



DIVISION OF ATHLETIC TRAINING COLLEGE OF ALLIED HEALTH PROFESSIONS *Alumni News*

Spring has arrived and Lexington and the surrounding countryside are beautiful. Newly born foals dot the freshly mowed fields and paddocks. Like new foals, all animals must be weaned from the intimate bond between mentor and student. On May 6, 2001 the first class of students who have participated in our two year program of study will leave the University and engage in the profession of athletic training. I hope you will join me in welcoming 6 new members to the family of UK alumni. Jamey Carver, Amy Miller, Kelly Ramsdell, Mark Rund, Patrick Sawyer and Brian Wise have successfully defended their theses and met all requirements for graduation. As alumni, we ask that you inform us of potential job opportunities so that we can inform our students accordingly.

The class of 2001 has far exceeded our expectations. It is never easy being first. All the expected and unexpected bumps in the roads are magnified the first time through. The class of 2001 have met all challenges placed before them and have provided leadership to the class of 2002. Their effort, comradeship, and genuine love and belief in creating a quality advanced graduate program is laudable. They hold a special place in our hearts and will certainly be missed.

In the last newsletter, Jim Madaleno highlighted the new construction of the SwimEx. The entrance between Shively & Nutter is now covered and climate controlled so athletes can enter the SwimEx without being exposed to the elements. The room adjacent to the SwimEx provides space for storage and a data acquisition lab. The addition of the data acquisition lab provides a valuable space: to conduct research, provide laboratory instruction, and as a potential study area for many of our graduate students. Exposure and access to such state-of-the art facilities strengthens the experience of our students and keeps our program at the forefront as compared to other programs.



We would like to welcome Rachel Padgett to UK. Rachel is the staff associate for the Division of Athletic Training and the voice you will hear when you call us with your updated alumni news.

Our web site is up and running. You may access our website at the following address: http://www.mccs.uky.edu/athletic_training/. Please check the "News" Section to find an updated copy of this newsletter or information from and about your fellow alumni. Please forward to me anything that you would like added to the "News" section of the website. We will post-it so that all may see it. A handful of alumnus have forwarded to us recent accomplishments and life changes.

We have a great new class of students. A list of the class of 2003 is included in this issue. We thank all of you who have provided names and contacts for potential applicants. Rest assured that we need your help and hope that you will always consider UK when recommending your best students for graduate study. This year we had 102 applications for 6 positions. As a result, we know that we may have missed some potentially great students, nonetheless, we ask that you keep sending us your best. In this issue we have commentary from Jim Madaleno, insights from a new instructor (Amy Plas-Marlin), and a student's perspective from Tim Pike. Wishing you a restful and healthy summer.

Carl Mattacola

**The new entrance to the SwimEX,
between Nutter & Shively** →

Boy how time flies! It seems like yesterday when our six (6) graduate assistants came on board to become the first "official" class of the new athletic training advanced graduate program. All came out shining and will be better professionals due to their academic and clinical experiences here at UK. It has been a privilege to work with this group. Each one has presented their research along with their case studies to our staff in preparation for their big performance at the NATA. Not only are these graduates excellent in the academic area, but are also very good clinicians....a skill becoming more and more difficult to find in today's curriculum programs. Our mission is to continue to emphasize BOTH areas in the graduate program.

Special thanks to both Dr's. Mattacola and Uhl for their efforts in molding these fine young professionals. Their countless hours of assistance with these students, working around their sport's schedule, is greatly appreciated by the clinical staff of ATC's. In the hiring of both of these individuals, the university has taken a huge step up. In fact, one allied health professor in another department told me, "...their research efforts are making the rest of us look bad.." I guess they are holding their own in the medical school, showing that Athletic Training BELONGS in allied health. Congratulations to Amy Miller, Kelly Ramsdell, Patrick Sawyer, Mark Rund, Brian Wise, and Jamey Carver. You will be missed.

*Jim Madaleno, ATC
Head Athletic Trainer, Football*



Please support the following UK presentors at the Free Communications and General Education Sessions at the NATA Annual Meeting and Symposium.



Free Communications Research Presentations:

Alcorn, S. Knee injury in a high school wrestler. *Journal of Athletic Training*, 36:2; S-100, 2001.

Beck, J., Charlick, D. Shoulder pain in a high school football player. *Journal of Athletic Training*, 36:2; S-30, 2001.

Blackport, R.M., Carver, T.J., Mair, S.D. Knee rehabilitation in a collegiate baseball player. *Journal of Athletic Training*, 36:2; S-17, 2001.

