Greetings from the beautiful Ball State campus! I hope this newsletter finds you well and enjoying the changing fall weather. I would like to give a special shout out to Devin Cox, President of the Athletic Training Club, for coordinating the contents of this fall’s Cardinal Tape Cuts newsletter. This edition of the newsletter includes content developed by students, which gives them a great opportunity to communicate important program events to our alumni and friends.

During the 2015-16 academic year, our program was visited by members of the Commission on Accreditation of Athletic Training Education (CAATE) as a part of the program’s comprehensive review needed for re-accreditation. I am pleased to report that Ball State’s Athletic Training Program received 10 years re-accreditation, which is the maximum amount of time a program can be granted accreditation. Our site visitors noted several program strengths, which included the following: strong collaboration between faculty and preceptors, a program tradition that includes the pursuit of excellence and high standards, and a student-centered focus of faculty and preceptors. I want to personally thank our faculty, preceptors, students, and administrators for your efforts in making the site visit a success! The team was quite impressed with how program personnel represented the BSU Athletic Training Program. Also, special thanks to Heather Melton for working hard behind the scenes each and every day to make our program run smoothly!

The Athletic Training Program, housed in the School of Kinesiology, is now a part of the College of Health. This is an exciting time for the future of Ball State, as the College of Health will create better opportunities for interprofessional education and collaboration with those in other health-related programs.

By now, you’ve heard that by 2022, accredited programs must result in the granting of a master’s degree in Athletic Training from the University. I anticipate that this process, which includes gathering multiple sources of data and identifying the academic and clinical plans, will take a year or more. After the approval is granted by the university, we must also seek approval from the Indiana Commission for Higher Education. Realistically, we are still a few years away from launching the master’s degree program, but I am confident that this transition will occur as quickly as possible. Look for updates from us regarding the transition to the master’s degree. Until then, keep sending us your brightest students who wish to pursue athletic training as a career.

Lastly, thank you to all our alumni and friends for your support of the Ball State University Athletic Training Program. The quality of our program is proven EVERY DAY by the great things you all are doing for the profession of athletic training. Keep up the great work! If I can ever be of assistance to you, please do not hesitate to contact me at jkpopp@bsu.edu or 765-285-3223.

From the Director’s Desk
Jennifer Popp, EdD, ATC, LAT
Assistant Professor, School of Kinesiology
Kevin MacNamara Recognized as Outstanding BSU Preceptor

Written by Rayna Murphy, ’17

Kevin McNamara is the Athletic Trainer at Yorktown High School in Yorktown, IN. Last May he was awarded the Outstanding Preceptor Award, which is given out annually in the spring. The Outstanding Preceptor Award is given out to one preceptor who exemplifies athletic training and creates an enjoyable and knowledgeable experience for the athletic training students. Working with Kevin was such a treat. He is so knowledgeable when it comes to athletic training and his athletes. It was no surprise to me that he won preceptor of the year last year. Every day he would come into the athletic training room with a smile on his face ready to teach us about anything that would come through his door. Kevin makes sure that you’re confident in your skills when you leave working with him and if you make a mistake you understand why it was wrong. He always loves to crack jokes and have fun when we have down time while making sure that we gain as much experience and knowledge as we can during our rotation with him. Since I worked with him during the spring season, we spent a lot of time with the baseball and softball athletes. My favorite moments working with Kevin were the opportunities I had to sit and talk about various things during games and practices. We could always count on Kevin to have some type of sugary treat or seeds to get us through the long days.

Working with Kevin really reinforced why I am pursuing a career in athletic training. Although we can expect tough days from time to time, Kevin taught us how to find the joy in each day to keep us going.

Picture below left to right: Megan Bibler, Kevin McNamara, Rayna Murphy, Hannah Johnson

Graduates and Program Admits

Congratulations to the 18 seniors who graduated from the program this year:

May 2016 Graduates
Abbie Klingsmith  Aubree Block
Courtney White  Mitch Yeagy
Megan Bibler  Tia Miller
Casey Parris  Erika Owens
Adam Babiarz  Erin Hunter
Garret Shook  Anthony Scott
Stephanie Swank  Seth Ireland

December 2016 Graduates
Kayla Haston  Alex Brun
Rob McNulty  Tiffany McKinley

Congratulations to the 2 graduate assistants who completed their master’s degree this spring:
Jared Mueller
Becca Gardenhire

Best wishes to the program’s doctoral assistant, Jessica Kirby, who will complete her doctoral assistantship this May.

