



This year's recipients of the Bill Ferrell Endowed Scholarship in Athletic Training are, from left, front row, Carlaine Myers and Alana Hardeman, back row, Teddi Reese, Becca Morgan and Evelyn Tandy. Airika Phillips, back, far right, received the Al Gordon Athletic Training Scholarship. Morgan also won the Dean Weber Endowed Scholarship in Athletic Training. Photo by University Relations

## Scholarships Assist Athletic Training Education Students

**F**ive University of Arkansas students in the graduate athletic training education program were named winners of scholarships honoring legendary Razorback athletic trainers Bill Ferrell and Dean Weber. A sixth student received the Dr. A.Y. Gordon Jr. Award in Athletic Training.

Alana Hardeman, Becca Morgan, Carlaine Myers, Teddi Reese and Evelyn Tandy are enrolled in the Master of Athletic Training degree program in the College of Education and Health Professions.

They are the 2016 recipients of the Bill Ferrell Endowed Scholarship in Athletic Training. Morgan also won the Dean Weber Endowed Scholarship in Athletic Training presented to the top student in the athletic training education program.

Former University of Arkansas football players who played under the care of Weber and Ferrell established the scholarships. Weber supervised the athletic training operations for men's sports teams for 35 years. Ferrell was head baseball coach and head athletic trainer from 1950 to 1967. He died in 1967.

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

Airika Phillips won the Dr. A.Y. Gordon Jr. Award in Athletic Training. Gordon, the program's medical director, created the scholarship last year.

Hardeman, of Orlando, Florida, earned a bachelor's degree in applied physiology and kinesiology from the University

of Florida. She is the daughter of Dr. John and Jan Hardeman. She is doing a clinical rotation with Bentonville West High School.

Morgan, of Conway, earned a bachelor's degree in allied health with a minor in history from Hendrix College. She is the daughter of Trevor and Yvonne Morgan. She is doing a clinical rotation with Rogers High School.

Myers, of Yorktown, Virginia, earned a bachelor's degree in exercise science from the University of South Alabama. She is the daughter of Scott Myers and Kelly Berluson. She is doing a clinical rotation with the Arkansas women's soccer team.

Phillips, of Arlington, Texas, earned a bachelor's degree in kinesiology with an emphasis in sports medicine from Tarleton State University. She is the daughter of Brian and Arna Yarbrough. She is doing a clinical rotation with Razorback football.

Reese, of Brewster, Washington, earned a bachelor's degree in exercise science from Corban University in Salem, Oregon. She is the daughter of Randy and Leah Brown. She is doing a clinical rotation with Shiloh Christian High School.

Tandy, of Crittenden, Kentucky, earned a bachelor's degree in biochemistry from Earlham College and a master's degree in teaching from Bethany College. She is the daughter of Florence and Thomas Tandy. She also received the Ben Hogan Sports Medicine Scholarship from the NATA Research and Education Foundation. She is doing a clinical rotation with the Arkansas women's soccer team.



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



Bonacci

**H**ello Razorback alumni, prospective students, and friends of the athletic training education program.

The upcoming year has been a year to remember. There are exciting changes occurring in our program.

First, we welcome seven additional students to our program increasing our incoming class to 22 students each year. Again, for the seventh straight year, I am pleased to report that 15 of 15 second-year students took the BOC exam and all students passed on the first attempt. Way to keep the

great 100 percent pass rate tradition going!!!

After several years of feedback from graduating classes, we implemented a cadaver anatomy component in the summer coursework prior to the start of first fall semester. We are extremely grateful to the new DPT program in Fayetteville at UAMS for the use of their cadaver lab and look forward to a long-lasting relationship.

During the Spring 2017 semester, I will be taking a sabbatical to develop a new marketing initiative for our program while learning the advantages of social media and creating new coursework in pathophysiology.

GO HOGS!!!

## Students Conduct Research on Cooling, Help with Baseline Testing for Concussion Studies

By Brendon McDermott, Ph.D., A.T.C.



