



DIVISION OF ATHLETIC TRAINING COLLEGE OF HEALTH SCIENCES *Alumni News*



Things in Lexington are going well. We had a spectacular fall and the foliage is beautiful due to the abundant rain this summer. As winter approaches there are some changes in our college you should be aware of. While we remained under the same Leadership in our Nation, our leadership in the College of Health Sciences is changing. Dean Thomas Robinson has announced that he will step down as the Dean effective December 1, 2004. The College has just finished interviewing four candidates and we should be hearing the status of our new leader soon. There were four very qualified applicants and the college is poised to be in capable hands. As you know, Tom Robinson supported an athletic training program entering the college at a time when the decision to house the athletic training program in the College of Health Sciences was not popular. Dean Robinson has been at the helm for over 20 years and has capably led our college to greatness. He is a respected Dean in Allied Health circles and was once the President of the Association of Schools of Allied Health professions. Dean Robinson also had a vision to raise money to place all of his faculty in the best facilities. As you know, we moved into the new College of Health Sciences in 2002, and have been lucky to have had such impressive and expansive classroom, office and laboratory space. The cost of the building was approximately \$30 million dollars. This is a significant amount of money for any fundraising effort. As a result, we will certainly miss Dean Robinson's leadership, his vision and his ability to recruit quality faculty at the University of Kentucky. It would be a very classy effort if many of you could e-mail Dr. Robinson to congratulate him and thank him for his duties at the University of Kentucky. His e-mail is below. Your correspondence will show that our athletic training alumni are cognizant of changes taking place at the college and appreciate the leadership of our fine Dean. tcrobi01@uky.edu

It is also my pleasure to update you on the status of the Master's degree in Athletic Training. An application has been sent to the council on post-secondary education announcing our desire to create a Master of Science degree in Athletic Training. The request will remain on the website for comments and then we have the capability of submitting a full proposal. As always, it is an exciting time of the year. The fall brings with it a new class of students who are eager to learn and this year is no exception. I hope you have a wonderful fall and I look forward to seeing you all soon.

Carl G. Mattacola, ATC

BREAKING NEWS

We would like to congratulate **Dr. Tim Uhl** on his appointment as President of the American Society of Shoulder and Elbow Therapists.

Congratulations to **Cale Jacobs** (doctoral class of 2005) and his wife Amy on the birth of their first child, Luke Miluenko, November 17. Luke was 8lb. 6 oz. and arrived at 5:29 am.



Newsworthy

We would like to extend our congratulations to **Cale Jacobs** (doctoral class of 2005) on winning a National Athletic Trainers' Association Doctoral Research Grant. Along with co-investigators **Drs. Carl Mattacola & Tim Uhl**, Cale received the grant for his work investigating the relationship of hip abductor strength and endurance to functional performance.

Congratulations to **Melisa Fazio** (class of 2006) who was awarded a NATA Graduate Student Scholarship at the NATA Annual Meeting and Symposium in Baltimore Maryland this past summer.

Congratulations to **Jaclyn Kaylor** (class of 2002). She recently accepted a position as the Head Athletic Trainer at Georgia Southwestern State University.

Congratulations to **Owen Stanley** (class of 2005) who was recently awarded a NSCA scholarship.

Congratulations to **Mark Rund** (class of 2001) who recently accepted a position as an Assistant Athletic Trainer at Butler University. Mark's responsibilities are with women's Soccer and men's Basketball.

Jim Madaleno has been appointed by Governor Ernie Fletcher to the Kentucky Board of Medical Licensure State Advisory Council on Athletic Trainers. Jim will act as the Athletic Trainer Representative.

Dr. Carl Mattacola was nominated and attended the Coalition of Allied Health Leadership conference in Washington, D.C.

Patrick Sawyer (class of 2001) has accepted a position as Head Athletic Trainer at Hoover High School in Hoover, AL.

