

Kurt Andrews Named Outstanding Alumnus of HHPR Department

When Kurt Andrews was a student in the master's athletic director training program at the University of Arkansas, there weren't opportunities for summer internships.

So he sought out one on his own and paved the way for the university's future internship program.

"Now about 98 percent of our students do summer internships," said Jeff Bonacci, the coordinator of the U of A athletic training program.

Bonacci said Andrews found a great internship, landing at the Major League Soccer club, LA Galaxy, when David Beckham was playing for the team.

"The mark he made there paid dividends," Bonacci said, noting that not long after Andrews graduated in 2011, he was hired to work full time for the club.

Andrews was named the 2018-19 outstanding alumnus of the Department of Health, Human Performance and Recreation at the U of A.

A native of Metro Detroit, Andrews came to the U of A with a Bachelor of Science degree in exercise science from Oakland University. He decided on Arkansas because it "felt like home."

"Arkansas took me out of my comfort zone and truly put me in a position to decide what I really wanted to do in life," Andrews said. "It gave me the foundational building blocks for what I'm doing today. I figured out a lot of life there."

The U of A is also where he met his wife, Kristen (Gillespie). She's currently the sports dietitian for the Los Angeles Lakers.

After graduating from the U of A, Andrews worked for

the University of North Florida before getting a call from an LA Galaxy friend letting him know a position for assistant athletic trainer had opened up.

"When opportunities are presented to you, you take advantage of them," he said.

Andrews was offered the job on Dec. 21, 2011, which was also the day he planned to propose to Kristen. They both said yes that day.

He spent six seasons with LA Galaxy, where he was part of two MLS Cup championship seasons.

Andrews is currently in his second year as director of sports medicine for the MLS club Sporting Kansas City. He oversees the medical coverage of all athletes in the Sporting KC organization (made up of the first team, reserve team, and six academy teams) and manages a multi-disciplinary department consisting of five ATC's, a PT, and a massage therapist.

The medical staff of Sporting KC was awarded the MLS Sports Medicine Staff of the Year award in 2018.

"Sporting KC and the medical staff continually strive to set the gold standard for healthcare when it comes to diagnosis, treatment, rehab and injury prevention, working alongside the sports performance staff and healthcare professionals of Children's Mercy Hospital," Andrews said.



Incoming Class (from Coast to Coast) Average GPA 3.45

BAILEY BASTIEN University of Nevada - Reno
STEVIE BLACKBURN-LAZALDE Arizona State University
KATELYN COLVIN University of Tennessee at Martin
HANNA DANIEL University of Arkansas
LAUREN GOTTSCHALL Pepperdine University
FERNANDA GUITRON-TOPETE University of Arkansas
DEREK HILL University of Arkansas
KYLE HOLLAND University of Rhode Island
JOSEPH KAMINSKI Western Kentucky University
HANNA LETOW University of Arkansas

SAGE MIZE Texas Tech University
MEGAN PLATT University of Arkansas
JAMES PLETSCH Southern Illinois University at Edwardsville
ALEC ROBERTS University of Arkansas
VICTORIA ROLLINS Arkansas Tech University
LAURA SMITH Tulane University
CALLIE TOSH Ouachita Baptist University
MIRANDA TRIBLE University of Kansas
CARLEE WISNIEWSKI University of Florida



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. We continue to be engaged in several initiatives to make the program stronger. One highlight is that for the past four semesters the GATP has conducted on-campus cadaver dissections of the upper and lower extremity. Many thanks to the Arthrex Corporation for supplying cadaver prosecutions.

I'd also like to congratulate Kurt Andrews, a 2011 graduate, for receiving the Health, Human Performance, and Recreation

Alumni of the Year Award. This is the second year the award has been given ~ and the second year it was presented to an athletic training program alumnus.

The 2019 13th Annual Razorback Winter Sports Medicine Symposium was another success. 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.

Hope to see all our alumni at the NATA in Las Vegas in June 2019.

All the best and GO HOGS!!!

Robust Research Continues in HHPR

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



McDermott

Spring 2019 has been busy from a research perspective in our program. Here are some recent highlights, as well as some things to look for in the literature soon:

Emily Appold will be presenting essential research this year at the NATA Annual Meeting in Las Vegas. Her study, under the direction of Dr. Kaitlin Gallagher, focuses on occupational hazards related to the

biomechanics of athletic trainers. That's right, as athletic trainers, we need to take care of ourselves so that we can care for our patients. We are excited for her to represent our program on the national stage.

Ikuo Kato has completed data collection on his study evaluating the amount of added thermoregulatory stress that men's lacrosse equipment adds during exercise in the heat. This is a study that is long overdue as no previous studies have evaluated this impairment in one of America's fastest growing sports. We are currently writing his manuscript, and data from this study will be presented in July at the SWATA Annual Meeting.

Many students have been assisting with data collection in our environmental chamber this semester. The study involves simulated industrial work in the heat. Our students are helping by monitoring participants, and processing blood and urine. The study is assessing kidney stress as a result of industrial work, heat stress, and fructose in hydration beverages. Data from this study will be presented at a regional occupational health meeting in Houston, Texas, in July.

Other projects involving our students include Dr. Erin Hickey and the *Exercise is Medicine* movement on campus, with some research questions related to demonstrating how exercise benefits everyone. Dr. R.J. Elbin continues with the ever-present Office for Sport-Related Concussion research in collaboration with many local and national community partners. I continue with thermoregulation and heat stress research with a couple of concurrent studies involving wearable technology as well as testing out a temperature-sensing mouth guard in the near future.

