

# WESTERN MICHIGAN UNIVERSITY

## GRADUATE ATHLETIC TRAINING NEWSLETTER

### SPRING 2009

#### **A Day In The Life of a WMU Graduate Assistant Athletic Trainer**

By: Amanda Duda, ATC

Walking into the high school for the first time last summer I had no idea what to expect. I had never worked in a high school setting before, and I was in a totally new environment 14 hours away from home. I had thought about what things would be like so many times that I was about as nervous as I had ever been. I was wondering what a typical day would be like. A couple weeks later I realized there is no such thing as a typical day. As cliché as it may sound, everyday is different. But as I look back now I would've appreciated hearing about what things go on a daily basis, I think that would have eased my thoughts a bit. So I decided to write down everything I did in one day, to give future GAs an idea of what to expect. This is a "typical" day in the Spring.

I arrived at the high school at about 1:15pm. We had baseball and softball home games that day, so I arrived early to set everything up. The weather was questionable for the afternoon, and when I went up to my athletic director's office, the baseball coach was looking at the weather radar. They decided to play the game, and while it was cold and windy, it turned out to be ok. I spoke with my Athletic Director about a few things, and then went to fill the water coolers. Unfortunately, my ice machine was not working, so I had to go get ice from the concession stand down the hall. After all the coolers were filled, it was 2:20 and school was already over. In addition to the home games, the women's soccer team was playing an away game that day, and the track and women's tennis teams had practice. I had a major crowd of athletes who all needed something, and all needed to be ready around 3:15. This is the craziest part of most days. You barely have enough time to get every athlete taped and treated on time; you need to be quick and efficient, yet thoughtful and skillful at the same time. I had to tape a lot of ankles and wrists, cover some blisters, performed a couple injury evaluations, and I had a few athletes doing injury rehabilitation. At about 3:20 I went to get the cart. I took the water out to the baseball and softball fields. When I was finished, I straightened up the athletic training room a bit and I restocked my kit. I went outside around 4:15. For the next few hours I went back and forth between the baseball and softball games. The coaches of both teams have my cell phone number, so if they needed me they just would have called. On this day, no one was injured during the games. The softball game ended first, and I gave a few athletes some ice and brought the coolers back inside. The baseball game went into extra innings. We won on a ninth inning walk off hit; it was pretty exciting. After everything was cleaned and put away, I waited for the baseball team to finish meeting. I gave a couple players some ice, and then a little after 8pm I went home. I was hungry and tired, but I had class the next morning, so I had a little homework to do.

While it may not sound very exciting, that is a normal spring day at my high school. However, if an athlete had been injured, my day could have changed dramatically, depending on the severity of the injury. What is not included in that summary are all the interactions with the athletes that occur each day. That also makes every day different and fun. I think that is why I really enjoy going to work every day; some things you can always expect to do, like tape an ankle, but you can't predict exactly what will happen in any given day. You can feel prepared though, and hopefully reading this will ease some anxious thoughts about what future days may entail.



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# WMU Graduate Athletic Training Classes

