



DIVISION OF ATHLETIC TRAINING
COLLEGE OF HEALTH SCIENCES
Alumni News



It is always special to receive feedback regarding the changes and success of our graduates. Sharing in their professional accomplishments and personal changes allow us to experience their joy in accepting these new challenges, or in making life decisions. We cherish the opportunity to receive your correspondence describing your recent promotion, marriage, or birth. Please keep the information flowing in our direction. Your achievement is our achievement and we can never hear too often how well you-all are doing.

In "On Becoming a Leader" Warren Bennis describes four lessons inherent in leaders. First, they must be their own teacher: thirst for knowledge to close any gap in their experiences. Secondly, they must accept responsibility by blaming no one. Thirdly, you can learn anything you want to learn: one of the basic ingredients is a passion for the promises of life, the key to realizing the promise is the full deployment of yourself. Lastly, true understanding comes from reflecting on your experience. It is important to understand the effect childhood experiences, family, and peers have had on the person you have become. Most of us are made by our interactions with peers and mentors. We continually evolve and grow, but our growth is fertilized by the knowledge we have processed from past experience. Bennis makes the case that leaders are self-directed. Leaders learn from others, but they are not made by others. Therefore, it is often important that we unlearn what we thought was conventionally correct. We must challenge the accepted practices if it makes sense to move forward. To free ourselves from habits that we have accumulated, and to become masters rather than slaves of our own lives, we must be willing to re-learn and unlearn what we often have accepted without challenge. No one is able to teach you to be- and or to know yourself. Leaders begin by backing themselves and by inspiring their selves. After believing in your self and trusting in your self you can ultimately

inspire others by being trustworthy in your leadership.

Many of these qualities are difficult to develop. However, it is evident that many graduates of the University of Kentucky have developed the ability to lead by example and in a trustworthy fashion. We are pleased to acknowledge and congratulate Chuck Kimmel on the recent announcement as the new NATA President. He is a fair and trustworthy leader who knows the importance of promoting the education, research, and scholarship of our profession.

The advancement of our profession hinges on the leadership of our young professionals. The next leaders will rely on the information and finances built by the leadership of individuals like Chuck Kimmel. As our mission statement reads, The University of Kentucky is committed to developing leaders in our profession. Continue to know yourself, and develop, and lead, we will be waiting for your letters to confirm our expectations.

Carl G. Mattacola, ATC

BREAKING NEWS

CONGRATULATIONS ROSS AND MEGAN!!

Assistant Athletic Trainer **Ross Blackport** and wife **Megan** are the proud parents of their first child, **Colin Michael**. Colin was born on November 22nd. The University of Kentucky Athletic Training family wishes Ross, Megan, and Colin the best of health and happiness.

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 the varied research interests of our five new masters's students.

Dustin Briggs is studying the effects of a balance training program on uninjured patients who use orthotics and a group that does not wear orthotics to see if balance is improved more due to orthotics.

Jennifer LaFalce is investigating the effects of orthotics on balance and EMG activity of lower extremity musculature in a malaligned population.

John Ostrowski will be evaluating the effectiveness and validity of several special tests in assessing glenoid labral injuries of the shoulder.

Owen Stanley is planning to evaluate the relationship between hip adduction & abduction strength and lower limb injury in Division I athletes.

Jenn Stiller is planning to compare two post-surgical shoulder rehabilitation protocols in an effort to determine if a closed-kinetic chain shoulder slide protocol is as effective as a traditional open-chain protocol.

A BTE Primus was recently added to the list of equipment in the Musculoskeletal Laboratory. The acquisition of the BTE was accomplished thanks to efforts of **Dr.'s Tim Uhl, Terry Malone, & Tony English**. The BTE is used for assessment and rehabilitation using either isometric, isotonic, isokinetic, or eccentric modes. This is yet another invaluable research tool to apply to current and future research studies.

Newsworthy

Chuck Kimmel (class of 1976) was recently elected the new president of the National Athletic Trainers' Association.

Dr. Timothy Wilson recently accepted a position as an Assistant Professor in Orthopedics as well as serving as one of the team physicians for UK Athletics. Dr. Wilson, his wife Susan, and their daughter Catherine reside in Lexington.

