

Daemen College Athletic Training Alumni

updATe



Greetings

Another year has passed and it is time for us to again reflect on the progress and accomplishments of our program, faculty, and alumni. It has been an exciting year for the Daemen College MSAT program as we started classes this semester in the new Academic and Wellness Center. It has been an exceedingly positive transition for us and promises to serve the increasing needs of our program as we grow into the future. Daemen was welcomed as a full member into the NCAA Division II this year and athletics made many facility changes including a new, improved, and larger athletic training facility and weight room. The college also redesigned its

website for a more streamlined and user friendly experience.

The MSAT program strengthened its commitment to community service and continued to promote athletic training at Daemen, as showcased by several pieces in the Daemen Voice. The MSAT faculty should again be congratulated on their hard work and dedication to the program, the college, and various other organizations. Thank you Dr. Nicole Chimera, PhD, ATC, CSCS (Department Chair and Program Director); Professor Jeff Sage, MS, ATC, CSCS, PES (Clinical Education Coordinator); Dr. Lynn Matthews, ATC, PT, DPT, FAAOMPT; and Professor Karen Roehling, MS, ATC, PES, CES. My thanks also to Pam Gorman for helping me format this year's edition of the **updATe!**

As always, we want to hear your good news so please keep us updated!

**Rebecca Romano Besch, MS, ATC, CSCS, PES
Alumni Coordinator**

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To contribute to the next updATe, email Rebecca Romano Besch: rbesch@daemen.edu

Program Director updATe

Hello. Our biggest news for the MSAT Program at Daemen College is the recent opening of our new facilities at the Academic and Wellness Center on Main across the street from the campus proper. We moved in to our new classroom and laboratory space for the start of this academic year. We also have three new faculty offices; these are all located on the second floor of the Academic and Wellness Center. We are optimistic that our new facilities will help with student recruitment and building a sense of community and pride for what we all know to be a very strong AT Program.

As I am sure you may have heard, there was a recent mandate from our accreditation to move all AT Programs to the Professional Masters level. We, at Daemen College, are very excited

about this advancement as we have been offering our AT degree at this level since 2012. I believe this move is long overdue and will only help to make Daemen AT more visible as we hope to emerge as a leader in this type of degree offering.

Our 2015 MSAT graduating class had 100% first time pass rate on the BOC exam. This is our third consecutive cohort to achieve a 100% first time pass rate, bringing our overall first time pass rate to 96%. Recent alumnus Sean Burfeind (MSAT '2013) had a manuscript accepted for publication in the Journal of Sport Rehabilitation; this manuscript resulted from his research project at Daemen. Additionally, Danielle Dorchak (MSAT '15) presented her research at the National Athletic Trainers Association Annual Meeting this past June. Lastly, DC AT hosted the third annual Athletic Training Summer Camp this past year. It was again a successful endeavor and all students enjoyed their time here on campus. We are very excited about the future of Daemen AT and look forward to continuing to cultivate our program into a nationally recognized AT curriculum.

**Nicole Chimera, PhD, ATC, CSCS
Chairperson and Program Director**

Program Highlights



- Led by Rebecca Besch, students volunteered at the NYS “I Love My Park Day” helping to clean up ArtPark and assisting in the first planting with Lieutenant Governor Kathy Hochul. At another project, they cleaned up the entryway to the Amherst State Park located on Mill Street in Williamsville.
- Led by Lynn Matthews, students volunteered at the Western Region of Special Olympics bowling competition and the Making Strides for Breast Cancer walk. They also sent donated wheelchair parts to the Nuestros Pequesnos Hermanos orphanage in the Dominican Republic.
- 100% first-time BOC exam pass rate, as mentioned by Daemen College President, Dr. Gary Olson, in his fall State of the College Address.
- Alumni and faculty enjoyed time together at three alumni gatherings, one of which was at the annual NATA convention.
- Several Lunch with the Professor events were well attended and enjoyed by athletic training students.
- AT students participated in the first annual “AT Olympics” event between Daemen and Canisius College featuring AT-themed events in March to promote National Athletic Training Month, which was highlighted in the July, 2015 NATA News.
- MSAT students participated in the NYSATA video contest in support of National Athletic Training Month.
- Lynn Matthews was granted Fellow status through the American Academy of Orthopedic Manual Physical Therapists in 2015.
- Athletic Training Information Night this fall was a huge success and was recorded with the purpose of putting it up online for anyone not physically able to attend.
- Lynn Matthews traveled to Nairobi, Africa as a part of “Project Africa” in April to teach hip and knee skills at the Kenyatta Medical Training College.
- The third annual AT summer camp was again a success and had students earning CPR/AED certifications and visiting the cadaver lab.
- Nicole Chimera was invited to be an Editorial Board Member for The World Journal of Orthopedics.