**2**

Danielle Lambert  
Angela Stahl

Grand valley State University  
Miami University, Ohio

Allegan HS  
Vicksburg HS

**0**

Karen Engfehr  
Dona Richardson

Eastern Michigan University  
Luther College

WMU Athletics  
Delton HS

**0**

Travis Dibbet  
KC Zomer

Central College  
Castleton State

KVCC  
WMU SMC

**9**

Adam Ploeg  
Amanda Ellson

Cadarville University  
Luther College

Portage Central HS  
Plainwell HS

Ryan Klawon  
Heidi Nietzke

Saginaw Valley State University  
Metropolitan State College of Denver

WMU Athletics  
Gull Lake HS

Robert Standley

San Jose State University

Comstock HS

Heather Cavett  
Andrew Lawrence

North Dakota State University  
Michigan State University

Lakeview HS  
Portage Northern HS

**2**

Devin Clemence  
Marisa Orme

Grand Valley State University  
Minn. State University-Moorhead

Paw Paw HS  
WMU SMC

**0**

Roger Doak  
Jeff Oney

Grand valley State University  
Western Michigan University

Hopkins HS  
Benton Harbor HS

**1**

Amanda Duda  
Lindsay Hagler

Canisius College  
George Fox University

Loy Norrix HS  
Parchment HS

**0**

Cailey Servais  
Mike Knudsen

Minn. State University-Mankato  
Cedarville University

Hackett HS  
Kalamazoo Central HS

Brett Knight

Alma College

WMU Athletics

**2**

Amanda Linman  
Megan Darcy

Indiana University-Bloomington  
Alma College

Plainwell HS  
Allegan HS

**0**

Dan Krasinski  
Kathleen O'Farrell

Western Michigan University  
University of Wyoming

WMU SMC  
Kalamazoo Central HS

**1**

Jason Kolean  
Steve Jones

Grand Valley State University  
University of Indianapolis

WMU Athletics  
WMU Athletics

**1**

Alyse Randall  
Eric Gustafson

University of Wisconsin-Eau Claire  
Minnesota State University-Mankato

Vicksburg HS  
Portage Central HS

Marci Vasaris  
Ashley Hagan

Indiana Wesleyan University  
Anderson University

Kalamazoo College  
WMU HPER Dept

Allison Elder  
Shannon Greene

University of Northern Iowa  
Calif. State University-Northridge

Comstock HS  
KVCC

Jamie Nissen  
Katie Spencer

University of Wisconsin- LaCrosse  
Albion College

Gull Lake HS  
Otsego HS

Ross Blomme

Minnesota State University-Mankato

Delton HS

# ***New Athletic Trainer, New Athletic Facilities***

## ***Introduction to Parchment High School***

By Lindsay Hagler, ATC, CSCS

As the summer was coming to a close Parchment High School was working overtime to complete the new football field in time for the first game of the 2008 season. This year there would be a new addition to the sidelines at every game, the school's first certified athletic trainer.

When I arrived I started out with 2 cases of tape, 1 case of pre-wrap, and some odds and ends of first aid supplies. My athletic training room was a coaches' spare office and consisted of two folding tables, one as a desk/storage and the other my taping/treatment table. To say the least this is not what I expected my first athletic training room to look like. The high school was under renovation and in the process of upgrading their athletic facilities, which included for the first time an athletic training room. The new gym and athletic training room however would not be complete until the middle of January.

As I sat down with my Athletic Director and got a supply order filled out, I began to feel that this was going to be a great learning experience. Since there was no previous ATC, there were no athlete files, no injury report forms, no rehab forms, so I began to put together all the necessary paperwork that I would need throughout the year.

The first day of practices arrived and I had a lot of unanswered questions, would the coaches respect me and my decisions, how would the athletes respond to having an athletic trainer, would my communication with parents and coaches be sufficient? These were only a few of the questions swirling in my head as I got ready to meet my first coach.

Football two-a-days got me into the swing of things and the football coaches were very helpful and willing to work with me. The athletes, though hesitant at first, not really knowing what an athletic trainer does, soon began to realize that I was there to help them with their injuries. As the fall season went along, I got to know all the different coaches and athletes from other sports and things became easier and I was getting settled, having somewhat of a routine.

January finally came around and I could move into my new athletic training room. I was able to pick out treatment tables, ice machine, whirlpool, and some other items, which needless to say was fun. Once I had my cupboards organized, posters on the wall, bulletin board filled, it began to feel like an athletic training room and my second home (from all the hours spent there).

Being the first athletic trainer at Parchment High School has been a challenge, but what I have learned in regards to athletic training and life in general, I would not trade for anything. Thanks to the coaches and athletic staff of Parchment High School for a great first year and I am looking forward to the next one.

## ***Implementing WMU Athletic Training at Benton Harbor High School***

By Jeff Oney, ATC, CSCS

My time as a graduate assistant athletic trainer here at WMU will be spent at Benton Harbor High School, an inner city school located on the shores of Lake Michigan. This was the first time Benton Harbor had contracted with WMU for athletic training services and I would serve as the first Certified Athletic Trainer at the school for more than 5 years. It has been a struggle trying to get an athletic training program started, but it has been a very rewarding experience.

