



DIVISION OF ATHLETIC TRAINING
COLLEGE OF HEALTH SCIENCES
Alumni News



Happy Summer 2006! There are several exciting things to highlight in this issue. As you know we are recruiting for a third faculty member in the Division of AT. We had several candidates visit campus in the early spring. However, we were unsuccessful in securing a faculty member and the search is ongoing.

We are presently interviewing additional candidates and hope that we will secure someone in the near future. If we are unsuccessful we will leave the position open and continue to accept applications and recruit high caliber candidates into next year.

In addition, the College of Health Sciences is excited to welcome Karen Kendrick as Director of Advancement. Karen comes to UK with substantial experience in Development and Alumni and Public Relations. She is a vibrant and energetic addition to the Office of the Dean.

Karen is committed to helping us garner the resources to be among the very best in providing athletic training education. Many of you may remember two years ago I wrote in this column that we would be calling on you to become active in supporting UK Athletic Training. Well, better late than never.

As a result, we are developing a plan to increase alumni participation and build new partnerships. Karen will be developing an AT Alumni Development Team that will seek input and contributions from our alums and friends focusing on your creative resources and ability to identify areas of improvements.

We will be calling on many of you from different classes and eras for your assistance. As you all know maintaining a competitive academic program requires substantial financial commitments from State, Private, Grant Agencies and Alumni contributions.

Specifically, we would like to identify representatives that would be willing to call past alums to ask for their support in our annual campaign. It has become apparent to me, after working with Karen, that the top programs in the country have successful alumni networks that are instrumental in guiding and increasing resources of the alma mater. Put simply, they contribute regularly and have worked to develop campaigns to secure scholarships, and assistantships, and fellowships that strengthen the program while rewarding the accomplishments of current and past students.

Karen and I are devoted to increasing the resources at UK but we will need your help. Karen will be traveling to Atlanta in June. She will be attending the UK Alumni Gathering at Gibney Pub on June 15th at the NATA Annual Meeting and Symposium in Atlanta. She is looking forward to meeting all of you! Please make a point to introduce yourself and let her know if you would like to join our team.

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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:

Misty Conrad
Athletics Department
136 Nutter Football Training Facility
Lexington, KY 40536-0019
Office: (859) 257-6521
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New Additions to the Family!!

We would like to welcome the following Master's candidates to the UK family. These individuals will make for another great class and will certainly uphold the tradition of excellence which our program is known for. Welcome and good luck Class of 2008!

Gabe Amponsah is coming to the University of Kentucky from Duquesne University in Pittsburgh. He will be working with the UK football team.

Samantha Boudreau will be coming to the University of Kentucky after graduating from Charleston Southern University. While at UK she will be working with the Men's and Women's Tennis and Cheerleading teams.

Jennifer Brisson comes to UK as one of two University of North Carolina Chapel Hill graduates. She will be working with our Women's Soccer team.

Andrew Carlson will come to the University of Kentucky as a graduate of Pennsylvania State University. He will be working at Lexington Christian Academy.

Kimberly Dolak will be a graduate of Quinnipiac University. She will be working at Asbury College during her time at UK.

Gerry Garcia comes to the University of Kentucky as a graduate of the undergraduate program at the University of Texas at Austin. While at UK he will work with the Baseball team.

Tiffany Muir, a graduate of the University of North Carolina Chapel Hill's undergraduate program, will work at Centre College.

Abigail Wonnell is coming to the University of Kentucky as a University of Florida graduate. She will be working with the Women's Gymnastics team.

Congratulations to you all! We look forward to working with, and getting to know you, as you become a part of a great tradition, UK Athletic Training!

UK Alumni Party

The time has come for the annual alumni party at the NATA convention and the place, date and time have been set. This year the gathering will be held at **Gibney's Pub** in Atlanta, GA on Thursday, June 15th from 7:30pm - 9:30pm. Gibney's is located at **231 Peachtree Center NE**. The phone number is **(404) 688-0928** and their website is www.gibneypub.com. A special thank you to the sponsors of our annual party, DJ Ortho- OrthoWise! We hope to see you all there!



