intern athletic trainer, football, Missouri State University	<b>Stacia Lappin</b> (Wisconsin-LaCrosse) Athletic Trainer high school outreach, Northwest Medical Center, Bentonville, Ark.	<b>Mike Sola</b> (Arkansas Tech) Intern athletic trainer, football, University of Arkansas
<b>Matt Berning</b> (Hasting College) Intern athletic trainer, football/baseball, Villanova University	<b>Kelley MacDonald</b> (Kansas) Intern athletic trainer, tennis, University of Kansas	<b>Katie Susskind</b> (California-Davis) Intern athletic trainer, football, Stanford University
<b>Kristin Brown</b> (Arkansas) Assistant athletic trainer, Springdale (Ark.) High School	<b>Alyssa Romasco</b> (McDaniel University) Intern	<b>Karen Taylor</b> (Mississippi) Intern athletic trainer, Samford University, Birmingham Ala.
<b>Jillian Colten</b> (Arkansas) Assistant athletic trainer, Fayetteville (Ark.) High School		<b>Emily Wozobski</b> (Southern California) ATC, Tulsa (Okla.) Physical Therapy

## Incoming Class Brings Wide Experience

STUDENT, HOMETOWN, UNDERGRADUATE INSTITUTION

<b>Anthony Alaniz</b> Powell, Wyo., University of Wyoming	<b>Koji Kanemura</b> Tokyo, Japan, Waseda University
<b>Katherine Cottin</b> Sturgis, Mich., Valparaiso University	<b>Lacey Mainer</b> Branch, Ark., University of the Ozarks
<b>Ryne Eubanks</b> Marion, Ark., University of Arkansas	<b>Kristina Miller</b> Kirkland, Wash., Western Washington University
<b>Caitlin Gallion</b> Auburn, Wash., Pacific Lutheran University	<b>Samantha Noe</b> Alton Bay, N.H., Rochester Institute of Technology
<b>Amanda Garrison</b> Lexington, Ky., Rice University	<b>Tristan Rodik</b> North Canton, Ohio, University of Akron
<b>Andrew Hollinger</b> Winchester, Ind., Indiana University, Purdue University	<b>Lauren Salas</b> Mesa, Ariz., University of Nevada
<b>Catherine Horita</b> Atkins, Ark., University of Arkansas	<b>Denise Wick</b> Stilwell, Okla., University of Arkansas

## Nutrition Consultant to Pro Athletes to Speak on Campus



Jacqueline Berning, a nutrition consultant to the Denver Broncos for more than 25 years, will speak April 18 to students in the athletic training education program at the University of Arkansas.

The public is also invited to hear Berning's presentation at 6:30 p.m. in the Health, Physical Education and Recreation Building about nutrition for before, during and after exercise.

Berning, a professor of biology at the Uni-

versity of Colorado at Colorado Springs, is a Certified Board Specialist in Sports Dietetics. She earned her doctorate in nutrition from Colorado State University. Her expertise is in sports nutrition and teaching students and athletes how to make wise food choices for increased performance. She has worked as a nutrition consultant for several college and professional teams including the Cleveland Indians and Colorado Rockies.

**Alumni, please let us know what you are doing by visiting <http://kins.uark.edu/atep> and filling out the alumni contact form linked from the left-side menu.**