

Students From Across U.S., Japan Excel in Athletic Training Program

The University of Arkansas athletic training program attracts students from all over the United States and this year is no exception. The top students come from four U.S. states and another country, and their career plans span several sports and competitive levels.

Five students are recipients of this year's Bill Ferrell athletic training scholarship, with one of the students receiving both the Bill Ferrell and Dean Weber scholarships. The sixth student received the Dr. Al Gordon athletic training scholarship.

Blake Hockaday is from Nashville, Arkansas. He earned a bachelor's degree in kinesiology from the U of A in 2018. Hockaday is splitting his time in clinical rotation between Razorback women's basketball and women's golf. He wants to be an athletic trainer to help people return to doing what



(L to R) Blake Hockaday, Abigail Flynn, Emily Appold, Katie Buria, Kenzie May and Yuka Ogata

they love and to chase their dreams. He aspires to someday be an athletic trainer at a Power 5 university.

Abigail Flynn, from Louisville, Kentucky, earned a bachelor's degree in exercise science from Western Kentucky University in 2017. She's completing her clinical rotation with the Razorback football team this semester. Her interest

continued on page 2

Athletic Training Friends Come Full Circle, Go Head to Head at Arkansas-Kentucky Football Game



Thomas Kidd and Jon Melia became great friends while attending graduate school at the University of Arkansas. People often couldn't tell the two apart and their education/career trajectory has been nearly identical as well.

Both earned undergraduate degrees from their hometown schools – Melia at the U of A and Kidd at the University of Kentucky. After grad

school at the U of A, each began working for the NFL. Melia went to the Cleveland Browns as an intern while Kidd went to the Seattle Seahawks in the same role.

Now, they're both back at their alma maters, each serving as an assistant athletic trainer for the football team. The two friends will face off Oct. 12, when Kentucky and Arkansas play each other for the first time in seven years.

Melia and Kidd got to know each other well at the U of A because their athletic training cohort consisted of only 15 students.

The two friends bonded over a love for outdoor activities like hiking, canoeing and camping. And sports, of course.



So what will it be like to go head to head on Oct. 12?

"It will be fun to have our teams play each other," Kidd said. "In this profession you sometimes know an opposing athletic trainer but it's not very often you come from the same graduating class. I look forward to hosting Arkansas and seeing some familiar faces that weekend."

Both said the U of A program did an excellent job of preparing them for their roles.

"Matt Summers, the former head athletic trainer at Arkansas football, showed us how a collegiate athletic training room should be operated. Dr. Bonacci and Dr. McDermott gave us the knowledge to apply in our clinical sites," Melia said.

Kidd added, "One of the most beneficial aspects of Arkansas's program, in my opinion, is that each semester our clinical rotations exposed us to different sports, athletes, and settings that an athletic trainer would work in. I feel like this not only helped me immensely in my career but is also creating well-rounded athletic trainers."



Program Director's Corner

By Jeff Bonacci, D.A., A.T.C., L.A.T.



Bonacci

Hello Razorback Alumni, prospective students, and friends of the athletic training program. Spring and fall 2019 brought new initiatives and accomplishments to our program.

This past summer, the athletic training faculty completed the CAATE accreditation self-study in preparation for a March 2020 site visit for re-accreditation. This semester we will

be restructuring the curriculum to meet the new CAATE standards by fall 2020. This initiative will require changing course content and implementing a new clinical immersion experience.

During the fall 2019 semester, the program hosted its annual parents' weekend during the Colorado State University home football game. Approximately 80 people attended the program's pre-game tailgate festivities hosted by program

students. It was a great time for students to showcase the program and campus with their families. Approximately 60 alumni attended the U of A College of Education and Health Professions-sponsored alumni social at the NATA Symposium/Convention in Las Vegas. It was great catching up with alumni as far back as the first (2002) and second (2004) classes that completed the program.

The 2019 13th annual Razorback Winter Sports Medicine Symposium was another success. The topics included the importance of building muscle mass and muscular power in older adults, senior athlete fitness exams, movement system impairment syndromes, and ergonomics for sports medicine professionals.