Congratulations to all our program graduates!
Keep in touch!

We admitted 12 new students to the Athletic Training Program since last fall:

Admitted Spring 2016
Cara Zeigler  Jessica Gray
Hannah Duszynski  Emily Obear
Emily Gadziola  Emily Merriman

Admitted Fall 2016
Nathan Davidsen  Savannah Harris
Quentin Cave  Makayla Johnson
Jared Coats  Taylor Wong

Please continue to refer friends and potentially interested students to our various websites:

Athletic Training Program Website: http://www.bsu.edu/athletictraining

Facebook: https://www.facebook.com/BallStateUniversityAthleticTrainingProgram
Former GA joins the Football Staff - Joe Zimmerman

Good day everyone! I hope this newsletter finds you enjoying a brief break from all of your athletic training action. I was asked to write a little bit about my transitions here at Ball State University, but first you should probably know who I am. My name is Joe Zimmerman and I am currently an Assistant Athletic Trainer helping Shawn with Football. The short of my athletic training history goes something like; graduation from Anderson University ’12, AT Intern at Butler University ’12-’13, Ball State GA (gymnastics) ’13-’15, BSU Asst. AT (WVB) ’15-’16, and now my current position assisting with Ball State Football.

First and foremost, Neal Hazen, Shawn Comer, Troy Hershman, Jill Brigle and Sindra Schuler - I owe you a huge debt of gratitude. You five were the gate keepers to the staff positions here and you believed in me enough to offer me my first full time job. After finishing my last season with gymnastics I was informed of an opening covering women’s volleyball. I applied and was honored to have earned a position here at Ball State. I worked Women’s Volleyball for a year and at the end of that year I was informed that I would be moving out to football to be the first full time assistant that Shawn had had in many years.

I have been at BSU going on four years now and I can honestly say that it has been the best place to start my young career. I have been able to hone my skills as a clinician, gain invaluable insight into how an athletic training staff works together and earn the respect of some pretty awesome people.

My transition from intern to graduate assistant to full time has, in my opinion, gone pretty seamlessly. The mentoring and supervision I received and did not receive along the way has allowed for learning and growth. For the students who read this I hope you take away these few points. Never stop learning. When I was placed with gymnastics I knew nothing about the sport. I had to learn from Troy Hershman and Sindra Schuler, who had gymnastics experience. I also had to learn from the athletes, they gave me the perspective needed to help them stay healthy. Work smart, work hard. If you find yourself grinding away without much effectiveness, stop. Reassess what you know, find out what you do not know, and work hard to educate yourself. Finally, Care. Care about yourself, you cannot effectively help people when you cannot care for yourself. Most importantly care about the people in your charge. Often times the “injury” you’re evaluating and treating is actually the smallest problem. Caring and listening has a potent therapeutic effect. These are the lessons I had to learn as I transitioned through each professional level. I hope my experiences will help some of you as you find yourselves transitioning through your career. I would like to thank Dr. Popp and Devin Cox for the opportunity to do a write-up for this newsletter and I hope everyone has a wonderful holiday season.

Athletic Training Program Experiencing New Clinical Sites

Written by Jessica Kirby, Doctoral Assistant

In the last year, we have added four new clinical education sites, and we are pleased to now partner with Taylor University, Anderson University, IU Health Ball Memorial Rehabilitation Services, and Henry Community Health. These new clinical sites help us provide students with more diverse clinical experiences throughout their education.

We have three preceptors at Taylor University, Adam Sparks, Patience Ramsey, and Ball State alum KC Hackman. At the moment, we have one preceptor at Anderson University, their Director of Sports Medicine, Adam Crosby, who is also a Ball State alum. Students who have clinical experiences at Taylor University and Anderson University are able to gain experience with athletic training services at the collegiate level outside of Ball State’s NCAA Division I athletics program. Additionally, students at these clinical sites have been able to network and build relationships with other athletic trainers and athletic training students from nearby institutions.

Currently, we are working with a variety of preceptors at IU Health Ball Memorial Rehabilitation Services. This experience provides students more learning opportunities for providing patient care in a rehabilitation clinic setting.