From the Desk of Jim Madaleno, Director of Sports Medicine

BREAKING NEWS

The Research Corner

Our mission 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 research projects. We would like to share with you the varied research interests of our nine first-year Master's students.

Melisa Fazio will be assessing three-dimensional knee kinematics of female athletes while performing a fatigued single-leg landing.

Tony Hill will be determining the effect of hip abductor/adductor training on strength and injury patterns.

Jennifer Sebert is examining the relationship between static measurements of arch index and femoral anteversion in dynamic motion of the knee during a single leg jump landing.

Becky McClelland is investigating shoulder motion and muscle activity during rehabilitation exercises.

Eric Yochem will be examining how recovery from fatigue affects joint position sense in the upper extremity of throwing athletes.

Tadd Turnquist is comparing clinical indicators in osteoarthritic patients who have benefited from unloader bracing to those who have not benefited.

Tyler Schlosser is investigating the relationship between isokinetic muscle strength and dynamic balance using the Star Excursion Balance Test.

Amelia Sesma is examining the effects of foot orthotics on dynamic postural control tasks in subjects with chronic ankle instability.

Mandy Bausman is investigating the effects of rigid and semi-rigid foot orthotics on EMG activity of selected lower leg muscles comparing static and dynamic balance testing.

Well, another academic year begins with more changes in an attempt to improve YOUR program. As I mentioned in last fall's newsletter, an athletic training review team was on our campus to assess our graduate athletic training educational program. The Dean of the College of Health Sciences (formerly the College of Allied Health) in collaboration with the Dean of Education and Dr. Carl Mattacola invited a "second", more independent academic review team to come to our campus. Both teams were charged with the mission of reviewing the current status of our Graduate Athletic Training Program, the direction it is headed in, it's placement in the College of Health Sciences, and its potential for national accreditation. These endeavors were at significant expense to the university but were in the program's best interest. I am excited to tell you that after this review, BOTH teams made the following recommendations:

1. Keep the program's faculty in the College of Health Sciences (under the Medical Center umbrella)
2. Move the actual degree to the College of Health Sciences
3. Proceed with a plan for national accreditation

This move, even though subtle, will strengthen the quality of the degree and will solidify our profession's pursuit of allied health respect; especially at the University of Kentucky. Each of our graduates are to be commended on creating this MONSTER.

Secondly, Pam Waller who has worked women's Basketball for the past 2 seasons has decided to accept the Director of Women's Health position at the University of Florida. This places her in a "head athletic trainer's position" and it is well deserved. We will miss Pam. If you get the opportunity, please let her know how much you appreciated her contribution to OUR program. Her replacement is featured in this issue of the newsletter.

Thanks again for the efforts each and every one of you put forth to be ambassadors to YOUR program. Thanks for letting us be a part of it.

We would like to take this opportunity to say thanks to a very special person who retired this past September. **Joyce McNew** retired this past September after serving not only the Athletic Training staff but also University Health Services for the past 20 years. Joyce will be greatly missed. She was a "grandmother" and friend to us all, but an unbelievable help to all who had the pleasure of working with her. Joyce had the unique ability to brighten everyone's day and make everyone's job easier. Joyce, thank you for all of your dedication, loyalty, and service. You have positively impacted many lives during your time at the University of Kentucky and certainly left your mark with the Athletic Training family. We wish you and your family the best of luck during your retirement.

Carol Ann Maupin has recently joined the Athletic Training staff. Carol Ann joins us from the Athletic Department Accounting Office. Carol Ann will now undertake the job of Insurance Coordinator. Welcome aboard Carol Ann and we all look forward to getting to know you and work with you.

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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Office: (859) 323-1100 x 80497
Fax: (859) 323-6005
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Feature Spotlight

2004 Master's Student Placement

Yet another class of fine graduates from our program have found new employment. We would like to share where the latest nine students have ended-up since graduation.

