

Fall 2017 Newsletter



Tony Rodriguez, from left, Grady Finley, Kristen Peterson, Mariellen Veach, Taylor Overton and Alexander Forehan are this year's winners of athletic training scholarships. Photo by University Relations

Legacy of Athletic Trainers Strong 10 Years After Awards Created

During their studies, University of Arkansas athletic training students learn about the legacy of athletic trainers Bill Ferrell and Dean Weber, and 51 of the students have benefited from the scholarships former athletes created to honor Ferrell and Weber.

The master's degree program in athletic training is celebrating the 10th year of the Ferrell and Weber scholarships this fall.

"They set the foundation of athletic health care that led to our program," said Jeff Bonacci, coordinator of the athletic training program in the College of Education and Health Professions. "We talk to the students about the late Bill Ferrell's impact. He was also the baseball coach. And, Dean Weber for many years provided the best care for student-athletes. He was an exemplary role model."

Faculty in the program talk about the qualities Ferrell and Weber exhibited that made them successful, including hard work, clear communication and honesty.

"Dean's philosophy has been that, with the pressure of academics and expectations to perform, the athlete can always go to the athletic training room for a sense of relief

from that pressure," Bonacci said. "That's one place the athletes know they will not be judged. Athletic trainers are advocates for athletes."

The first Dean Weber and Bill Ferrell athletic training scholarships were awarded in 2008.

Seniors from the 1979 Razorback football team created the award in honor of Weber. For 35 seasons, Weber supervised the athletic training operations for men's sports teams. He oversaw equipment operations for all 19 Razorback teams for seven more years before being named an assistant director at the Razorback Foundation in 2014.

The 1979 Razorback football team had one of the great seasons in school history. They were called "a team without stars" because of their focus on team accomplishments rather than individual recognition.

At their 25th reunion celebration in 2004, the seniors decided to commit themselves as a group to a project that would have a lasting effect and further strengthen their bond. They established three goals for their project, and all three were met: to continue their practice of achieving 100 percent participation as a group of 14 teammates, to give

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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.

This fall is another exciting time for our program. We admitted our second class of 22 students from coast to coast.

So pleased that Dr. Vandermark taught our inaugural clinical anatomy course that encompassed a summer 10-week class in conjunction with the

use of the plastination cadaver anatomy lab at the UAMS physical therapy school.

The program has made a concerted effort to expand its recruiting efforts to the University of Arkansas undergraduates

in offering an undergraduate course in care and prevention of athletic injuries beginning in the spring 2018 semester. This course is a pre-requisite requirement for admission into the master's program.

The program had the opportunity to have two nationally known experts speak to our program. One of these, Mr. Scott Galloway, head athletic trainer from DeSoto High School ISD, DeSoto, Texas, is an expert on sudden death as a result of sickle cell trait. Our other recent speaker was Dr. Anthony Kontos from the University of Pittsburgh Medical Center Concussion Clinic. Dr. Kontos is a well-known researcher on sport and youth concussion and traumatic brain injury. He has also written numerous publications and has received research funding from the National Institutes of Health and the U.S. Department of Defense for his concussion research.

Clinical Assignments Give Students Diverse Experiences

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



Vandermark

Many of our second-year students did athletic training-related internships over the summer to continue to gain pre-professional experience in their off time. In settings such as a military academy, youth sport camps, the NFL, and everything in between, our students gained a deeper understanding of the profession. They came back for pre-season clinical assignments full of

new experiences and perspectives. And, they were ready to get back into the classroom, of course!

With the expansion in cohort size, the athletic training program has expanded clinical education opportunities this year to include John Brown University and Siloam Springs High School. JBU is a National Association of Intercollegiate Athletics school in Siloam Springs, Arkansas, where Todd Bowden and Holly Bingham serve as preceptors. This opportunity can broaden the hands-on experience for students and provide a well-rounded perspective of collegiate athletic training. They have a new, very functional athletic

training facility to work with, and I was lucky enough to get a tour last time I was there!