David Brajuha (03) is engaged to Mandy Polley. The wedding ceremony will be held this summer on July 7th. Congratulations!

Congratulations to **Bryan Combs (01)** and new wife Tonya on their recent nuptials!

Cale Jacobs (Doctoral class of 05) and wife Amy welcomed new daughter Ellie Diane to the family. Congratulations on the new addition!!

Congratulations to **John Kelly (04)** and the future Andrea Kelly, who were recently engaged. The wedding is set for June 24, 2007.

Chad Rankin (02) and wife Kristin welcomed a daughter, Kamille Irenia, to the family on September 13th, 2005. Congratulations to them and their family!

Congratulations to **Paul Silvestri (03)** and Suzie Meehan who are currently planning a wedding next spring!



From the Desk of Jim Madaleno, Director of Sports Medicine

As with the campus where "dirt is always being moved" (building projects going on), the athletic training program at the University of Kentucky is making strides. The search and interview process has begun for the 3rd faculty position in the Graduate Program. The success of our program and it's graduates have prompted the Dean of the College of Health Sciences to fund this new position.

Our search for quality graduate assistants was finalized in early March, where we accepted 9 new students into our program. Their names and assignments are listed elsewhere in this newsletter. Welcome aboard to each of them.

As we recruited and interviewed for both of these areas, we continually heard that the reputation of this program is EXCELLENT and is what attracted them to U.K. Thanks to each and every one of you who send this message daily in your work settings, attendance at NATA and related meetings, and in professional circles. YOU are the true recruiters. Thanks from all of us here.

Lastly, congratulations to Matthew Summers (undergraduate class of 2002) who has recently accepted the assistant athletic trainer's position with the San Diego Chargers. This is just another example of a UK graduate gone on to excel. If any of you have moved onto bigger and better positions, please keep Misty informed so we can keep up with you. Best of luck and have a great summer.

2006 NATA Annual Meeting is in Atlanta, Georgia!!

Wednesday, June 14th - Sunday, June 18th at the Georgia World Congress Center



The Research Corner

Along with the start of the new year came the start of a new class's research endeavors. Here are the areas of research that are being explored by the class of 2007.

Nakiesha Brooks will be evaluating the effect of variable textured orthotics on postural sway.

Paul Graves is examining the effect of variable textured orthotics on postural sway following reduced plantar sensation.

Catherine Hill will be working with, doctoral student, **Tracy Spigelman** to evaluate the kinematic changes that occur in the shoulder and elbow during the performance of the freestyle swimming stroke, on land, with and without trunk rotation.

Matt Lewis will be working with UK alumnus **Cale Jacobs** (Doctoral class of 05) to form an evidence based strengthening protocol for individuals who have undergone hip arthroplasty surgery.

Amanda Makii will be completing the follow up portion of a longitudinal study designed to evaluate the effect of overhead throwing on physical changes as well as changes in shoulder muscle strength and motion. The first portion of this study began in 2001 by Dr. Scott Mair and Dr. Tim Uhl.

Will Rogers will be completing a documentation of the return of strength and functional ability following ACL reconstruction.

Stay up to date on these research studies as well as others in progress at the University of Kentucky, by visiting the Athletic Training Education Program's website.

WHERE ARE THEY NOW?

An Interview with Wendy Wheeler, MS, LATC, CSCS

In a continued attempt to connect the alumni of the University of Kentucky Athletic Training room, I am pleased to share a recent interview with a former UK Student Athletic Trainer, Wendy Wheeler. When my career started in 1994 with the University, it seemed as though "Wheeler" was always a part of the Athletic Training Room. Admittedly it all started with my introduction to Jenny Wheeler, Wendy's older sister who was a GA at the time, but it wasn't long before Little Wheeler showed up to join the bunch. Wendy was a student athletic trainer at UK from 1996-2000 and she, like all of us, seemed to float to every Olympic sport at the University. Now it seems as though I only get to chat with her about "real life" and memories of UK at Convention time, so it was great to do an interview with her outside of the athletic training world and find out Where She is Now...

Where are you living right now and what are you up to these days?

