

DIVISION OF ATHLETIC TRAINING

COLLEGE OF HEALTH SCIENCES

Alumni News



We are constantly aware of the the opportunities that are available at UK. We are constantly aware of the effort needed to anticipate and react to change. We have had our share of both. We will miss Amy Marlin, former women's basketball athletic trainer, her contributions were many and her smile unsurpassed. We welcome Pam Waller; who has spent the last three years as an assistant athletic trainer at the University of Houston, she has been a refreshing addition. We welcome Mitch Barnhart as Director of Athletics; his department is influential in the support of our assistantships and his belief in fostering the academic experience of the student-athlete mirrors our goal of providing quality health care while nurturing and supporting graduate education. We have changed address's and will be moving into the newly constructed College of Health Sciences building on November 11th. Please stop by and see our new facility. It is beautiful and provides ample office and laboratory space.

The opportunities at UK; both physical and intellectual are impressive.

Jane Goodall, the world renowned chimpanzee researcher was on campus this fall. The opportunity to listen to such an eminent scientist is an example of the intellectual environment of this special place. Dr. Goodall's research in the forests of Gombe changed the way that we define man. She tells the story of the first time she observed a chimpanzee using a small twig, stripped of its leaves to scoop termites out of the earth. The use of the twig was object modifica-



tion, the early stages of tool making. Her observations were substantiated with pictures. However, her findings were contrary to common beliefs. Only the ability to make tools set humans apart from the rest of the animal kingdom. The result; accepted thought and common beliefs must be changed or redefined. Her observations challenged human uniqueness. As educators our ability to challenge common human beliefs is what makes the intellectual process so special. As alumni you have the ability to affect change and provide leadership. And while our contributions may not be as significant as the contributions of a world renowned scientist like Dr. Goodall we must realize that our contributions influence thousands of athletes/patients a year. I am surrounded by individuals that have the passion and energy to challenge prevailing notions. I am surrounded by inspiring individuals who on a daily basis, no matter how ugly our world can be, reiterate that there is Reason for Hope. Reason for Hope, that in all change there is a revelation of goodness.

Carl G. Mattacola, ATC



The new College of Health Sciences Building

Newsorthy

David and Jill Kindy welcomed a baby girl into their family. Lauren Michelle was born in September.

Amy Marlin has moved on from UK to work as an athletic trainer at a high school in El Paso, Texas.

Pam Waller has joined our athletic training staff. She is replacing Amy Marlin, and working with Women's Basketball, Golf, and Rifle. She comes to us from the University of Houston.

Dr. Tim Uhl was the recent recipient of the Founder's Award presented by the American Society of Shoulder and Elbow Therapists (ASSET)

We have two new doctoral students to add to our program. **Brady Tripp**, who completed his master's degree at the University of Virginia has taken the position at the Lexington Clinic. **Cale Jacobs** who finished his master's degree at the University of Florida is working at Lexington Christian Academy.

Nina Kuschinsky, one of our first year GAs, has worked with the World Champion Berlin Thunder with NFL Europe.

Brian Wise will be the first inductee from the Division of Athletic Training into the College of Health Sciences Hall of Fame. The induction ceremony will be held February 21st, 2003.

Heather Mattocks (2003) and Dr. Tim Uhl were awarded a research grant from the Lexington Clinic to study Scapular Dyskinesis.

The athletic training staff for the Indianapolis Firebirds, with whom **Mark Rund** (2001) works, was awarded Support Staff of the Year for the Arena Football League (2002).



The Research Corner

Our mission at UK is not only to educate, but also increase the body of knowledge of our profession. This is accomplished primarily by our hard working students through their thesis projects. We would like to share with you their progress, in what has now grown to 14 master's theses being done at UK.

David Brajuha has finished collecting data comparing muscle activities of core musculature during different core stabilizing exercises.

Ben Gecewich is in the middle of collecting data investigating the reliability & validity of a three-dimensional system to measure scapular dyskinesis.

Courtney Mulvihill is continuing to collect data for her study investigating the effect of orthotics on muscle activity during balance.

Stacey Roller has finished her data collection for a study examining the effect of prophylactic ankle bracing on leg and trunk muscle activity during single-limb balance.

Paul Silvestri has finished the first round of data collection investigating the predictive value of certain static measurements on ankle injuries.

Michelle Boling is preparing to study the effects of a functional lower extremity exercise program on perceived pain, EMG activity, and time to stabilization in patients diagnosed with patellofemoral pain.

Kristen Bretz is planning to investigate cutting and landing kinematics and kinetics in junior and senior high school girls.

Mario DiMattia is planning to validate a scoring system for using a single-leg squat for return to play decisions.

Stacy Downar will compare strength testings from a HHD by gender, sport, and age.

Chico Dupas is going to see how a six-week exercise program affects static and dynamic scapular position.

John Kelly plans to investigate lower extremity strength and the relationship with ankle injuries.

Nina Kuschinsky will investigate the difference in muscle onset activation in commonly used shoulder exercises in subjects with stable and unstable shoulders.

Crystal Pearson will study the relationship between core strength and the incidence of lower extremity and low back injuries in collegiate athletes.

Jen Tymkew will be comparing the difference between the effects of functional and isokinetic knee-fatigue protocol on balance.



After almost two years of tumultuous times, the Department of Athletics is beginning to restructure under the leadership of our new Director of Athletics, Mitch Barnhart. He has come to us from a four - year stint at Oregon State University where he served in the same position. Previous to that, he functioned as Senior Associate Athletics Director at the University of Tennessee for 12 years. Several changes have been instituted and I am sure more are to come in his efforts to "right" the ship.

Up to this point, you would be most proud of the employees at your alma mater jumping on board his ship. Things are looking up, and a newfound excitement is spreading across the department.