Additionally, Siloam Springs HS offers a wide variety of high school sports and athletes. Students will have a chance to see a little bit of everything with Brian Nitz and Tiffany Evans as new preceptors there. We continue to explore and search for new clinical learning opportunities. Although it's far from a new clinical site, for the first time we have a student gaining clinical experience with the athletic trainers at Advanced Orthopaedic Specialists. This clinical experience may open doors to gain perspective of how athletic trainers have the capability to work in orthopaedic specialty fields with physicians.

Preceptors are providing students with excellent learning experiences, like providing input to the design of a new athletic training facility, and helping to get a new electronic medical record system functioning efficiently. Our students are looking forward to learning from all of our preceptors, new and not-so-new, as they will find out their clinical assignments for spring in the coming weeks. As always, we take pride in providing clinical experiences that enhance real-world capability, expand horizons, and set students up for successful careers in athletic training.

Research Promotes Evidence-Based Practice By Brendon McDermott, Ph.D., A.T.C.



McDermott

This academic year has begun with research included in many aspects of learning for our current athletic training students. Some of our former students were recently published as well.

Madeline Torretta '16 received word that a study she helped with was recently published in the *European Journal of Sport Sciences*. In the study, we identified that a phase change

cooling garment prototype was effective in reducing perceived thermal strain, but was ineffective in physiological or performance advantages during exercise in the heat. This is a valuable contribution to this realm of research as the same garment demonstrated advantages with industrial work in the heat.

Just in the past couple of weeks, we found out that our field study from the summer of 2016 investigating the effectiveness of ice-sheet cooling following exertional hyperthermia was in print. This article, published in *Military Medicine*, will hopefully lead to some updates in military treatment of exertional heat illness. Our project demonstrated

that this treatment, still included at some training based in the United States, is ineffective in facilitating whole-body cooling in humans. Many of our students were a huge help in the success of that project.

Over the summer, two of our current students, Eric Schwartz and Mariellen Veach, were awarded Southwest Athletic Trainers' Association research grants for their projects. Ms. Veach plans on investigating potential links between pre-season blood screening and injury risk in division I football players. Mr. Schwartz is currently working on a project regarding the effects of varying hydration levels when participants exercise in the heat with muscle damage. We hope to find some insight with this study into kidney health and renal stress as a result of exercise inherent to current training regimens across the country.

In our program, we are constantly involving research in the lab and classroom these days, and trying to incorporate it into clinical practice as well. We have a couple of projects related to standard measure pre-season screenings and injury risk occurring as well as many critically appraised topics with preceptor input currently. In carrying the goal of preparing evidence-based practitioners, the trend continues in the right direction at the University of Arkansas.

Legacy of Athletic Trainers Strong 10 Years After Awards Created *continued...*

back to the University of Arkansas, and to honor their good friend Weber for his friendship and his years of service and dedication to the university and the many student-athletes under his care.

The Razorback A Club – a group comprising former athletes and lettermen – and Jim Lindsey worked together to raise money in memory of Ferrell. Lindsey, former chairman of the university's Board of Trustees and a member of the 1964 National Championship football team, agreed to match the money raised by the club members.

Ferrell was head baseball coach and head athletic trainer

at the University of Arkansas from 1950 through 1967. He was inducted into the National Athletic Trainers' Association Hall of Fame in 1967. He is the second winningest coach for baseball in school history. Ferrell was named to the University of Arkansas Sports Hall of Honor in 1994. He died in 1967.

The 51 students who have won the award over the past 10 years came to the U of A from all over the United States and from Japan. They are working as athletic trainers for teams from high schools, colleges and professional sports and at hospitals and sports medicine clinics. Several are pursuing further advanced degrees.