Brian Wise (class of 2001) accepted a position on the College of Health Sciences Alumni Advisory Board.

Kelly Ramsdell was promoted to the position of Program Director of Undergraduate Athletic Training at Erskine College.

Dr. Tim Uhl was granted affiliated member status in the Association of Shoulder and Elbow Surgeons.

Congratulations to **Courtney Mulvihill** (class of 2003) and Todd Jones on their recent engagement.

Mari Haggerty recently accepted a new position as Assistant Athletic Trainer at Penn State University.

Courtney Mulvihill (class of 2003) recently accepted a position as an Assistant Professor and Assistant Athletic Trainer at Barton College.

David Brajua (class of 2003) recently accepted a position as an Assistant Athletic Trainer at Canisus College.

Stacey Roller (class of 2003) recently accepted a position as an Assistant Athletic Trainer at the University of Florida.

Ben Gecewich (class of 2003) recently accepted a position as an Athletic Training Fellow at the Syeadman Hawkins Clinic.

Paul Silvestri (class of 2003) recently accepted a position as an Assistant Athletic Trainer at Florida Atlantic University.

From the Desk of Jim Madaleno, Head Athletic Trainer Football

As the fall sports seasons draw near to an end, I am pleased by the efforts of our graduate assistants, athletic training faculty, and full-time staff. To the surprise of many, the Academic Dean of the College of Health Sciences (the one that houses our Graduate Athletic Training Program) asked an outside consulting company to come to our campus and evaluate the Graduate Athletic Training Program. After spending 2 full days meeting with staff athletic trainers, faculty, graduate students, administrators (in-house and at our outreach sites), and physicians our review came back to the Dean in "flying colors". We all (both current and former students) like to brag about our program, but the ultimate test is this type of independent evaluation. Several recommendations were made to make the program "better" and they are being considered. This was great news for us all.

Other efforts were put into place to improve the learning experience for our advanced graduate students such as (1) the purchasing of a new Biodex with an add-on research kit for data collection, (2) a hand-held manual muscle testing dynamometer, and (3) a state-of-the-art cassette reader for our x-ray units at Commonwealth and Rupp. The latter enables us to view x-rays on-site in four minutes after they are taken (via a 17" monitor) and the capability to burn a CD for each visiting team to take home with them. These units have provided an alternative educational modality for our students.

We continue to build on the "great history" of the University of Kentucky Athletic Training Program our former students and staffs have begun. This past year we saw many of you at the ANNUAL U.K. Alumni party in St. Louis. Former students Mary Beth Lorson, Carlo Mastrangelo, and Wendy Wheeler, just to

name a few, were there and volunteered to help their program's efforts in any way they could. In fact, Mary Beth will be writing a regular column for this newsletter because of her genuine respect for YOUR program. Welcome aboard!! Lastly, I'd like to congratulate our new NATA President-Elect Chuck Kimmel (Class of '76 where he served as a student athletic trainer under former Head Athletic Trainer Roy Don Wilson). Give him your support in his efforts and challenges ahead. We are proud of this former Wildcat!!

Mark your calendars for the U.K. Alumni Party at the NATA National Convention in Baltimore this June. We'll see you all there.

From the Desk of Keith Webster, Head Athletic Trainer Administration

First, I want to express my congratulations to Chuck Kimmel for becoming our next NATA President. As classmates way back when, I couldn't be happier for him and for all of us as members of NATA. I've never had any doubt of Chuck's dedication and loyalty for our profession. I encourage everyone to contact him about issues that we will face in the future. I can assure you from personal experience that he will listen to all sides of issues before a decision is made.

As the new academic year unfolds, there comes several changes to the sports medicine staff. Tim Wilson, MD has joined the orthopaedics/ sports medicine staff. His main sport responsibilities include the "Shively" sports- softball, track, tennis, swimming/diving, along with women's basketball coverage. Tim was a Fellow in Sports Medicine last year and we are very fortunate to have him stay on full time. Tom Armsey, MD, from Family Practice/ Sports Medicine, left in October to become the Head Team Physician for the Univers-

Feature Spotlight

ity of South Carolina. We wish him luck in his new job as a Gamecock! Joining us in January will be Rich Rodenberg, MD to work with Rob Hosey, MD in the Family Practice/Sports Medicine department. Rich was a Fellow last year for Rob and we look forward to him coming back to help us with event coverage and care for our injured/sick athletes.