Work is already underway for the 2020 symposium on April 4, 2020. The theme will be lower extremity chronic and acute injury. If you are ever in the area, please do not hesitate to stop by and say hello to all of us in the HPER.

All the best,
GO HOGS!!!

Students From Across US, Japan Excel in Athletic Training Program continued...

in athletic training started with an appreciation for how the human body operates. She has a desire to help others reach their goals not only physically, but mentally and emotionally as well. Flynn plans to be an athletic trainer at the collegiate level.

Emily Appold, from Holmen, Wisconsin, graduated from the University of Minnesota in 2018 with a kinesiology degree. Appold is completing clinical rotations with both the Razorback men's track team and the field and cross country team. She wants to be an athletic trainer so she can have a lasting impact on athletes and see them all the way through, from injury through the return to play process. Her professional goal is to work in Division I athletics.

Katie Buria is from Buhl, Minnesota. She earned a bachelor's degree in Exercise and Sport Science from University of Wisconsin - River Falls in 2017. Buria is splitting her time in clinical rotation between the Razorback spirit and tennis teams. She has a passion for sports and serving others, so a career in athletic training feels like the perfect fit. She aspires to work in professional basketball. Buria won both the Bill Ferrell and Dean Weber scholarships.

Kenzie May, from Spring, Texas, graduated from Baylor University in 2014 with a degree in English education. May returned to Colorado State University and finished course work in Health and Exercise Science in 2017. She's doing a clinical rotation at John Brown University this semester. May has a passion for helping others reach their full potential through sport, and athletic trainers gets to care for athletes in all aspects of their health completely through the injury process. She aspires to work in collegiate athletics.

Yuka Ogata is from Osaka, Japan. She earned a bachelor's degree in sport sciences from Waseda University in 2018. She's doing a clinical rotation at Bentonville West High School this semester. "I believe that what we do will enhance interactions between all the medical staff, coaches, athletes and their families for their safe and effective performance and return to activity, and I believe we are the ones to make changes in this field," she said. Ogata's professional goal is to work in major league baseball and to improve athletic training and sports safety in Japan. Ogata won the Dr. Al Gordon scholarship for this academic year.

Students Setting the Standard in Research

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



McDermott

Fall 2019 is another busy semester for our athletic training program from a research perspective. Here are some recent highlights:

Many of our students are now working with Dr. Erin Hickey Howie as part of our campus' Exercise is Medicine movement. Our students are helping collect data, supervising faculty/staff exercise sessions and

organizing data in the lab. The outcomes of these studies help establish national recommendations for exercise and the benefits for patients of all levels.

Ikuo Kato completed data collection on his study evaluating the amount of added thermoregulatory stress that men's lacrosse equipment adds during exercise in the heat. Dr. McDermott and his lab are analyzing data as you read this and final results should be released in the spring. Another group of students are helping analyze data for a study comparing hydration beverages for occupational workers in the heat and how they may affect kidney health. In our lab,

we are currently testing a temperature sensing mouthguard to see if it reflects a valid and reliable heat illness prevention tool.

A large group of current athletic training students have received ideal training in Dr. Elbin's Office of Sport-Related Concussion. These students will be clinically testing patients at some of our clinical sites and these data will be analyzed later in the lab so that evidence-based decisions can be determined in relation to concussion management. This lab helps set the standard for managing this enigmatic injury and our students are on the front lines of establishing the evidence.

Emily Appold represented our program by presenting this year at the NATA Annual Meeting in Las Vegas, NV. Her study, under the direction of Dr. Kaitlin Gallagher, focused on occupational hazards related to the biomechanics of athletic trainers. Her poster presentation was received well and allowed her the opportunity to network and gain a lot from the professional presentations at the conference.

Our students are gaining valuable research experience that will help them as evidence-based clinicians when they graduate. The research exposure here helps them with knowledge and understanding as they help in setting a standard for others to follow.

Clinical Education Changes on the Horizon

By Lesley Vandermark, Ph.D., A.T.C.



Vandermark

Our AT program will soon make changes to the layout of clinical education.

