

Daemen College Athletic Training Alumni

updATe



Greetings

"I did then what I knew how to do. Now that I know better, I do better."

~ Maya Angelou

Reflection is an important part of what we do as athletic trainers and educators. Each year when I write this newsletter, I am reminded of how vital it is to stop and celebrate what we have accomplished, but to also spend some time asking ourselves hard questions about goals, performance, and outcomes. Did we do what we set out to do? Could we have done it better? How do we get to where we want to be? This is a process that both the department and the College continuously work at, and that includes not only content or skill acquisition, but also service, diversity, and personal growth. The athletic training program underwent a site visit this fall by the Commission on Accreditation of Athletic Training Education, so this process of reflection was an even more detailed and formal one. I am happy to report that our work paid off and the master's level Athletic Training Program at Daemen College was granted ten years of continuing accreditation. This is in large part due to the dedication and vision of the administration of our

department and the College. We are excited to continue educating our athletic training students into professionals who never stop seeking answers through research and reflection, and in doing so, "know better and do better."

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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Program Director updATe

Hello. Our 2016 MSAT graduating class had 100% first time pass rate on the BOC exam. This is our fourth consecutive cohort to achieve a 100% first time pass rate, bringing our overall first time pass rate to 97%.

Recently, three MSAT students received awards; this continues to show the strength of our students and our program. Caleb Earl, a second year MSAT student at Daemen College, received the 2017 Paul Grace Scholarship from the Eastern Athletic Trainer's Association (EATA). He was recognized with a plaque presented at the EATA's annual awards banquet held in January in Philadelphia. Selection for this scholarship is based on academic achievement, athletic training clinical experiences, extracurricular activities, leadership, and other honors. Rebecca Delahunty, a first year MSAT student at Daemen College, is among five students from across the country named

as first recipients of the inaugural Paul DeMartinis Scholarship presented by the Professional Baseball Athletic Trainers Society. The scholarship is awarded to athletic training students currently enrolled in a professional program or post-professional degree or residency program accredited by the Commission on Accreditation of Athletic Training Education. Kaitlyn Gustafson, a first year MSAT student at Daemen College, was selected as one of the recipients of the NYSATA iLead Scholarship. As such, she received funding to attend the NATA iLead Conference in Grapevine, TX February 17-18, 2017. Lastly, Caleb Earl was chosen to represent Daemen College in the EATA Quiz Bowl and he finished in third place; he was, therefore, appointed to the District 2 Quiz Bowl team, which will compete against all other NATA District teams at the NATA Annual Symposium this June.

Finally, DC AT hosted the fourth annual Athletic Training Summer Camp this past year. It was again a successful endeavor with our largest group thus far; 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 national 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" last spring helping to clean up ArtPark. At another project, they helped Lois Shriver, Chairwoman of the Amherst Conservation Advisory Council, to beautify the entryway of the Amherst State Park located on Mill Street in Williamsville.
- Led by Lynn Matthews, students volunteered last spring at the Western Region of Special Olympics bowling competition. This fall they served as route marshals for the Making Strides for Breast Cancer walk.
- 100% first-time BOC exam pass rate, as mentioned by Daemen College President, Dr. Gary Olson, in his fall State of the College Address.
- In March of 2016, AT faculty member, Dr. Matthews along with AT student Mitch Taffe '16 went on a medical mission trip to Vietnam with the Hope for Tomorrow Foundation. The trip was a life changing experience involving 3 days of surgery in which Mitch and other students were able to observe and assist in some cases. Students also visited a local orphanage. Mitch also conducted a research project entitled, "Self-Reported Effect of Service Learning on Self-Efficacy and Confidence" with a Daemen College Think Tank Grant. Mitch found that indeed Student Self-Efficacy and Confidence increased as a result of participating in this Service Learning experience.
- Alumni and faculty enjoyed time together at 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.
- Events such as Athletic Training Information Night are increasing attention and interest in our program.
- AT students participated in the annual "AT Olympics" event between Daemen and Canisius College featuring AT-themed events in March to promote National Athletic Training Month.
- MSAT students participated in the NYSATA video contest in support of National Athletic Training Month.
- The annual AT summer camp was again a success and had students earning CPR/AED certifications and visiting the cadaver lab.
- AT Alumnus, Cleon Clayton '15, was granted the District 2 Michael Goldenburg grant for Silver Creek High School. This is a grant for high school or college valued at up to \$2500.00 to assist athletic training facilities to obtain needed equipment or capital purchases. The grant program is annual and the athletic trainer has to submit the application to be eligible.
- Rachel Reichart '16 was awarded the Eaglettes Faculty Women's Group SOS Scholarship Award in the Spring of 2016.