Mario DiMattia accepted a clinical position at Precision Orthopedics with outreach athletic training responsibilities to West Geauga High School in Chardon, Ohio.

Kristen Bretz is an Assistant Athletic Trainer at Georgetown College in KY. Kristen's main responsibilities are to the Men's and Women's Soccer teams.

Michele Boling is currently pursuing her PhD at the Univ. of North Carolina in Chapel Hill, NC. In addition to her requirements with the Human Movement Science program, she is the Athletic Trainer with the baseball team.

Stacy Downar is an Assistant Athletic Trainer at the Univ. of North Carolina-Wilmington.

Eugene "Chico" Dupas is an Assistant Athletic Trainer at Carson Newman College in Talbot, TN. Chico's responsibilities are with the Men's and Women's Basketball teams.

John Kelly is an Assistant Athletic Trainer at Marshall University in Huntington, WV. John's responsibilities are with football and baseball.

Nina Kuschinsky is the Head Athletic Trainer at Sportmedizinsches Institut Berlin & Physiotherapie Lipp in Berlin, Germany.

Crystal (Pearson) Lanning is an Assistant Athletic Trainer at the University of Wisconsin-River Falls.

Jen Tymkew is an Assistant Athletic Trainer at Eastern Illinois University in Charleston, IL.

Firstly, we would like to take this opportunity to welcome Tricia Matysak to the UK Athletic Training family. Tricia joins us from the University of Notre Dame where she was the Athletic Trainer for the men's Soccer and women's Lacrosse teams. Tricia replaces Pam Waller who accepted a position as Director of Women's Health at the University of Florida.

Earlier this month, I had the pleasure of sitting down with Tricia and getting a feel for her background and experiences in Athletic Training as well as her thoughts and feelings on some of the current issues in the Athletic Training profession.

Tricia received her undergraduate degree from Purdue University and her Master's degree from Auburn University. Tricia's background has been developed by her varied experiences. Working at the University of Notre Dame provided an experience in Division I athletics similar to what we have here at UK. Tricia stated that learning and working with individuals from varied backgrounds is an advantage and strength of the program here at UK. For example, many of the graduate assistants and clinical staff taught and refined their skills at various institutions throughout the nation. It is this variation Tricia believes helps strengthen a program and bring a family together. Being

able to share experiences from different places to help better a program and learning from others to help better yourself as a professional make for an environment which fosters critical thinking. It is in an atmosphere such as this that the individual, the program, and the profession all benefit.

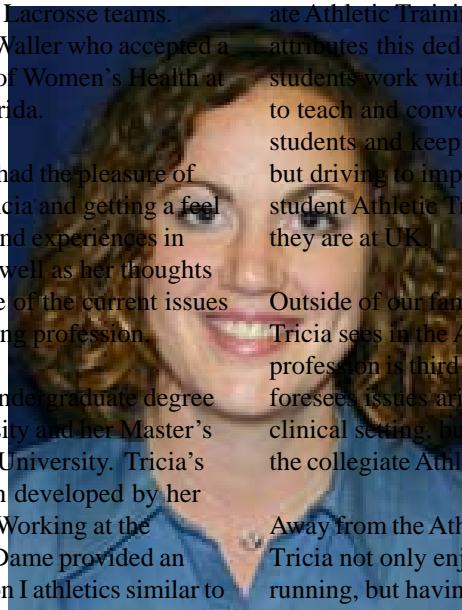
Evaluating the strengths of a graduate Athletic Training program such as ours, Tricia feels that we have such a strong program because of the people that are involved. She feels that the graduate assistants are a big help to the full-time staff in terms of medical coverage while the full-time staff are a big help to the graduate assistants in terms of mentoring, critical thinking, and bettering themselves as students of the profession. As for the education of the Athletic Training students that work with our staff, Tricia sees a dedication amongst these Athletic Training students that is surprising for a school that does not have an undergraduate Athletic Training program. She attributes this dedication to the staff the students work with and the staff's ability to teach and convey information to the students and keep them not only involved, but driving to improve themselves as student Athletic Trainers during the time they are at UK.