Apparently, there was an alumna sighting recently. Carrie (Pope) Wolf (class of 1998) was in Indianapolis for a meeting of the NCAA Women's Soccer Selection Committee. Coach John Cropp met her and reports that Carrie is doing fine. She is currently the Assistant Commissioner for Championships for the Mountain West Conference based in Colorado Springs.

Please send in updates of where you are and what you are doing. Let's stay in touch.



This edition's feature spotlight focuses on the NATA's newly elected president, Mr. Chuck Kimmel. Mr. Kimmel earned his Bachelor's degree from UK in 1976. Another notable graduate of that class, a name and face familiar to us all, was our very own Keith Webster.

Mr. Kimmel was exposed to leaders in our profession during his undergraduate days at UK. He had the pleasure of working with such great mentors as Roy Don Wilson, Bobby Barton, and Walt McCombs. Mr. Kimmel grew under their tutelage and flourished both as a clinician and as a person. After he completed his studies at UK, Mr. Kimmel moved on to graduate school at East Tennessee State University where he eventually became an assistant athletic trainer for three years before moving on to Austin Peay in 1981. Mr. Kimmel is currently the Head Athletic Trainer and Assistant Athletic Director at Austin Peay State University.

I had the pleasure of interviewing Mr. Kimmel and asked him about his future plans, both personally and professionally. Mr. Kimmel seemed very poised to address the new responsibilities as President of the NATA. One of the more important goals to him as the new president of the NATA is continue to improve the direction and leadership of the NATA and provide the best foundation for the education and employment of all certified Athletic Trainers.

Mr. Kimmel attributes much of his success to the attitudes and values that were

instilled in him during his undergraduate career at UK. The University of Kentucky has now produced two NATA presidents. Bobby Barton, class of 1968, was NATA president from 1982-1986. Mr. Kimmel will assume his new role in June of 2004. Mr. Kimmel feels as though the leadership skills that this university and this athletic training program instills into its graduates is a skill that allows the future of the profession to follow in the footsteps of those who have been successful and productive in their professional achievements. Along these lines, Mr. Kimmel's advice to today's newcomers to the profession is to learn from the professionals you work with and to step-up and volunteer and help out within your association.

As for his most prolific professional accomplishment, Mr. Kimmel humbly admits that winning the NATA presidential election "is something that I never would have thought would happen." Mr. Kimmel described his opportunistic view of his new position in our national office. I think we would all agree that it takes a very special, dedicated, and hard-working individual to achieve the exceptional level of accomplishment that Mr. Kimmel has.

Thank you Mr. Kimmel for all you have done and will do for our profession. Finally, Congratulations Chuck!! Everyone at UK is extremely proud.

John Ostrowski

STAY IN TOUCH!!!

As the number of graduates from the Athletic Training program at UK continues to grow, it is becoming increasingly difficult to keep tabs on our alumni. Please help us to stay in touch!! Please send correspondence to:

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BREAKING NEWS

CONGRATULATIONS CHAD AND KRISTIN!!

Former UK Athletic Trainer **Chad Rankin** (class of 2002) and his wife Kristin are the proud parents of Cierra Nicole. The University of Kentucky Athletic Training family wishes Chad, Kristin, and Cierra Nicole the best of health and happiness.



WHERE ARE THEY NOW?

We are pleased to introduce a new column to our alumni newsletter! The very talented, Mary Beth Lorson soon-to-be-“Schindler” has agreed to edit a column in an attempt to find out more about our humble alumni. Not only has she agreed to edit the new column, she has chosen a very important alumnus for her first interview. Please answer her plea to contact her; your classmates want to hear what you have been up to. CM

Where Are They Now? An interview with Mary Beth Lorson, MA, ATC

Little seems to have changed in the life of Mary Beth Lorson since she graduated from the University of Kentucky in 1999. She still has an incredibly busy schedule, is always on the go, and seems a little hard to catch at any given moment. But of course, which Athletic Trainer has ever been known to have a normal life?