Carver, T.J., Uhl, T.L., Mattacola, C.G., Nitz, A.J., Mair, S.M. Examination of electromyographic activity of shoulder girdle musculature while progressively increasing glenohumeral axial Compression. *Journal of Athletic Training*, 36:2; S-41, 2001.

Cesarin, T.M., Mattacola, C.G., Sitler, M.R. Efficacy of six weeks of water vs. land training on vertical jump height. *Journal of Athletic Training*, 36:2; S-57, 2001.

DiCostanza, K., Straub, S.J., Mattacola, C.G., Sitler, M.R. Effect of adhesive medial longitudinal arch support on postural sway. *Journal of Athletic Training*, 36:2; S-66, 2001.

Fletcher, R. Posterior ankle pain in a high school soccer player. *Journal of Athletic Training*, 36:2; S-98, 2001.

Jacobs, D. Gorzya, S. Hip pain in a high school soccer player. *Journal of Athletic Training*, 36:2; S-86, 2001.

McNew, S., Welsh, G., Brooks, P.V. Low back pain in a college volleyball player. *Journal of Athletic Training*, 36:2; S-107, 2001.

Miller, A.K., Mattacola, C.G., Uhl, T.L., McCrory, J.L., Malone, T.R. Effect of orthotics on postural stability over a six week acclimation period. *Journal of Athletic Training*, 36:2; S-67, 2001.

Ramsdell, K.M., Mattacola, C.G., Uhl, T.L., McCrory, J.L., Malone, T.R. Effects of two ankle fatigue models on the duration of postural stability dysfunction. *Journal of Athletic Training*, 36:2; S-33, 2001.

Ramsi, M., Swanik, K.A., Mattacola, C.G., Swanik, C.B. Isometric shoulder rotator strength characteristics of high school swimmers throughout a competitive swim season. *Journal of Athletic Training*, 36:2; S-53, 2001.

Rund, M.R., Mattacola, C.G., Uhl, T.L., McCrory, J.L., Malone, T.R., Johnson, D.L. Stabilization times of the lower extremity following ACL reconstruction using two sub-maximal single-leg hop protocols. *Journal of Athletic Training*, 36:2; S-12, 2001.

Tierney, R.T., Maldjian, C., Mattacola, C.G., Straub, S.J., Sitler, M.R. Comparison of cervical spine stenosis measures in normal subjects. *Journal of Athletic Training*, 36:2; S-71, 2001.

Uhl, T.L., Wise, M.B., Mattacola, C.G., Nitz, A.J. Electromyographical differences between slow and fast closed and open chain shoulder exercises. *Journal of Athletic Training*, 36:2; S-41, 2001.

Ullery, L.R., Johnson, D.L., Brautigam, B. Acute knee pain in a high school football player. *Journal of Athletic Training*, 36:2; S-99, 2001.

Webster, Keith. "Writing/Revision Rules and Regulation" in the *State Legislation: Rules and Regulations Session (Session 19)*.

Webster, K.J., Rund, M.A., Lawrence, S., Mair, S.D. Bilateral sesamoid pain of the great toe in a collegiate gymnast. *Journal of Athletic Training*, 36:2; S-102, 2001.

Wise M.B., Uhl, T.L., Mattacola, C.G., Nitz, A.J., Kibler, W.B. Electromyographical comparison of open and closed chain shoulder exercises. *Journal of Athletic Training*, 36:2; S-42, 2001.

Alumni Update

We invite you to join us for an Athletic Training UK Alumni party during the NATA Annual Meeting & Symposium in Los Angeles. The Alumni Party will be held from 8 - 10 pm on Friday June 22nd. The party will be at The Cicada Restaurant & Bar, 617 South Olive Street.

dj Orthopedics has again agreed to sponsor our gathering. Please thank them with your support. We owe special thanks to Tom Nance and Pam Whitehead at dj Orthopedics for their continued support of UK.

Newsworthy

Tom Nance has recently re-located to Atlanta Georgia. His support of UK has been tremendous and he will be missed.

Recent Accomplishments

Mike Purcell (undergrad 1995-1999) has accepted the position of assistant athletic trainer for football at the University of Minnesota.

Kelly Ramsdell (01) has accepted a clinical/faculty position in the newly CAAHEP accredited athletic training curriculum at Erskine College.

Brian Wise (01) has accepted a position in Sales with DJ Orthopedics. Brian will be responsible for the Lexington and eastern Kentucky region.

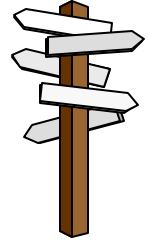
Mark Rund (01) has accepted an assistantship at the University of Georgia and was recently awarded a graduate scholarship from the SEATA and will be awarded a graduate scholarship from the NATA in June.