There are many steps in developing an athletic training room. The first thing I had to accomplish at Benton Harbor was to take an inventory of what was available to me in my athletic training room. Once I took an inventory, I worked with my Athletic Director provide the best care to the student athletes. Part of providing the best care is working with local practicing orthopedic physicians in the St Joseph/Benton Harbor area. The orthopedic physicians were more than willing to help out and excited about Benton Harbor having a Certified Athletic Trainer at the school. The next step was developing paper work and my own system of tracking athletes. I quickly created SOAP notes, rehabilitation tracking sheets, a daily athletic training room log, and most importantly an emergency action plan. All of these forms have helped me be better organized and more efficient at managing the various injuries that I have come across this past year. Overall, having a great relationship with my AD has helped me immensely in getting athletic training incorporated into the school system.

My biggest obstacle this past year, and one that will be a constant struggle, has been getting the players, parents, and coaches to understand the benefits of having an athletic trainer. It has been difficult trying to explain what athletic training is all about, that I specialize in the prevention, management, recognition, treatment, and rehabilitation of injuries. Some of my players, parents, and coaches were receptive to me from my first day while others I am still trying to break through to them. It has been difficult to explain to my student-athletes that they need to come see me for their injuries, no matter how small they may seem to be. That an athletic trainer is not someone who says you have to miss playing time because of injury, although that does happen, but I am there to help them from getting injured and if they get injured educate them on how to properly manage their injury.

This experience has enabled me to do much more than I thought I would have to do this early in my career. It challenges me every day to be a better athletic trainer and to represent this profession positively. I have had parents of student-athletes miss entire seasons and have thanked me helping their child get better because they know that they would not have had unless I was there. I have had athletes come back off of surgery that are able to play again. I have had many of my student-athletes come to say and ask what it takes to become an athletic trainer, and that is what makes all of the struggles, all of the hard work that I have put into starting this athletic training program so rewarding, because people appreciate it.

# New Position

## Western Michigan University HPER Department And WMU Sports Medicine Clinic

The Western Michigan University Health, Physical Education and Recreation Department along with the Western Michigan University Sports Medicine Clinic are teaming up for a new Graduate Athletic Training position. Ashley Hagan will grab the reins with this new position. She will be teaching classes in the HPER Dept. and working through the Sports Medicine Clinic to cover intramural sports and WMU Dance Department programs and recitals.



# Returning Positions

## Otsego High School

**Location:** Allegan County  
**Division:** Class B  
**Conference:** Wolverine B  
**Enrollment** ~ 700  
**Mascot:** Bulldogs  
**Colors:** Navy Blue & Gold

Otsego High School is located in the greater Kalamazoo area. Three and a half years ago, Otsego decided to not renew their contract with the Western Michigan University Graduate Athletic Training Program. Since that time, they hired a full-time athletic trainer who graduated from Western's program. She has since moved onto a different school and Otsego is ready to renew their contract with Western once again. Katie Spencer will get a chance to step back into Otsego High School at a WMU Graduate Assistant Athletic Trainer.



## Kalamazoo College

**Location:** Kalamazoo County  
**Division:** NCAA Division III  
**Conference:** Michigan Intercol. Ath. Assoc.  
**Enrollment:** ~1300  
**Mascot:** Hornet  
**Colors:** Orange & Black

Kalamazoo College is in the lovely downtown area of Kalamazoo, Michigan. The college was founded in 1833 and is among one of the oldest 100 colleges & universities in the country. Currently there are students from 38 states and 14 countries attending Kalamazoo College. Kalamazoo Colleges has once again decided to renew a contract with the Western Michigan University Graduate Athletic Training Program. Marci Vasaris, the candidate to receive this assistantship, will get a chance to work with other athletic trainers, orthopedic surgeons, sports medicine fellows, and other various area sports medicine specialists.