Clinical Education updaTe

I want to extend a heartfelt thank you to all Preceptors that provided the necessary documents leading up to the CAATE Self-Study submission last summer as well as those that played a vital role in this past December's successful Site Visit. Earning the maximum 10-year re-accreditation was huge! Daemen would not have such a successful AT Program without this group of dedicated professionals. Thank you!

I'm happy to announce that we have some new clinical education opportunities. After much discussion, we have set up clinical education experiences with the Daemen Athletics primary care physician team of Dr. Scott Darling, Dr. Michael Freitas and Physician Assistant Tara Richards. In cooperation with long-time Preceptor, Tony Surace, we are sending a 2nd-yr AT student on a weekly rotational basis to the Niagara Falls Memorial Medical Center Summit Healthplex office to gain experiences with Dr. Darling and Tara Richards during their UBMD Concussion Clinics. In addition, we have 2nd-yr AT students getting experience with Dr. Freitas at the Harlem Road UBMD Orthopaedic and Sports Medicine office. In similar fashion to the Niagara Falls clinic, each student will rotate on a weekly basis.

Also in the works is an affiliation with the General Motors Powertrain Engine Plant in Tonawanda, NY. They have a full-time AT that evaluates, treats and rehabilitates work-related injuries, and develops and monitors general fitness programs. Another key part of her job is assessing worksite ergonomics. If a particular injury pattern is occurring, she is instrumental in developing necessary changes in order to prevent injuries to the plant assembly line workers. We feel this has an opportunity to be a unique clinical education experience for our students.

We are still very much vested and continue to send students for clinical education to our longest tenured clinical sites: Buffalo Bills, Buffalo State, HealthWorks, Nichols School, Sweet Home High School, and University at Buffalo. Additional active clinical sites for this academic year include: Erie Community College, Grand Island High School, Niagara Falls High School and Niagara University. Our AT Program clinical education opportunities remain strong through the dedication of these sites. Many prospective students comment on the variety of clinical education opportunities we have to offer as one of their reasons for choosing Daemen.

In closing, some of you already know that my time as Clinical Education Coordinator will come to an end at the conclusion of the 2016-17 academic year. It is bittersweet, but I am so very proud of what we have been able to accomplish together. We built something from the ground up and have been putting a great product out to the AT profession. I am also honored to have been a part of our graduates' and

current students' education and lives for better than 10 years. Don't worry, I'm not leaving Daemen. I will be transitioning back to Athletics, where my journey started. I plan to still remain part of the AT Program as a preceptor and adjunct faculty. If you're in the area, feel free to stop by for a chat.

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



Athletic Training Student Association Report

2016 was very productive for the Athletic Training Student Association. During Springfest, our group sponsored a Kan Jam Tournament. The winning teams of the tournament and toilet bowl tournament both received \$25 gift cards to Dick's Sporting Goods, supported by Student Activities. The month of November proved to be a busy month for the club with a Wellness Walk during Family Weekend and the annual candle sale. This year the candle sale brought in \$635 for individual funds to the candle sellers.

The members of the Athletic Training Student Association attended the 2016 and 2017 Eastern Athletic Training Student Association (EATA) conventions thanks to support from Student Activities. In 2016, the club went to Boston, Massachusetts and Meghan Short had a strong showing at the annual District 2 Quiz Bowl. The 2017 EATA convention in Philadelphia, Pennsylvania provided more opportunities for AT students to meet and talk with other students and professionals in the field. Caleb Earl came in third in the District 2 Quiz Bowl and is progressing to the competition at the National Athletic Trainers' Association Convention in June located in Houston, Texas.