McDermott

**D**uring the summer and fall, there is normally a lot going on in terms of research. This year has included our largest incoming cohort ever, and they're hitting the ground running with research in various realms.

Many of our students were involved in a field study over the summer where we were testing the effectiveness of a body cooling modality commonly used at some U.S. military bases. This study included an intense exercise protocol in typical Arkansas heat and treatment using ice-soaked bed sheets afterward. Despite how this may sound to you, we all had a fun experience with the study. This study will help military personnel improve their protocols with evidence-based practice in the future.

Some of our students have been helping out with research in Dr. R.J. Elbin's Office for Sport Concussion Research. This has involved a ton of preseason baseline

testing for a variety of youth and adolescent athletes locally. Our students gain first-hand experience testing student-athletes with current best practices. Our program is lucky to have an expert in concussions on-site doing some cutting-edge research.

Another study involving a lot of hours in data collection took place during preseason football at a local high school. We collected blood and urine of about 30 football players on specific days during preseason. Now, the data analysis begins. A team of researchers is now performing analysis to determine normal muscle damage, hydration, and kidney injury biomarkers on our samples. We hope to determine the extent of muscle damage and renal stress during normal high school preseason football activities. This study was jointly funded by the American College of Sports Medicine and the American Medical Society of Sports Medicine.

Many of our students will present results of these and many other studies at regional and national meetings. There is never a dull moment in the research arena here at the University of Arkansas, and this is an integral part of our athletic training program.

## UConn Graduate Joins Athletic Training Education Faculty



Vandermark

**L**esley Vandermark, a recent doctoral graduate of one of the top-rated kinesiology programs in the United States, has joined the University of Arkansas athletic training education program faculty. Vandermark is a clinical assistant professor of kinesiology.

Vandermark earned a doctorate in kinesiology from the University of Connecticut, ranked in the top 10 among kinesiology programs by the National Academy of Kinesiology. She also earned a master's degree in exercise science from UConn, after earning a bachelor's degree in athletic training from California University of Pennsylvania.

Vandermark was also a member of the Korey Stringer Institute, founded at UConn in memory of the Pro Bowl offensive lineman for the Minnesota Vikings who died of exertional heat stroke in August 2001, to provide information, resources, assistance and advocacy for the prevention of sudden death in sport.

A high school athlete in track, cross country and basketball, Vandermark became interested in athletic training after she got to know her school's athletic trainer following an injury. She learned about the profession while the athletic trainer helped her to recover.

She initially wanted to work as an athletic trainer on the

high school level, but her time at UConn made her realize she also wanted to teach.

"I wanted to combine the two top things I loved to do," she said.

At the U of A, Vandermark is teaching a course on therapeutic exercise and the corresponding lab in which she can demonstrate exercise and movements for the students to practice. The course teaches students how to best plan an exercise program to get athletes back into play after injury.

While at UConn, Vandermark was part of a research team that surveyed about 15,000 public schools, making four calls to each school to determine the level of athletic training coverage provided at schools. The research published last year in the Journal of Athletic Training was the first of its kind and found that 70 percent of schools provided athletic trainers at sports games or practices but only 37 percent of schools had full-time athletic training services. Many of the schools with a full-time athletic trainer primarily covered football, however, Vandermark said.

"That's scary when you think about head injuries can occur in any sport," she said. "Sometimes, coaches, parents and other school personnel were listed as providing athletic training services, but those people do not have the formal medical training specific for athletes that we would consider sufficient."

Vandermark also conducts research in the areas of thermoregulation in athletes, cooling modalities and hydration.