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# ACTIVITY AROUND WESTERN MICHIGAN UNIVERSITY

## SINDECUSE HEALTH CENTER

Working with the Older Athlete  
By Marisa Orme, ATC

Western Michigan University Sports Medicine Clinic offers physical therapy to rehabilitate the older athlete. Working with older generations is the same and yet different from working with younger athletes. The injury process is the same; just some times it takes longer. Not all patients are of an older generation but the typical patients at the clinic range from active students to active seniors and weekend warriors to worker's compensation. In the clinic, graduate assistants work hand in hand with orthopedic specialists, podiatrists, physical therapists and certified medical assistants. Aside from rehabilitation responsibilities, graduate assistants work in the orthopedic clinics, read x-rays, and splint and cast fractures. The Sports Medicine Clinic has a new graduate assistant position that will be working the Health, Physical, Exercise, and Recreation (HPER) Department as a teaching assistant, Western Michigan University Dance Department and the Student Recreation Intramural Sports as a graduate assistant athletic trainer. The new position will give medical attention to the dancers and intramural athletes, and teach entry-level classes in the HPER Department. Western Michigan University Sports Medicine Clinic is a wonderful opportunity for any graduate assistant to experience.

## WMU ATHLETICS

Working in WMU Athletics  
By Brett Knight, ATC

There are many opportunities for graduate assistants working in athletics at Western Michigan University. Graduate assistants primarily cover men's soccer, women's softball, volleyball, gymnastics, women's track and field, and assist with football. As a GA in athletics you also get to help assist other WMU sports such as men's and women's basketball, tennis, hockey, and baseball. They also get to work alongside team physicians, medical fellow, and five staff athletic trainers at WMU.

As a first year graduate assistant working in WMU athletics I have had many positive experiences. Coming from Alma College a division III institution and moving into a division I setting I have noticed many similarities as well as some differences in the daily operations of athletic training. The main similarity is the prevention, evaluation and rehabilitation of injuries while the differences mainly come from the amount of resources readily available to the medical staff of a larger institution. One of these differences are working hand in hand with the team physician's on campus. Another difference is having the ability to diagnostic testing done with in a twenty four hour time frame. These are some of the things that can enhance your educational experience here at WMU.

Also, as a GA in athletics you get an opportunity to be involved with the undergraduate athletic training program here at WMU. There are typically a couple undergraduate students assigned to each sport in the athletic department as part of their clinical experience. From this you get to assist staff athletic trainers in supervising these students while they are completing the clinical part of their education.

One of the most rewarding experiences aside from the educational portion is the opportunity to travel with teams across the country. Some trips include Florida, Arizona, Alabama, Tennessee and Pennsylvania as well as other schools within the Mid American Conference. Also a great reward is traveling for post season games and tournaments. This past season the volleyball team made it into the sweet sixteen of the NCAA tournament before losing to National Champions Penn State. I work with the WMU football team and this past season I had the opportunity to travel to numerous places including three NFL stadiums and to Houston, Texas where we played in the Texas Bowl.

Effects of Kinesio Tape Versus Athletic Tape on Blood Flow in the Upper Arm

~Ryan Klawon~  
2<sup>nd</sup> Year Graduate Assistant

NICOTINE AND ITS EFFECTS ON ANAEROBIC MUSCLE FUNCTION

~Dona Richardson & KC Zomer~  
2<sup>nd</sup> year Graduate Assistants

Effects of High Dose Fish Oil Supplementation on Delayed Onset Muscle Soreness (DOMS) and Inflammatory Markers

~Robert Standley~  
2<sup>nd</sup> Year Graduate Assistants

Effects of High Volume Aquatic Plyometric Training on Vertical Jump, Peak Power and Torque in the Dominant Knee

~Adam Ploeg & Travis Dibbet~  
2<sup>nd</sup> Year Graduate Assistant

Prelanned and Reactive Agility Training Influence on Agility Test Performance in Male Adolescents.