ALUMNI HIGHLIGHT



Athletic Trainer Keeps Performers at Their Best on Las Vegas Stage

Katie Johnson's job as an athletic trainer may not be in a place you would expect – the circus. Johnson, a 2013 graduate of the University of Arkansas master's degree in athletic training, works in Las Vegas with the performance medicine department of Cirque du Soleil, a global live entertainment provider that employs 1,300 performing artists from nearly 50 countries. She has been with the company about three months. She and the others in the department assess and treat injuries, perform rehabilitation and other therapeutic modalities and help performers prepare for the stage. Performers typically do two shows a day, five days a week, and train extensively while not on stage.

"We schedule appointments like any clinic would," Johnson said. "These are aerial artists, contortionists, acrobats and hand balancers. They have a vast array of different skills and abilities. They are all world-class performers and some competed

in the Olympics for their home countries."

While her education at the U of A prepared her well, Johnson said, she faced a substantial learning curve when she took the circus job.

"There are very few places you can learn to work with a contortionist," she said, "but they are very gracious and willing to help me learn, to train me."

She works with people from all over the world, and for many English is their second or third language. They can usually converse effectively but the circus provides translators for times such as intake interviews when the athletic trainers need precise medical information.

"Many of these artists come from families who have been in the circus for generations," Johnson said. "The people have been so great helping me meet everyone. I enjoy going into the training room and hearing all the languages. And, I am constantly blown away by everything they do on stage."



Dean Weber, left, shares a laugh with the late Frank Broyles, longtime Arkansas athletic director, at a brunch honoring recipients in 2009.

Scholarship Winners Bring Diverse Experience, Backgrounds to Program

One feature of the University of Arkansas athletic training program is that it attracts students from all over the country who want to experience a long-standing graduate athletic training program. This year's recipients of the Ferrell and Weber scholarships fit that theme, coming from five states.

Tony Rodriguez of Truckee, California, was awarded both the Weber and Ferrell awards. He is the son of Kelly and Antonio Rodriguez. He earned a bachelor's degree in human physiology from the University of Oregon in 2015. He is gaining clinical experience in a rotation this semester with Springdale High School.

Winners of the other Ferrell awards are Grady Finley, Alexander Forehan, Kristen Peterson and Taylor Overton.

Finley, of Sheridan, Arkansas, is the son of Melinda and Terry Finley. He earned a bachelor's degree in health sciences from the University of the Ozarks in 2016. He is gaining clinical experience in a rotation this semester with Razorback women's basketball.

Forehan, of Morning View, Kentucky, is the son of Kim and Dennis Forehan. He earned a bachelor's degree in

kinesiology from the University of Kentucky in 2016. He is gaining clinical experience in a rotation this semester with Razorback football.

Peterson, of Bowling Green, Kentucky, is the daughter of Doug and Julie Peterson. She earned a bachelor's degree in exercise science from the University of Kentucky in 2016. She is gaining clinical experience in a rotation this semester with Razorback football.

Overton, of Midlothian, Texas, is the son of Terry and Shelly Overton. He earned a bachelor's degree in kinesiology from the University of North Texas in 2015. He is gaining clinical experience in a rotation this semester with Razorback men's track and field.

Dr. Al Gordon, the program's medical director, created a scholarship in 2015, and this year's recipient is Mariellen Veach. She is from O'Fallon, Illinois, and is the daughter of Bruce Veach and Patti Bjornson. She earned a bachelor's degree in kinesiology from the University of Illinois in 2016. She is gaining clinical experience in a rotation this semester at Bentonville West High School.