## Class of 2018 Includes Students From Coast to Coast

**DOMINIC ALEJANDRE**, Manteca, California, California State University – Monterey Bay

**KAILEY BAKER**, Forrest, Virginia, Virginia Tech University

**ELLEN BUCHER**, Plankinton, South Dakota, Briarcliff College (Iowa)

**TYLER CAMPBELL**, Lamar, Missouri, Missouri State University

**TJ CARTER**, Brandon, Mississippi, Mississippi State University

**GRADY FINILEY**, Sheridan, Arkansas, University of the Ozarks

**ALEX FOREHAN**, Morningview, Kentucky, University of Kentucky

**MICHELLE GARCIA**, Buda, Texas, St. Edwards University

**MALKIA GEDEON**, Mount Vernon, New York, University of Kentucky

**ABBEY HESS**, Metairie, Louisiana, Mississippi State University

**KATIE JOHNSON**, Friendswood, Texas, Texas A&M – Commerce

**CHASE LADD**, Vicksburg, Mississippi, University of Mississippi

**TAYLOR LIPPERT**, Gray, Louisiana, University of Oklahoma

**BRANDON MYERS**, Webb City, Missouri, Missouri Southern University

**TAYLOR OVERTON**, Midlothian, Texas, University of North Texas

**KRISTIN PETERSON**, Richmond, Kentucky, University of Kentucky

**ERIC POLOMIS**, Green Bay, Wisconsin, University of Minnesota

**DAMON REEL**, Kokomo, Indiana, Anderson University

**TONY RODRIGUEZ**, Truckee, California, University of Oregon

**ERIC SCHWARTZ**, St. Peters, Missouri, University of Illinois – Edwardsville

**JORDAN SHIMODA**, Waipahu, Hawaii, Southern Methodist University

**MARIELLEN VEACH**, O'Fallon, Illinois, University of Illinois – Champaign



## Team Wins Third Place in National Quiz Bowl

A team of University of Arkansas athletic training education students won third place in the National Athletic Trainers Association Quiz Bowl competition on June 24 in Baltimore.

To get to the national competition, the team of Meghan Barrington, Aleena Kanner and Jordan Williams won first place in the association's District 6 Quiz Bowl in January.

Second-year master's students attended the District 6 competition at Texas State University at San Marcos, Texas. District 6 includes programs in Arkansas and Texas.

The victory for the first place team included funds to pay expenses to attend the national conference in Baltimore.

Another team – made up of Cody Lemmons, Jon Melia and Tracey Opoku – won second place at the District 6 competition in January.

The students were asked questions on topics covered on their national Board of Certification exams. They included injury prevention, evaluation, rehabilitation, emergency procedures, administration and regulations.

## Class of 2016 Secures Athletic Training Positions

**MEGHAN BARRINGTON**, head athletic trainer, Horizon Christian School (Mid-Columbia Medical Center) Dalles, Oregon

**MAKAILA DAVIS**, athletic trainer, high school outreach, Seattle Children's Hospital, Seattle, Washington

**SATHOSHI IIDA**, assistant athletic trainer, Kansas City Sporting MLS

**ALEENA KANNER**, athletic trainer, AK Fitness, Long Island, New York

**THOMAS KIDD**, year intern athletic trainer, Seattle Seahawks, Washington

**CODY LEMMONS**, athletic trainer, Arkansas Orthopedic Associates, Fayetteville, Outpatient Physical Therapy

**KATIE LUHRING**, intern athletic trainer, Southern Methodist University, Dallas, Texas

**AARON MARTINEZ**, athletic trainer, high school outreach, Seattle Children's Hospital, Seattle, Washington

**ALEXANDRA McDONALD**, assistant athletic trainer, Colorado Rapids, MLS

**JOHN MELIA**, year intern athletic trainer, Cleveland Browns, NFL

**CAMERON NICHOLS**, year intern athletic trainer, Jacksonville University

**TRACEY OPOKU-ANARFI**, year intern athletic trainer, Radford University, Radford, Virginia

**MEGAN SMITH**, athletic trainer, high school outreach, Seattle Children's Hospital, Seattle, Washington

**MADDIE TORRETTA**, assistant athletic trainer, Xavier University, Cincinnati, Ohio

**JORDAN WILLIAMS**, assistant athletic trainer, Kansas City Junior College, Kansas City, Kansas