Mary Beth was a student athletic trainer at UK from 1994-1999. During her tenure as a student, she was privileged enough to work with Football (the infamous 1-10 team), Cheerleading, Gymnastics, Women’s Basketball and Women’s Soccer. She has fond memories of her time at the University and, in an attempt to show you what we have in mind for future issues we ask, “Where are you now?”

So, where are you living right now and what are you up to these days?

I am currently living in Louisville, Kentucky where I am back in school. I am now finishing up some work at the University of Louisville where I am obtaining another Masters Degree... this time in Nuclear Medical Technology.

What did you do immediately following your time at UK up until now?

After graduation from UK, I headed to The University of Alabama to obtain my Masters in Sports Medicine Health Care. While in Tuscaloosa, I was a Graduate Assistant Athletic Trainer working with Women’s Soccer and also a teaching assistant with the Athletic Training Education Program. Post graduation, I

headed to London, Kentucky where I worked as an ATC with Kentucky Physical Therapy as the Head Athletic Trainer for North Laurel County High School. In 2002, I moved to Louisville where my life is now!

I understand that you were a Student Athletic Trainer at UK during a big time of transition at UK. Tell me about your time as a Student Athletic Trainer.

I can easily look back and see that my time at UK was one of the best experiences of my life. I was extremely fortunate in making lots of contacts, lots of friends, and having LOTS of experiences while living in Lexington. When I started at UK, I was inducted into the world of Football two-a-days and Bluegrass State Games with Al Green and Sue Stanley-Green. Life in the athletic training room at that time was a lot like a family who put the fun in dysfunctional!! We had the best times back then (even though I thought it was torture at the time)! Starting in my fourth year at UK, we experienced a huge amount of change when Al and Sue left. Keith Webster was brought in as Sports Medicine Coordinator and Jim Madaleno was brought in as the new football athletic trainer. In a lot of ways, I was forced to learn a whole new system and adapt to a whole new team that year. Now, looking back, I can see how the experience of having different schools of thought really helped me to grow as an Athletic Trainer.

How are you using Athletic Training on a day-to-day basis right now?

Well, being back in school in a different field doesn’t allow me the time to work as a “hands on” athletic trainer at the moment. But I am keeping up my ATC certification and state board status in order to work as an athletic trainer still in the future. My past experiences and knowledge have allowed me to currently be first in my class at U of L and my love of Orthopedics has allowed me to focus my current research towards the application of Nuclear Imaging towards athletic injuries.

A couple of quick questions: Don’t think about these, just give a short answer:

Favorite Memory of Being an UK Athletic Trainer:

Practical Jokes, the family atmosphere and the many friends I made.

Worst Memory of Being a UK Athletic Trainer:

Ahhhh..., when Bluegrass State Games was a mandatory and a week long event!

If you had to do it over again, would you? Absolutely!

Funniest Thing that happened while you were a Student Athletic Trainer?

Only those that were there will understand this... but I would have to say the ESPN interview with Chris Varney.

Blast from the Past: Who were some of the people that you have fond memories of working with?

Al and Sue, Walt, Fast Eddie, John Morr, Carol Peterson, John Fetter and Jen Healy-Fetter, Stacey Baynham, Steve Wolf, the Wheelers, Erich Castillo, Clark Pearson, Brianna Abbott, Mike Purcell, and about a thousand other people...

What is your family life like now?

I am currently engaged and will be getting married to Chris Schindler on March 20, 2004. He is an accountant at UPS and we will be residing in Louisville after the wedding.

Mary Beth can be reached at mblorson@hotmail.com. “Where Are They Now?” is now an annual article for the UK Athletic Training Update, hoping to build the UK Athletic Training Alumni Database and connect past members of the UK Staff to the current members. We would love to hear from YOU! If you are interested in connecting, please email your information to Mary Beth Lorson at mblorson@hotmail.com.