Legacy of Athletic Trainers Strong 10 Years After Awards Created *continued...*

Past Recipients, Home State or Country, Employment

2008

ANNA MCCAIN, Texas, athletic trainer and teacher, Bentonville (Arkansas) High School
SHEENA WHITE, Mississippi, assistant athletic trainer, Vanderbilt University
TAKAO KONDA, Japan, athletic trainer, Tokyo, Japan
AUSTIN KERKHOVER, Missouri, assistant athletic trainer, Bentonville (Arkansas) High School
ROBYN MEYERS, Wisconsin, director of athletic training services, St. Joseph Hospital, Ann Arbor, Michigan

2009

JULIE SUITS-PARKER, Texas, head athletic trainer, Cy-Fair High School, Houston, Texas
CRAIG SKINNER, Texas, head athletic trainer, Angleton High School, Houston, Texas
JAMIE HALL, Michigan, assistant athletic trainer, University of Minnesota
KATELYN ANN BISHOP, Virginia, head athletic trainer, Fairfax County (Virginia) Schools
JILL O'BRIEN, Washington, assistant athletic trainer, Loyola Marymount University, California

2010

BRITTANY WIDMAN, Minnesota, athletic trainer, Twin Cities Orthopedics, Minneapolis, Minnesota; franchisee/owner, Farrell's Extreme Body Shaping, Elk River, Minnesota
HILLARY PLUMMER, Ph.D., Georgia, director of sports biomechanics, Andrews Research and Education Sports Medicine Center, Gulf Breeze, Florida
TAYLOR LUDY, Washington, head athletic trainer, Bob Jones University, North Carolina
KURT ANDREWS, Michigan, head athletic trainer, Los Angeles Galaxy, Major League Soccer
JON HOCHSTETLER, Illinois, athletic trainer, Great Plains Orthopedics Clinic, Peoria, Illinois

2011

ALYSSA ROMASCO, Pennsylvania, assistant athletic trainer, Florida Gulf Coast University

MIKE SOLA, California, assistant athletic trainer, San Francisco 49ers; student, Duke University physical therapy school
EMILY WOZOBOSKI, Oklahoma, physical therapist-athletic trainer, Ben Hogan Sports Medicine Rehabilitation Center, Fort Worth, Texas
WILLIAM BAUM, Missouri, assistant athletic trainer, University of Missouri-Rolla
KATIE SUSSKIND, California, assistant athletic trainer, University of California-Santa Barbara

2012

YURI HOSOKAWA, Japan, vice president of communication and education, Korey Stringer Institute, University of Connecticut
KATIE JOHNSON, Washington, performance medicine department, Cirque Du Soleil, Las Vegas
JACKIE LAIRD, Arkansas, athletic trainer, Ortho Surgeons, Little Rock
RACHEL YORK, Missouri, athletic trainer, Mercy Children's Hospital, Kansas City, Missouri
JESSICA COHEN, Illinois, assistant athletic trainer, Chicago Sky, Women's NBA; physical therapy student, Northwestern University

2013

KOJI KANEMURA, Japan, athletic trainer, Saint Louis Cardinals
KRISTINA MILLER, Washington, assistant athletic trainer, Colby College, Waterville, Maine
LAUREN SALAS, Arizona, assistant athletic trainer, University of South Carolina
DENISE WICK, Oklahoma, assistant athletic trainer, Heritage High School, Rogers, Arkansas
CAITLIN GALLION, Washington, head athletic trainer, Gentry (Arkansas) High School

2014

CAROLINA LOUNSBURY, Minnesota, athletic trainer, Shattuck-St. Mary's Boarding School, Faribault, Minnesota

ANDREW SCHEUMANN, Illinois, head athletic trainer, North Bullitt High School, Louisville, Kentucky
CAYLA FRITZ, Texas, athletic trainer and clinic coordinator, Sports Concussion Treatment Center, Dallas, Texas
NICOLE NATTER, Ohio, assistant athletic trainer, University of Buffalo, New York
JAMES GRANT, Illinois, athletic trainer, technical sports scientist, Catapult Corp., Chicago, Illinois

2015

MEGAN SMITH, Louisiana, assistant athletic trainer, Seattle Children's Hospital
MADELINE TORRETTA, Missouri, intern athletic trainer, Penn State University
ALEXANDRA MCDONALD, assistant athletic trainer, DC United, Major League Soccer
KATIE LUHRING, California, assistant athletic trainer

with football, Florida Atlantic University
SATOSHI IIDA, Japan, assistant athletic trainer, Sporting Kansas City, Major League Soccer