New accreditation standards from the CAATE must be implemented in fall 2020, and they include some new and exciting additions to the excellent clinical experiences current students have. We will be looking for opportunities for students to work with a wider range of healthcare professionals and patients,

really concentrating on emerging settings in athletic training like industrial, military, and performing arts.

We also want to be sure students have an appreciation for all that an athletic trainer's day encompasses: set-up and tear-down, patient care, activity supervision, administrative work, and so much more. To address that, students will have at least one clinical experience that is immersive with no concurrent classes, no other responsibilities; just go live the life of an AT for a while.

We place high value on clinical education, and we are remaining open to possibilities. We are looking forward to working with our alumni to help provide innovative, truly meaningful clinical learning opportunities now and for years to come.



Dr. McDermott Earns Multiple Athletic Training Awards in 2019



Brendon McDermott, associate professor of health, human performance and recreation at the University of Arkansas, earned multiple awards in 2019 for his outstanding service and scholarship in the field of athletic training.

McDermott has been at the U of A since 2012. He teaches and conducts research in the athletic training master's degree program in the College of Education and Health Professions and is a certified athletic trainer and Fellow of the American College of Sports Medicine. He has become a go-to expert in the field of heat illness and hydration.

This past year, he received the following awards:

- **College of Education and Health Professions' George Denny STAR Award.** The STAR Award honors a professor who has shown outstanding service, teaching, advising and research in COEHP.
- **Arkansas Athletic Trainers' Association Dr. Doug Parker Award** for outstanding service to the state organization. The Dr. Doug Parker Recognition Award is given annually to an individual who has served the association in a dedicated and professional manner, as well as enhancing athletic training in the state of Arkansas.
- **University of Connecticut Thomas J. Pike Athletic Training Alumni Award.** This award honors a University of Connecticut alumnus for "outstanding contribution to the athletic training profession."
- **Southwest Athletic Trainers' Association Christine M. Bonci Award.** This award is given to individuals who participate in outstanding athletic training scholarship. The Bonci award was developed by the Southwest Athletic Trainers' Association to recognize a member of District VI who has actively impacted athletic training practice, education, or scholarship based on the previous year's publications and presentations.

Graduates of 2019 Working With All Levels of Athletes

TAYLOR BOWKER, head athletic trainer,
Greenland High School, Greenland, Arkansas
ANGELIQUE CARMOUCHE, intern athletic trainer,
Louisiana State University, Baton Rouge, Louisiana
RYAN COLLINS, seasonal intern athletic trainer,
Cleveland Browns, Cleveland, Ohio
CODY DEARDORFF, assistant athletic trainer, football,
Southern Methodist University, Dallas, Texas
ELLISA DINKMEYER, assistant athletic trainer, A&M
Consolidated High School, College Station, Texas
PRESTON GIBBS, head athletic trainer,
Gravette High School, Gravette, Arkansas
COLIN GLENNY, intern athletic trainer, football,
Appalachian State University, Boone, North Carolina
WILLIAM HANNA, assistant athletic trainer,
Bentonville West High School, Bentonville, Arkansas
IKUO KATO, seasonal intern athletic trainer,
Arizona Diamondbacks, Phoenix, Arizona
MATHEW MCCARTHY, intern athletic trainer, football,
University of Tennessee, Knoxville, Tennessee

BRYANNA MOLTZ, assistant athletic trainer,
Christian Brothers University, Memphis, Tennessee
JEORGIA SANDERS, intern athletic trainer,
Southern University, Baton Rouge, Louisiana
MITCHELL SKINNER, athletic training fellow, football
and crew, Stanford University, Palo Alto, California
BRIA STANLEY-COURSEY, assistant athletic trainer,
cross country/track, Samford University,
Birmingham, Alabama
ELIZABETH STUDDARD, assistant athletic trainer,
Springdale High School, Springdale, Arkansas
HEATHER TROXLER, research/medical assistant
for Dr. Dougherty MD, Agility Center Orthopedics,
Bentonville, Arkansas
ILIANA VELAZQUEZ, intern athletic trainer, track/cross
country, Texas A&M University, College Station, Texas
TOREY WALTER, head athletic trainer/biology &
sports medicine instructor, Rocklin High School,
Rocklin, California