Outside of our family, one of the big issues Tricia sees in the Athletic Training profession is third party billing. Tricia foresees issues arising not only in the clinical setting, but also down the road in the collegiate Athletic Training room.

Away from the Athletic Training room, Tricia not only enjoys playing golf and running, but having a good time with her friends and relaxing.

Welcome aboard Tricia and we look forward to the opportunity to learn from you and have you as part of our family.

John Ostrowski, ATC



WHERE ARE THEY NOW?

An Interview with Carlo Mastrangelo, MS, ATC

In a continued attempt to connect the alumni of the University of Kentucky Athletic Training family, I am pleased to share a recent interview with a former UK Graduate Assistant Athletic Trainer, Carlo Mastrangelo. I can still remember the first time I met Carlo... he was engaged in rehabilitating an athlete in the Athletic Training room when I came on campus for an interview in 1994. So what stood out in my mind about that rehab?? Well, mostly the fact that he was working on his own rehabilitation, not that of one of his student athletes. Carlo was a GA at UK from 1993-1995 and during his time in Lexington he worked with football, gymnastics, and volleyball. It was great to do an interview with him and find out Where He is Now...

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

I bought a townhouse in Gaithersburg, Maryland in 2000 and that is where I currently reside. These days, I am working as Head Athletic Trainer at a private school in Potomac, Maryland that is called The Bullis School.

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

My first job after UK was as the Head Athletic Trainer for the Baltimore Blast professional indoor soccer team. After 3 years with them, I became the Head Athletic Trainer at Villa Julie College in Baltimore. After 1 year at Villa Julie, I took my current job as the Head Athletic Trainer at The Bullis School. I also work as an educator and teach Health Education here at Bullis.

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

UK was a wonderful experience for me; I learned a ton about Sports Medicine from the super staff of Doctors, ATC's and fellow GA's. It definitely helped prepare me for the "real world" of athletic training.

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

The great people of UK: my co-workers, the student athletic trainers and the many great student athletes we helped on a daily basis. So many of them had a lasting impression on me and I still think about many of these great UK people today.

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

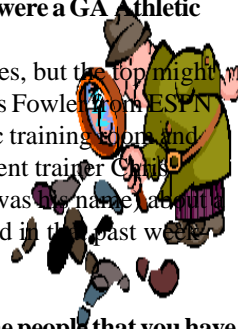
Oh, definitely tearing my ACL playing in a basketball game against the campers at Student Athletic Trainer camp during my first summer at UK!

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

Oh yes, in a heartbeat!

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

Many funny memories, but the top might have been when Chris Fowler from ESPN came into the athletic training sports and asked freshman student trainer Chris Varney (I think that was his name) a story he was involved in the past weekend!



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

Al Green, Sue Stanley-Green, JoAnne Houser, Walt McCombs, Dr. Ireland, Dr. Caborn, Jon Fetter, Jon Morr, Steve Wolf, Jen Healy-Fetter, John Houston, Brian Ball, Clark Pearson, Tom Reed, Erich Castillo and Mary Beth Lorson. I will also never forget some of the great student athletes like Moe Williams, Marty Moore, Jenny Hansen, Molly Dreisbach, Walter McCarty and Tony Delk.

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

I am still single and dating, (imagine that !)
I enjoy playing tennis, golf and soccer as well as spending time with my family and good friends.

Carlo is the Head Athletic Trainer at The Bullis School in Potomac, Maryland and continues to be an active member of the National Athletic Trainer's Association. As with all athletic trainers, he is in the thick of basketball season and holiday tournaments, but would love to be in contact with his former Wildcat Athletic Trainers. If you went to school with Carlo, drop him a line and stay in touch! Carlo's contact information is:

carlo_mastrangelo@bullis.org or give him a call at 301-706-6194.

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.