Amy Miller (01) was awarded at the UK Commencement the Robinson Award for Research from the College of Allied Health Professions.

Nina Kuschinsky, an international student from Germany who has come to UK to study athletic training will be awarded an undergraduate scholarship from the NATA in June.

Comings and Goings in the Athletic Training Department

By: Amy Plas Marlin, M.S., ATC
Assistant Athletic Trainer, Women's Basketball



When Jeff Allen, ATC decided to leave the University of Kentucky to take the head athletic trainer position at the University of Tennessee @ Chattanooga, I was passed the responsibility of teaching our Basic and Advanced Athletic training classes for the university. This was a great challenge for me this year! The Basic Athletic training class was definitely the most challenging because it not only consisted of our student athletic trainers' but also included upper classman from Kinesiology and Health Promotions (KHP) program. This class is required by all KHP students, which results in a bigger challenge of trying to keep students interested who seem unconcerned, especially when you have a dozen or so who are really interested. The Advanced class was more intense and had a great environment. Everyone who took the class was interested in the field of athletic training and all responded really well to the class objectives. I've learned a great deal and have several ideas I'll work on over the summer to help better both the Basic and Advanced classes.

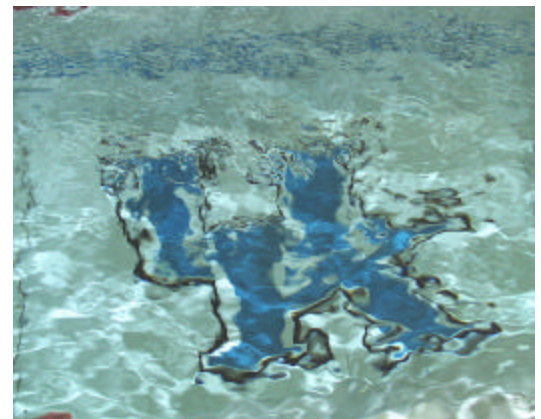
Currently, we are gearing up for the University of Kentucky summer sports camps and the Annual Student Athletic Trainer Camp. This year camp will be held on June 24th through June 26th and is geared towards high school students interested in gaining skills as student athletic trainers. The program will address the current concepts in Sports Medicine with presentations provided by the University of Kentucky athletic training staff. Each day will consist of lectures, demonstrations and laboratory sessions with emphasis on prevention, recognition and treatment of athletic injuries.

During the early summer, Memorial Coliseum Athletic Training room will be having some renovations done to update our facility and help us continue to provide excellent care for our student-athletes. We are hoping that our facility will be complete before the start of summer camps. So, if you're ever in the area, please feel free to stop by to see us; and our newly renovated athletic training room.

The new SwimEx at the University of Kentucky



A view from above the
SwimEx. Photo's by Amy Miller





Student News

An University of Kentucky Experience
by Tim Pike

May the sixth marks the final chapter of my undergraduate career at UK while opening up a new chapter at UNC for graduate school. However, I will carry with me all the good and bad experiences I have encountered during my years as a student athletic trainer. My most recent and memorable one would have to be with the UK men's soccer game against St. Louis, which was the first game of the NCAA tournament. After 150 minutes of play and a shoot out, the Wildcats advanced to the sweet sixteen marking our first appearance in school's history. Athletic training has provided an avenue for me to gain a full college experience. The athletic training program has taught me the value of being responsible, reliable, and accountable. Under the guidance of the program I have grown and matured as an individual and as a student athletic trainer. I am lucky to have had a staff within the program that is motivated to produce knowledgeable and professional graduates. I will always cherish my involvement in athletic training and with UK athletics. May the sixth will be a day of excitement as I journey outside the boundary of Lexington to encounter new experiences.

CLASS OF 2003 DIVISION OF ATHLETIC TRAINING

<u>NAME:</u>	<u>UNDERGRADUATE INSTITUTION</u>	<u>CLINICAL PLACEMENT</u>
David A. Brajuha	Pennsylvania State University	Womens Volleyball: University of Kentucky
Benjamin D. Gecewich	University of Minnesota	Track & Field: University of Kentucky
Chris W. Higgins	Baldwin-Wallace University	Baseball: University of Kentucky
Courtney P. Mulvihill	Purdue University	Swimming & Diving: University of Kentucky
Stacey J. Roller	Indiana State University	Gymnastics: University of Kentucky
Paul G. Silvestri	University of Florida	Football: University of Kentucky