I am Living in East Stroudsburg Pennsylvania and working as the Head Football Athletic Trainer at East Stroudsburg University, a Division II college. We just finished a very successful, but very long, season and ended up as NCAA North East Regional Champions. Go Warriors.

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

After leaving UK, I worked in a Chiropractic clinic as an outreach athletic trainer for a high school in West Virginia, then off to a High School position in Gaithersburg, Maryland. After about two years, I was offered a graduate assistantship at West Virginia University. Following my Master's Degree in Athletic Training, I took a position at St. Mary's College of Maryland for a short time, and have finally settled into the position at East Stroudsburg.

Tell me about how your time as a Student at UK prepared you for your current job?

UK prepared me for my future in a variety of ways. I really learned how to multitask and to work very hard to get the job done and achieve my goals. Plus, I now make a damn good pot of coffee. But I think the most important thing I took away from Kentucky was the on-the-job experience. By actually being held responsible for my

own teams at Kentucky, I learned everything from wrapping a blister to self confidence.

What are some Favorite Memories of being a UK GA Athletic Trainer?

Gee whiz, where to begin? I guess my memories of athletic trainer camps, bluegrass state games, and football two-a-days the Bill Curry way would have to be included, but most of my really great memories are of my surrogate family in the athletic training room. It didn't matter if we were working or not working (wink), we always had a good time. And I don't think I will ever forget Mary Beth's cookies. See as her roommate, every time she made cookies for someone's birthday, she always made sure I got one straight out of the oven. You go Martha Stewart.

What is your worst memory of being a UK Athletic Trainer?

Probably 72 hours of church league softball during blue grass state games. Only eclipsed by Cramp Fest '96 (yep I am one of the few, proud individuals that can say Bubba puked on me.)

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

In a second.

What is the FUNNIEST thing that happened while you were a GA Athletic Trainer?

It had to be when Ben drove the little blue golf cart into a parked bus, but Shively Falls was pretty funny as well.

Who were some of the people that you have fond memories of working with?

Of course, Al and Sue and Walt and Fast Eddie and Keith are right up in front. All my fellow students especially, Mary Beth Lorson, Mike Purcell, Carlos Mastrangelo, KC Neidermeyer, Andrea, Ben Thomason, Michelle Hootie, even that guy we spine boarded and taped to the goal post (Chris Clark #2). We were always like brothers and sisters. And I don't think there will ever be a better group of GA's than the ones I had the privilege to learn from. Paul Good, The Fetters and Wolfy were all amazing. We were even lucky enough to have Christine O'Brien and Misty Driscoll.



What is your family life like now? What hobbies are you involved with these days?

I recently got engaged to a fantastic guy, Dr. Scott Dietrich, who also happens to be an athletic trainer. Scary thought I know.

We're thinking of maybe getting hitched Spring of '07, but we'll let you know. So far we love living in the Pocono Mountains and all that it entails. If I'm not at work, I'm usually running about outside, mountain biking, hiking, kayaking or playing with my 7 year old Giant German Shepherd, Corbin (named after Corbin, Kentucky where he was born).

Wendy is currently the head athletic trainer at East Stroudsburg University and is an active member of the National Athletic Trainers Association. She is currently gearing up for the Spring football season and is certainly hoping for another NCAA DII championship in the near future. If you are interested in contacting Wendy, she would love to hear from you. Her phone number is (570) 421-5669 and her e-mail is wendwhee@aol.com.

Written by:

Mary Beth Schindler, MA, ATC, CNMT

"Where are they Now" is an article which runs in each issue of the UK Athletic Training Newsletter. Help us catch up with you!! If you were a student, graduate assistant or staff athletic trainer, please drop Mary Beth a line and let her know what you are doing. You can contact Mary Beth (Lorson) Schindler via email at mblorson@hotmail.com.

Feature Spotlight

Brian Wise MS, ATC

Owner OrthoWise

Brian Wise was a member of the 2001 graduating class and a 2003 College of Health Science Hall of Fame inductee. Upon graduation he began work as a sales representative with DJ Ortho, a position that he maintained until August of 2004 when he became a distributor. In 2004, Brian gained ownership of the DJ Ortho products' rights for the state of Kentucky, essentially serving as a franchise of the company. This means that all sales for the company, within the Commonwealth of Kentucky, must be completed through his franchise, *OrthoWise*.