2016

MEREDITH MORGAN, Arkansas, intern athletic trainer, Southern Methodist University
TEDDI REESE, Washington, head athletic trainer, Madras (Oregon) High School
AIRIKA PHILLIPS, Texas, high school athletic trainer, Grand Prairie High School, Dallas, Texas
ALANA HARDEMAN, Florida, intern athletic trainer, Brown University
EVELYN TANDY, Kentucky, athletic trainer, Bullitt High School, Louisville, Kentucky
CARLAINE MEYERS, Virginia, intern athletic trainer, University of California-Davis



Sickle Cell Trait Topic of Visiting Speaker's Talk

Scott Galloway, center, a certified athletic trainer, gave a presentation Sept. 13 on the sickle cell trait and how to handle the disorder in athletics. He is pictured with Razorback Athletic Trainers' Association officers, from left, Katie Johnson, Taylor Lippert, Kristen Peterson and Mariellen Veach. Galloway has spoken before the National Athletic Trainers' Association, Southwest Athletic Trainers' Association, as well as regional and local meetings.



Athletic Training Master's Students Win Scholarships, Research Grants

Three University of Arkansas students in the graduate athletic training program won scholarships and research grants at the annual meeting of the Southwest Athletic Trainers' Association, which includes Texas and Arkansas.

Kristen Peterson received the association's Executive Board Graduate Scholarship. She is from Bowling Green, Kentucky, and she has a bachelor's degree in education with an emphasis in exercise science from the University of Kentucky in Lexington.

Eric Schwartz received a grant for his research project titled "The Effects of Hydration Status on Muscle Damage and Kidney Stress during Exercise Heat Stress and Recovery." Schwartz is from St. Peters, Missouri, and he has a bachelor's degree in exercise science from Southern Illinois University.

Mariellen Veach received the Texas Health Ben Hogan Sports Medicine Graduate Scholarship. The association's Free Communications and Research Committee also awarded her an Entry-Level Master's Student Grant. She plans to use the money from the grant to fund her thesis research project titled "Pre-season Serum 25-hydroxy Vitamin D Levels as a Predictor of Athletic Musculoskeletal Injuries



Eric Schwartz, from left, Kristen Peterson and Mariellen Veach were honored at the Southwest Athletic Trainers' Association annual meeting.

in Division I Collegiate Athletes."

Veach is from O'Fallon, Illinois, and she has a bachelor's degree in kinesiology from the University of Illinois.

Graduates of 2017 Go to Work from Coast to Coast

NOEL BELCHER, head athletic trainer,
Owensboro (Kentucky) High School

RYAN DAWSON, head athletic trainer,
Male High School, Louisville, Kentucky

PATRICK EBKE, intern athletic trainer for football,
Central Michigan University

MATT FREDRICK, head athletic trainer,
Chaparral High School, Denver, Colorado

ALANA HARDEMAN, intern athletic trainer, Brown University

JANICE LEE, intern athletic trainer,
University of California-Davis

REBECCA MORGAN, intern athletic trainer, SMU,
Dallas, Texas

CARLAINE MYERS, intern athletic trainer,
University of California-Davis

SARAH PALMER, assistant athletic trainer, Wingate University,
North Carolina

CHRIS REED, seasonal intern athletic trainer, Chicago Bears

TEDDI REESE, head athletic trainer,
Madras (Oregon) High School

ARIKA PHILLIPS, head athletic trainer,
Grand Prairie High School, Dallas, Texas

SKYLER SEXTON, head athletic trainer,
Stilwell (Oklahoma) High School

EVELYN TANDY, head athletic trainer, Bullitt High School,
Louisville, Kentucky

ANNIE WESTBROOK, intern athletic trainer,
Samford University