~Heidi Neitzke~  
2<sup>nd</sup> Year Graduate Assistant

Effects of Environmental Conditions on Producing a Given RPE during Exercise: A Case for Perceptual Drift

~Danielle Lambert & Amanda Ellson~  
2<sup>st</sup> year Graduate Assistants

Self-Reported Comfort of Collegiate Student-Athletes Towards Athletic Training Students

~Angela Stahl & Karen Engfehr~  
2<sup>nd</sup> Year Graduate Assistants

The Effects of the PowerFlex Taping System and Ankle Taping on Dynamic Ankle Inversion Before and After Exercise

~ Jeff Oney & Brett Knight~  
1<sup>st</sup> Year Graduate Assistants

Automated External Defibrillators and Their Immediate Accessibility at High School Athletic Events

~Amanda Duda & Mike Knudsen~  
1<sup>st</sup> Year Graduate Assistants

The Effects of Accu-Magnet Therapy in Decreasing Pain Perception Associated with Delayed Onset Muscle Soreness

~Devin Clemence & Roger Doak~  
1<sup>st</sup> Year Graduate Assistants

The Effects of Ice and Elevation on Intramuscular Skin Temperature.

~Heather Cavett~  
1<sup>st</sup> Year Graduate Assistants

Football Facemask Removal: Are High School ATC's Prepared

~Lindsay Hagler & Andy Lawrence~  
1<sup>st</sup> Year Graduate Assistants

The Effects of Therapeutic Ultrasound at Two Different Temperatures on Intramuscular Blood Flow in the Gastrocnemius

~Cailey Servais & Marisa Orme~  
1<sup>st</sup> Year Graduate Assistants



# What's Next For Our 2009 Graduates?

By: Michael Knudsen, ATC

The end of their second year here at WMU is quickly coming to an end, but what is next for the eleven 2009 grads? Many have some great things already lined up and we wish them the best. Here is an idea of where they might be next year:

**Adam Ploeg, ATC**, who has been working at Portage Central High School, will be working for McLeod Regional Medical Center in Florence SC. He is going to be contracted out to a local high school, and will be starting a brand new sports medicine program there. While the school is on breaks, he will be working at the sports medicine clinic developing community awareness projects as well as preparing materials for coaches' clinics, strength programs for athletes, etc. Summers will consist of working as an ATC for an arena football team, as well as coverage for a college wooden bat league. He is looking forward to the unique opportunity they have there, but will miss being in his home state of Michigan.

**Robert Standley, ATC, CSCS**, who has been working at Comstock High School, has been accepted into Ball State University's Doctoral program in Human Bioenergetics. He will be studying biology, physiology, chemistry and conducting research in human skeletal muscle contractile function and structure with a focus on cellular physiology and biology.

**Ryan Klawon, ATC**, who has been working in the WMU Athletic Department, will be working for Mid-Michigan Health in Midland, Michigan. He will have some clinical duties at Mid-Michigan Health, but the majority of his responsibilities will be as the ATC at Freeland High School.

**Heidi Neitzke ATC, CSCS**, who has been working at Gull Lake High School, is currently looking for a job involved with Division II or III college athletics. She would like the opportunity to be involved with a specific sport or two during each season to develop more personal relationships with coaches and athletes. She also enjoys the traveling opportunities that come with college athletics.

**Dona Richardson**, who has been working at Delton Kellogg High School, is in the process of looking for a job at the secondary level. If she gets the chance, she would like to work for a women's professional soccer team.

**KC Zomer, ATC, CSCS**, who has been working in the Sports Medicine Clinic at the Sindecuse Health Center, is moving to Maryland and will be looking for a position at a high school, clinic or college.

**Danielle Lambert, ATC**, who has been working at Allegan High School, is currently seeking a job at the Collegiate Division III level. She plans to stay around the Mid West region, but moving is an option if the perfect job comes along

**Angela M. Stahl, ATC, CSCS**, who has been working at Vicksburg High School, will be looking for a full time position in a high school.

**Amanda Ellson, ATC**, who has been working at Plainwell High School, plans to find a job in a Division II or III college program, become an ACI and teach undergraduate AT students.

*Good Luck to the class of 2009!*

Outside the  
Environmental  
Chamber



Inside the  
Environmental  
Chamber