Research continues to be an integral part of our athletic training program and our students will be evidence-based clinicians when they graduate. Some of our students are setting a standard for others in our profession to follow.

Athletic Training Students Excel in Clinical Education

By Lesley Vandermark, Ph.D., A.T.C., P.E.S.



Vandermark

A question I get often from students looking to enroll in our program, and from community members, is: "What do athletic training students do every day?"

AT students have a variety of roles and responsibilities as they prepare to be healthcare professionals. But their schedule is less important than what roles they fill clinically. So, from my perspective, this is what our AT

students are at the University of Arkansas:

- AT students are education-seeking warriors on a mission to gain skill and experience. It takes strong internal motivation and passion for the profession to complete clinical learning experiences in a meaningful way. They learn to adapt and rise to the challenge daily to successfully complete their mission.
- AT students are constantly learning from their environment. In athletic training, anything can happen at any time; it is their job to prepare and respond appropriately. Often day-to-day tasks are similar each semester, which creates a kind of continuous thread for students to build on skills

and gain confidence. But rarely are days exactly alike even within one athletic training setting.

- AT students are critical thinkers. They are challenged to use new skills, think critically about inter-professional patient management, and communicate with a variety of stakeholders. More so now than ever before, an emphasis on collaboration for comprehensive patient management is a skill that current students are learning from all types of preceptors working cooperatively for the benefit of the patient.
- AT students are shaped by clinical experiences. Clinical education more than any other component of an athletic training program shapes successful clinicians. Preceptors agree that classroom learning is important, but the ability to implement skills and knowledge in a real-life situation is the mark of a student ready to be an athletic trainer. But students consistently perceive time in clinical education as vital to their overall learning. So although clinical time is demanding, it is highly rewarding.

Lastly and most importantly, I see that as we continue to challenge them and work to make the next generation our strongest yet, AT Students Are [The Future of] Healthcare.

Razorback Athletic Trainers' Association Hosts 5K, Donates to Local High School

The Razorback Athletic Trainers' Association at the U of A held a communitywide 5K run in March as part of National Athletic Training Month.

This was the second annual 5K, with the goal of raising funds for a local sports medicine program. The RATA organization planned the event for months, raised money via sponsors, and organized the event on their own. In the end, students increased participation from last year and braved cold temperatures on race day for a successful event. They are proud to donate money raised to a local, worthy cause. Next year's race should prove to increase numbers again and double profits from this year.

"Students voted and they decided to donate the funds to Lincoln High School to help with their athletic healthcare

budget," said Jeff Bonacci, program director of the U of A athletic training program.

The high school has only had an athletic trainer for a year and the money will go to the sports medicine program.

The check was presented to students and faculty at the high school on April 4.



PRECEPTOR HIGHLIGHTS



Preceptor Helps UA Athletic Training Students Excel with Hands-On Work

The University of Arkansas' master's-level athletic training program attracts students from across the United States and various countries. But sometimes great candidates – and future stand-out students – are in the university's backyard.

Malinda Rector was raised in Farmington and attended school there through 12th grade. When she signed up for classes at the U of A after graduation, she knew she wanted to work in the medical field. When she described to an advisor what she most enjoyed, she was steered to the athletic training department.

"From that day I knew that athletic training was exactly what I wanted to do," Rector said.

Rector excelled in her athletic training courses and midway through earning her degree, the department transitioned to the master's program. She was among the 14 students to receive a graduate degree in athletic training in 2007.

Now she's a preceptor for the university's program, helping shape future athletic trainers. This is her third year to work with U of A students in the master's program.

After graduating 12 years ago, Rector took a position at Trinity Rehabilitation, an outpatient rehabilitation clinic in Fayetteville. She's currently the director of sports medicine at Trinity Rehabilitation and Sports Medicine. After a few years there, she created a new job for herself: head athletic trainer for the Farmington School District. She works with patients at the clinic several mornings a week, but most of her time is spent at the school, working with 7th through 12th grade athletes.



Rector speaks to an athlete while a U of A athletic training student helps him off the field

Rector appreciates the fact that she's able to build long-term relationships with the athletes and doesn't just see them when they're hurt. She's definitely there if that happens – she attends games to take care of any injuries or emergencies that may occur – but she also helps her athletes by evaluating injuries and illnesses, preventing further injury by taping and bracing, monitoring weather conditions for heat and lightning, managing health-related conditions and referring students to specialty physicians, if needed. She does all this to help the athlete reach his or her goal of playing a sport they love.

"The athletic trainer should be someone athletes can feel comfortable coming to and feel supported by," she said. "I love to see them work hard, then get back out on the field. That's so rewarding."

The U of A master's students get a birds-eye view of Rector's work with the high school athletes, then

she asks them to dive in so they'll be ready when they have to make these types of decisions on their own as athletic trainers.

Rector has the U of A students set up exercise schedules, budget and order supplies, work on facility designs and more. The Farmington district recently added a new arena that includes an athletic training room. The district is currently building a field house that will have space for treating student athletes.

"We do everything from concussion evaluations to wound care to monitoring medical conditions," she said.

This type of hands-on evaluation is extremely helpful to the U of A students who work with her at the high school and will eventually be hired as athletic trainers, Rector said.