Clinical Education updATe

It has been a tremendous past six months with regard to facility changes and upgrades for the AT Department as well as for Daemen Athletics. Finally, after 10 years in the making, we saw the grand opening of the Daemen Academic and Wellness Center (AWC) which was the former Northeast YMCA building. The AWC not only has provided a significant upgrade to the AT Dept with our own dedicated lecture and lab spaces, but the building also provides serves as a secondary Daemen clinical site with our Satellite Athletic Training Room (see pictures) when teams practice in the gymnasium or use the state-of-the-art fitness center.

The relocation of the weight room/cardio room from the Athletic Facility over to the new fitness center at the AWC allowed for a long overdue upgrade of our small AT Room adjacent to the Lumsden Gymnasium. The “old weight room” has been transformed to our new Athletic Training Facility which nearly triples our treatment area (pictures, last page).

We now have 21 active clinical education sites. Over the past year our students had the opportunity to participate at a few first time clinical education experiences:

- Winter 2014-15: University at Buffalo/Men’s Basketball
- Fall 2015: Niagara University/Men’s Soccer
- Winter 2015-16: Niagara University/Men’s Ice Hockey

The AT Program now has over 40 Preceptors four of which are Daemen AT alums. Now that we have even more graduates working at area schools, I will be looking to develop even more alums into becoming Preceptors for our program.

We added an optional summer clinical experience course to our curriculum. It is intended to allow for clinical education opportunities during the summer between the 1st and 2nd years of the AT Program. This course allows the student to seek summer opportunities that may otherwise have infringed upon their ATH 593 clinical education experience.

The first students to enroll for this summer clinical education course were the two that we place with our current Buffalo professional sports teams:

- WNY Flash – Rachel Reichart
- Buffalo Bills – Mitch Taffe

Future directions for AT Clinical Education at Daemen include seeking opportunities to expand in:

- Other professional sports – Buffalo Bandits
- Non-traditional AT setting “rotations” – Physician Extender, Urgent Care and Family Medicine

Our doors are always open, albeit on the other side of the gym now, but feel free to stop by anytime for a visit or chat.



Jeff Sage, MS, ATC, CSCS, PES
Clinical Education Coordinator

Athletic Training Student Association Report

The Athletic Training Student Association (ATSA) has made great strides this year in campus involvement. In October 2015, ATSA put together a Kan Jam tournament for the Daemen community in the new Athletic and Wellness Center. Members from the Daemen community came out and had a blast and enjoyed snacks and refreshments.



In addition, ATSA also helped host the annual Daemen College Wellness Walk and raffled off a FitBit. Involvement consisted of leading groups of participants on a walk around the campus and providing a brief history about Daemen College and the buildings on the property. Every year Daemen College puts on a Wellness Fair in which different corporations come to Daemen College and provide information on different health organizations. ATSA attended this event and demonstrated the purpose of a hand dynamometer to assess grip strength. In March, ATSA sponsored a TGIF event on campus and provided refreshments and games to promote National Athletic Training Month (as highlighted in the July 2015 NATA News). ATSA also took part in Lunch with the Professor.

In January of 2016, 11 members of ATSA, both first and second years, are planning on attending the Eastern Athletic Training Association Conference in Boston, MA.

President: Meghan Short, BS `16

Other Officers include: Vice President: Rachel Reichart, BS `16; Secretary: Stephanie Czaja `17; Treasurer: Stephanie Woleben, BS `16; Fundraising Chair: Morgan Stefanik `17.

2015 Graduate Awards



The following awards were given to Athletic Training graduates:

Sue Rocque Award, in recognition of exemplary professionalism, commitment, and dedication to the AT program: **Cleon, Clayton**

Clinical Excellence Award, in recognition of outstanding performance during clinical educational experiences: **Jeremy Plochko**

Top Research Award, in recognition of superior research abilities in the form of writing and conducting an independent research project: **Danielle Dorchak**

Academic Achievement Award, in recognition of the highest GPA: **Jared Contreras**

ATSA Service and Leadership Award, as voted on by the graduate’s peers: **Danielle Dorchak**



Alumni News

2015 Cohort

Cleon Clayton is employed at Brooks Memorial Hospital Sports Medicine in Dunkirk, NY as an outreach AT to Dunkirk HS, Silver Creek HS, and Lakeshore Orthopedic Group.

Kyle Clifford is employed at Daemen College as an assistant AT and assistant Men's Soccer Coach. Kyle also earned his NSCA Strength & Conditioning Specialist Certification this fall and is working with athletes on strength and conditioning programs.

Jared Contreras is employed at Southern Methodist University in Dallas, TX as an assistant AT.

Danielle Dorchak is employed at UBMD as an outreach AT to Buffalo schools.

Kerry Guerin is employed as an intern AT at Binghamton University. Over the summer, she worked as an AT at IMG Academy working summer camps.