When he first began his job as a sales representative Brian notes he had no sales or business background and does not think it's something that is crucial to becoming successful. As athletic trainers we must communicate on a daily basis to convince our athletes, patients, coaches or parents that the treatment plans we are implementing are designed to achieve healing and a quick, safe return to activity. Brian states that good communication skills allow athletic trainers to be successful in sales. Other traits that are synonymous are the ability to react quickly to situations as they occur and a strong work ethic to take appropriate action and resolve situations that present themselves.

Some of the benefits of being in the medical sales field, when compared to the clinical setting of athletic training, include a decrease in hours worked and the ability for an individual to increase their pay without asking for a raise. Sales representatives work off commission therefore if they want to make more money they simply work harder, and sell more products, and receive an increased income. Brian believes it is a common misconception that being in the sales field is easy and does not involve much risk but he argues that since each representative's income is based on commission they must work hard to earn each dollar that they make. This also puts them in a vulnerable position because they must rely solely on their ability to sell the products and have confidence that the products they are offering are effective in providing the support patients need. Essentially they must put forth full effort into each and

everything they do and the products they sell in order to be a successful representative.

Brian believes that his experiences in research while working towards his master's degree at UK, have helped him to understand the research that is done on the products he sells. As the only publicly traded bracing company, DJ Ortho often acquires smaller companies, such as Aircast, in order to sell their products. It also completes research within the company and through outside researchers to ensure the quality of the products. Due to the constantly increasing size of the company, sales representatives are frequently in demand. Unfortunately these positions are rarely publicized and instead travel via word of mouth. For this reason, Brian recommends that everyone interested in entering medical sales remain in contact with the representative they work with or that they contact the company directly to provide a resume for future openings. He also urges individuals to pursue sales, even if they lack experience, because hard work and dedication to your job is more important than prior knowledge. By working hard he says you can earn the respect and accountability as well as the ability to show others that you are reliable and loyal to the company and its clients.

I would like to thank Brian for his time and willingness to be interviewed for this piece. It's nice to know more about the growing opportunities available for athletic trainers outside of the clinic and academia and we are proud of his success and are thankful for all that he has given back to UK.

Catherine Hill ATC



In Memoriam

We are sad to announce the UK athletic training family has lost a wonderful person and friend in the passing of Brandon Meier, 23, on Sunday, May 28, 2006 due to complications from lung cancer. Brandon worked as a student athletic trainer for the football, soccer and cheerleading teams and received his Bachelor's Degree May 2003. He was a sales representative for Barnes and Noble Bookstore and was currently working on his Masters Degree at Georgetown College. The family has requested expressions of sympathy to St. Xavier High School, 1609 Poplar Level Road, Louisville, KY 40217 in MEMORY OF BRANDON D. MEIER. Please keep Brandon's family and fiancé Moira Rojas in your thoughts and prayers. Brandon will be greatly missed by all.

Job Placement

Mandy Bausman (06) has accepted a position at the University of Texas at Austin working with the Track & Field teams.
April Clark (99) is the event coordinator for the KY International Convention Center in Louisville.
Bryan Combs (01) is now working as the head athletic trainer at Birmingham Southern University.
Eric Gahan (02) has been promoted to a position as the Assistant Athletic Trainer with the football team at Ole Miss.
Mary-Bec Gwyn (01) is now working with Fox Cable Networks in Orlando, Florida.
Melisa Fazio (06) has accepted a position with the Steadman Hawkins Clinic in Vail, CO, working with the U.S. Ski Team.
Tony Hill (06) has accepted a position at the University of Texas at Austin as an Assistant Athletic Trainer working with the football team.
Robert Jackson (Undergraduate class of 03) is now the Head Football Athletic Trainer at Christopher Newport University in Newport News, VA.
Becky McClelland (06) has accepted a position as Assistant Athletic Trainer at Monmouth University in Long branch NJ. She will work with Women's Basketball and Lacrosse and the liaison to mental health.
Tiffany Sudduth (04) is working for the University of Kentucky's pediatric department completing research.