ATSA members also volunteered for Believe-a-Polooza, which was a Hunter's Hope Foundation event. They again participated in the annual NYSATA student video contest to promote Athletic Training Month.

Daemen College Athletic Training Student Association members are gaining knowledge with the continued efforts to attend conferences and engage in on-campus programs. As the new board begins its year of leadership, it is looking forward to continuing the past two years of success on- and off-campus.

President: Morgan Stefanik, '17

Other Officers include: **Vice President:** Stephanie Czaja '17; **Secretary:** Jacob Habermehl '18; **Treasurer:** Morgan Stefanik '17; **Fundraising Chair:** Erik Moscicki '19

2016 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: **Rachel Reichart**.

Clinical Excellence Award, in recognition of outstanding performance during clinical educational experiences: **Meghan Short**.

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

Academic Achievement Award, in recognition of the highest GPA: **Paulina Behrens**.

ATSA Service and Leadership Award, as voted on by the graduate's peers: **Rachel Reichart**.



Alumni News

2016 Cohort

Paulina Behrens employed at Penn State-Behrend College as an assistant AT and Faculty member.

Kolleen Brown employed as the AT for the women's hockey team at Utica College.

Joelle Davis employed as an intern AT at Alabama State University.

Rachel Reichart employed at Buffalo State College as a part-time Assistant AT and Niagara Falls Memorial Medical Center as a Per Diem AT. She also covers Monsignor Martin Athletics with Dr. Mata as a Per Diem AT and continues to referee area youth soccer games.

Meghan Short is the Head AT at Mercyhurst North East in Pennsylvania.

Mitch Taffe employed at Indiana University as an AT with football, a Clinical Assistant, and a Research Assistant collecting data for a study looking at eye tracking technology and concussion diagnosis and evaluation.

Steph Woleben employed through Brooks Memorial Hospital/Lake Erie Medical Services of Dunkirk as the Head AT at Jamestown Community College.

Luis Zuniga employed at Finger Lakes Health as the AT for Penn Yan Academy.

2015 Cohort

Cleon Clayton employed at Brooks Sports Medicine (Brooks Memorial Hospital/Lake Erie Medical Services) and Lakeshore Orthopedic AT in physician practice. He also provides per diem coverage for Niagara Falls Hospital Sports Medicine. The Brooks Sports Medicine team was given a grant from the Northern Chautauqua Community Foundation to be used for an injury prevention event during National Athletic Training Month.

Kyle Clifford employed at Daemen College as an assistant AT and Strength and Conditioning Coordinator.

Jared Contreras employed at Southern Methodist University in Dallas, TX as an assistant AT for football and men's tennis. He participated in the 2015 – 2016 NBA Regular Season and Playoffs as an athletic trainer for the officials at Dallas Maverick home games.

Danielle Dorchak employed at UBMD Orthopaedics and Sports Medicine as an outreach AT to City Honors, Buffalo Academy for the Visual and Performing Arts, and Bennett High School.

Kerry Guerin employed with Syracuse Orthopedic Specialists as a full-time AT to Cazenovia High School.

2014 Cohort

Ryan Bohn employed as a staff AT for football at Ohio University.

Ron Cooper employed with the Chicago Bears as a seasonal Intern AT.

Jamal Cort is currently a DPT student at the University of St. Augustine for Health Sciences in Miami.

Shelby Knoeller employed at Syracuse University as an assistant AT.

Zhujun Zhou (Jess) employed as an AT at Professional Physical Therapy (Grand Central Station office) in NYC.

2013 Cohort

Liz Aiello employed at SUNY at Buffalo State as an Assistant AT.

Sean Burfeind employed as a clinical AT/surgical first assist at Town Center Orthopaedics in Reston, VA. He served as a member of the COPA Workgroup: ATs in the Physician Practice and co-authored an editorial/FAQ in the NATA News and on the NATA website titled Relative Value Units for the AT. Sean continues to work with US Soccer and traveled to Manchester, UK last fall. He also recently became certified as an Orthopaedic Physician Assistant.