2014 Cohort

Ryan Bohn is employed as a Clinical Assistant AT at Indiana University. He earned the NASM Corrective Exercise Specialist certification this year.

Ron Cooper is employed at Michigan State University as the Certified Intern AT with football.

Jamal Cort is employed as an intern AT with the New York Knicks.

Shelby Knoeller is employed at Excelsior Orthopaedics as an outreach AT to Amherst schools.

2013 Cohort

Liz Aiello is employed at SUNY at Buffalo State as an Assistant AT. She also earned instructor certifications in First Aid, CPR, and AED and is an adjunct professor in the Health & Wellness Department at Buffalo State.

Sean Burfeind is employed as a clinical AT/physician extender to Dr. Jeffrey Berg of Town Center Orthopaedics in Reston, VA. He also serves as Surgical First Assist in the operating room. Sean continued to work with US Soccer, including a 10 day camp in Bradenton, FL this fall. He was also appointed to the NATA's Committee on Practice Advancement Physician Extender Workgroup this summer and served as a workshop assistant in June at the NATA convention.

Lauren Duft is employed as an Assistant AT for SUNY at Buffalo.

Patrick Palkowski is employed as a physician extender at Dr. Frank Schlehr's office in Williamsville & Lockport. He also provides outreach coverage to Roy-Hart High School.

Kayce Wagner is employed at Furman University in Greenville, SC as an Assistant AT. In May she earned the Titleist Performance Institute Certification, Level 1.

2014 Cohort

Brianna Cooper is employed through Finger Lakes Health as an ATC and director of the Athletic Training Program. She is also contracted out to Penn Yan Academy as the AT to cover all sports. Brianna earned the Functional Movement Screen Certification this year.

Craig Frost is a 2nd Lt. with the US Marine Corps. He is currently attending an Infantry Officers Course in Quantico, VA.

Gabrielle Lorusso is employed at Keuka College as an Assistant AT.

Mike Wild is employed at Daemen College as an Assistant AT and adjunct faculty for Gross Anatomy.

Publications & Presentations

• MSAT Alumnus, **Sean Burfeind**, and **Dr. Nicole Chimera** had the following manuscript accepted for publication in The Journal of Sport Rehabilitation: **"Randomized Control Trial Investigating the Effects of Kinesiology Tape on Shoulder Proprioception"**.

• **Dr. Nicole Chimera**, along with co-authors from Northern Arizona University, had the following manuscript published in the August, 2015 volume of The Journal of Strength and Conditioning Research: **"Performance comparison of student-athletes and general college students on the Functional Movement Screen and the Y Balance Test"**.

• **Dr. Nicole Chimera**, along with co-authors from Northern Arizona University, had the following manuscript published in the May, 2015 volume of The Journal of Athletic Training: **"Injury History, Sex, and Performance on the Functional Movement Screen TM and Y Balance Test"**.

• **Dr. Nicole Chimera**, along with co-authors from Northern Arizona University, had the following manuscript published in the May, 2015 volume of The Journal of Sport Rehabilitation: **"Association of Functional Movement Screen TM with Injuries in Division I Athletes"**.

• **Dr. Nicole Chimera**, along with co-authors from Northern Arizona University, had the following manuscript published in the January, 2015 volume of Medicine and Science in Sport and Exercise: **"Association of Y Balance Test Rreach Asymmetry and Injury in Division I Athletes"**.

• **Dr. Nicole Chimera**, along with co-authors from Northern Arizona University and two Daemen College MSAT alumni **Ron Cooper '14** and **Shelby Knoeller '14**, presented her research titled **"Prediction of Functional Movement Screen TM Performance from Lower Extremity Range of Motion and Core Tests"** at the American Society of Biomechanics Annual Meeting in August, 2015.

• 2015 MSAT graduate, **Danielle Dorchak**, along with **Dr. Nicole Chimera**, presented her research titled **"The Relationship Between Sex and the Arch Height Index in Division II Athletes"** at the National Athletic Trainers Association Annual Meeting in June, 2015.

• **Dr. Nicole Chimera**, along with Kira Kramer, DPT Catholic Health, presented her research titled **"SportsMetrics TM Training Improves Power and Landing in High School Rowers"** at the National Athletic Trainers Association Annual Meeting in June, 2015.

• **Sean Burfeind**, MSAT '13 presented **"The Impact of Athletic Trainers Working as Physician Extenders on the Patient Perception of Time Spent with a Physician and Patient Education of Musculoskeletal Injuries"** at the 2015 Big Sky Athletic Training & Sports Medicine Conference.





Picture Page

KEY:

- 1 - 3: Alumni Gatherings
- 4 - 6: On-Ice Seminar
- 8 - 9: New Athletic Training Clinical Facility
- 10: I Love My Park Day
- 11: Stephanie Woleben, Women in Sport Award
- 12 - 17: New Athletic Training program lecture and lab space at the Academic and Wellness Center