In the Department of Athletic Training, we have added two graduate assistants, who have been assigned to Football and Women's Soccer. This brings the total number of UKAA graduate assistants to ten, thus providing coverage to all of our Olympic Sports by certified athletic trainers. It is truly an accomplishment each and every graduate should take pride in. The program is attracting applicants from literally "the entire United States". Drs. Carl Mattacola and Tim Uhl continue to produce "cutting edge" research in our field, along with pushing our students to follow suit. Not a day goes by where athletes are not involved in one of the 15-20 on-going research studies by OUR students. We are not only a "traditional" athletic training room (where one works way beyond the 40 hour work week), but we are also a "research - based" program, where education is continually being emphasized.

Lastly, I'd like to reassure all former students, and graduate athletic trainers that the Turkey Bowl (annual football game between the managers and athletic trainers) is not taken lightly, and remains an important qualification in our recruitment of new undergraduate and graduate students. It is our aim to keep the trophy in the Athletic Training Room where it has found a home four out of the last five years.

Continue to be ambassadors to YOUR program as it continues to grow, excel, and make you proud ... for that is our mission.

*Jim Madaleno ATC
Head Football Athletic Trainer*

Feature Spotlight



The feature spotlight this semester is someone I'm sure that every person reading this newsletter knows. He has been here longer than almost every person in this athletics department. The only person to challenge his time of service to UK athletics is probably "Mr. Wildcat" himself, Mr. Bill Keichtly, and I am sure we could fill a book with the stories they have accumulated over the years. It is probably safe to say that every one of us could also tell a story or two about Walt McCombs.

Walt is originally from Belton, South Carolina. He has three children; Crystal, Emily, and Nathaniel. Walt also has two grandchildren; Bailey and Hunter, along with his third grandchild on the way in April.

Walt first started his time as a Wildcat in 1972, after graduating from The Citadel. He left UK in 1974 though, and worked at Clemson for three years. Following his time spent at Clemson, he returned back to UK in 1977, where he has remained since then. In Walt's earlier years with the Wildcats, he was the staff athletic trainer with the men's basketball team.

He spent 19 years working with basketball, and had the opportunity to work with such coaches as Adolf Rupp and Rick Pitino. Following his time with men's basketball, Walt spent a year working with the track team. This led to Walt's final position of senior athletic trainer in the Shively Athletic Training Room, and the senior athletic trainer with the men's soccer team.

Walt has stood the test of time in a profession where that is not always easy. He has seen everything from NCAA basketball championships to the turmoil of NCAA violations. He has also made the adjustment of changing athletic directors three times. The bottom line seems to be that Walt knows what it takes to be a successful athletic trainer. In my opinion, it is because he still makes taking care of his athletes the number-one priority, and does not get caught up in the extra political affairs.

I asked Walt what part of athletic training has stayed the same over his time at UK. He replied, "the kids." Kids will always be kids. They have different problems over the years, but in the end, they are all kids. Walt also said that watching the kids grow up over the years is his favorite part of the job. Having not been able to see his own children grow up, he takes special pride in being able to watch his athletes grow into adults while they are here at UK.

Walt offers a kind of knowledge that only experience can give. What we all learn in the classroom is definitely important, but it is from people like Walt that we can learn some of the best ways to apply that knowledge. It is for his easy-going, willingness to show us the practical side of athletic training that we appreciate Walt.

As many of you know by now, Amy Plas Marlin has left us for greener pastures (that is if the desert is green) in El Paso, Texas, where she is now working at a high school. We wish her and Ryan the best, and we appreciate her tireless efforts over the past five years to make our program better.

We are very fortunate to have found Pam Waller who joined our staff in August. Pam has an excellent background with women's basketball, while serving on the staff at the University of Houston for the past three years. Her experience there culminated in the basketball team going to the 2002 WNIT where they lost to Oregon by two points in the final seconds of the championship game. She comes with excellent references from two familiar athletic trainers from the Bluegrass in Mike O'Shea and John Houston. At UK, Pam will also coordinate coverage for the Rifle and Men's and Women's Golf teams, while working along side David Kindy in the Memorial Athletic Training Room. Pam states that she is very excited to join the Wildcat family. She feels that it is a great opportunity to be a part of a first-class program and university such as Kentucky.

Pam is from Tennessee (near Nashville), and graduated from Cumberland College. There she played softball while completing her Bachelor's degree in Physical Education, with an emphasis in Sports Medicine. She earned her Master's degree at the University of Houston as a Graduate Assistant and a full time staff member.

Please help us welcome Pam to the Wildcat athletic training program.

Keith Webster
Head Athletic Trainer

Courtney Maluhill



NEWS

NEWS

NEWS

NEWS

As mentioned earlier in this newsletter, the graduate athletic training program is growing. Not only are we adding new positions, causing an increase in the number of graduate student athletic trainers, but also the area from which we receive these students is spreading across the country. This is all done to provide the best possible care to the athletes, and to make the University of Kentucky's athletic training program one of the best programs in the country. Below is a map depicting just how wide spread this program's reach is currently.



WHERE ARE THEY NOW? PLACEMENTS OF RECENT UK GRADUATE STUDENTS

Maureen Dwyer MS ATC	Assistant athletic trainer	University of Richmond
Eric Gahan MS ATC	Assistant athletic trainer	St. Bonaventure University
Mari Haggerty MS ATC	Assistant athletic trainer	Villanova University
Jaclyn Kaylor MS ATC	Athletic trainer	Lowndes County (GA) High School
Chad Rankin MS ATC	Athletic trainer	Union High School/Clarion Rehabilitation
Aaron Sciascia MS ATC	Assistant athletic trainer	Cumberland College