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

Patrick Palkowski employed as the Head Clinical AT and DME coordinator at Dr. Frank Schlehr's office. He also received the Orthopedic Tech Certification.

Kayce Wagner employed at Furman University in Greenville, SC as a staff AT. Her primary responsibilities include Men's and Women's Cross Country/Track and Field and Men's and Women's Golf. She earned certifications this year in the Graston Technique and Titleist Performance Institute Medical 2.

2012 Cohort

Andrew Benzin employed at East Coast Orthotics and Prosthetics Corporation.

Brianna Cooper employed as an AT with the University of Rochester Sports Medicine. She sees patients in the rehab clinic and also covers Spencerport High School.

Craig Frost Assistant Operations Officer with the US Marine Corps.

Gabrielle Lorusso employed at East Coast Orthotics and Prosthetics Corporation.

Alexe Pask employed as the Head AT at Alfred State College.

Mike Wild employed as a Faculty member at Bethel University in Minneapolis. He is an instructor of Human Kinetics and Applied Health Science and also provides clinical care and rehabilitation to the student athletes. Mike also serves as a preceptor for AT students during their clinical education. He also received the Graston M1 Certification.

Publications & Presentations

• Hoog P, Warren M, Smith C, **Chimera NJ**. Functional Hop Tests and Tuck Jump Assessment Scores Between Female Division I Collegiate Athletes Participating in High versus Low ACL Injury Prone Sports: A Cross Sectional Analysis. *International Journal*

of Sports Physical Therapy. 2016;1 (6): 945-953.-along with colleagues from Arizona.

• Smith CA, Olsen B, Olsen L, **Chimera NJ**, Warren M. Comparison of female collegiate athletes and college age cohort in Tuck Jump Assessment. *Journal of Strength and Conditioning Research* 2016; [Epub ahead of print]. -along with colleagues from Arizona.

• **Chimera NJ** & Kremer K. SportsMetrics™ Training improves power and landing in High School rowers. *International Journal of Sports Physical Therapy*. 2016;11(1): 44-53.-along with colleague from Catholic Health

• **Chimera NJ**, Brass C, Terryberry K, Matthews L, Boggs R, Denz W, Brogan MS. The effects of a four-layer compression bandaging system on Skin Perfusion Pressure in healthy adults. *Advances in Skin and Wound Care*. 2016;29(7):308-15. -along with colleagues from Daemen

• **Chimera NJ** & Warren M. The use of clinical movement screening tests to predict injury in sport. *World Journal of Orthopedics*, 2016;7(4):202-217. -along with colleague from Arizona.

• **Chimera NJ**, Brass C, Brogan MS. Case series: Assessing wound healing potential through the use of Skin Perfusion Pressure. *Today's Wound Clinic*. March, 2016. -colleagues from Daemen and The Center for Skin Integrity in Cheektowaga

• Hoog P, Warren M, Smith C, **Chimera NJ**. *Functional Hop Tests and Tuck Jump Assessment scores between female Division I collegiate athletes*. Abstracted accepted for presentation at Combined Sections Meeting of the American Physical Therapy Association. Anaheim, CA, 2016.

• **Dr. Matthews** presented at the New York State Athletic Trainers' Association Annual Meeting in June 2016. The title of her presentation was, "Upper and Lower Limb Tension Testing and Treatment".

• **Dr. Matthews** presented a poster at the American Congress of Rehabilitation Medicine in Chicago, November 2016. The title of the poster was "Effects of Standing Workstation on Perceived Pain and Function: A Case Series".

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a WORLD of OPPORTUNITY

Picture Page

"I do really appreciate the professional standards the Daemen AT program upholds. You do not realize the quality and professionalism of the program until you are not around it each day. Everything is planned out and the clinical experience opportunities and the diversity of these experiences serve to prepare you as an AT. The program's high academic, performance, clinical, and professional standards is what I believe has put DC AT as one of the top programs in the country and I am proud to be a graduate." Mike Wild '12