At Henry Community Health, orthopedic surgeon Dr. Kyle Siewert serves as a preceptor for our students. This clinical experience provides students opportunities with Dr. Siewert in the clinic seeing patients as well as the opportunity to observe in the operating room. Students also interact with Dr. Siewert’s physician assistant, Hillary Bledsoe.

These new clinical sites have allowed us to expand our clinical experiences, and have also allowed students to see a variety of clinical settings. We look forward to growing our clinical experiences even further in the future.
Meet our New Cardinals: Briana Louth and Andria Lampe

Written by Devin Cox, ’17

This year we were able to hire two new athletic trainers to join our family at Ball State. Andria coordinates care for the women’s volleyball team. Briana coordinates care for the women’s soccer team.

Briana is from Portland, IN. A fellow Cardinal, Briana returns to her alma matter, Ball State so being here is something that is not all that unfamiliar. After graduating from BSU, Briana pursued her master’s degree at the University of Central Missouri. After the completion of her master’s degree she was employed in Erie, PA where she worked at Mercyhurst University. She worked there for 3 years and coordinated care for women’s volleyball, wrestling, and women’s lacrosse. She didn’t always want to be an athletic trainer though. Before she decided to pursue athletic training her goal was to become a physical therapist. After taking AT 196, she was introduced to athletic training and she discovered that athletic training is what she wanted to really do. The biggest aspect that she like about the athletic training team at BSU today is the good family atmosphere. When asked about this she stated “Everyone her works together for a common goal and is always willing to step up when needed.” Some advice that she has for future athletic trainers is to “be confident in yourself. Use the resources at your disposal, and you will find success in what you are doing.”

Andria is from Germantown, IL. She attended St. Louis University for both her undergraduate and graduate degrees. There she did a 5 year program where she earned her undergrad in exercise science and her master’s in athletic training. Following graduation, Andria completed a one-year internship at the University of Missouri, Columbia. There she coordinated care for track and field and cross country under the supervision of Rex Sharp. One of her favorite aspects of working at Ball State is the strong feeling of family among the ATs. There is so much support from the rest of the athletic training staff and it carries over to the students. Some advice she has for future athletic trainers is to “network as much as possible. Utilize the connections that you have and reach out to them.”

Notes from the Hazen Nest

Time continues to march on as the youngest Hazen, #8, Lydia, is now in second grade and preparing for her first confession and first communion.

As we progress through the Advent Season in preparation for the Christmas Season, I would like to wish all of you many blessings and much happiness.

The Cardinal Sports Medicine Ring of Honor Society continues to be a vibrant, enriching and driving force supporting the Ball State Athletic Training Program.

The executive board is looking for feedback from Alumni and Friends of the program with regards to potential future direction of the Ring of Honor, especially as it pertains to the optimal time and place to hold the annual ceremony.

Please email Sara Meserth at sara.meserth@gmail.com with your thoughts and feedback. We will be looking forward to hearing from you!
Student Experiences with Summer Internships

Please meet Alex Brun and Rob McNulty, AT students who are in their sixth and final semester in the program. They are just two of a handful of students that held an internship this past summer. Alex interned with the Indianapolis Colts, while Rob interned in Texas at Rice University. Each of these students wrote about the recent internship experiences.

Alex Brun

Interner with the Indianapolis Colts was an incredible experience. Joe Walter and I were there from the last day of spring finals until two days before the start of the fall semester. We were there for rookie mini-camp, OTAs, training camp at Anderson University, and everything in-between. While we were there we learned several different skills that we hadn’t learned in class and became very proficient in these skills. The Colts use a lot of manual therapy techniques — joint mobilizations especially. We performed ankle, knee, and hip joint mobilizations daily as a precursor to any sort of activity. They still utilize a wide variety of modalities, but Hivamat (aka Vibra-Stim) is the most frequently used modality. We also participated in taking players through rehab protocols both in the training room and on the field. Sometimes it was just watching and filming the player’s on field drills, but occasionally we even participated in these drills however the athletic training staff needed us to. This is one thing that I feel we don’t get a lot of exposure to/ experience with here at Ball State, so these were great on field experiences. Over the course of the summer, we developed strong relationships with each of the other interns as well as the Colts athletic training staff. These will be lifelong connections and the athletic training staff has been more than willing to be references for Joe and I as we apply for graduate schools. Lastly, just getting to know the players on a personal level, was a lot of fun. While these guys are treated as celebrities, they are honestly just regular, friendly individuals who come into work each day and work hard. We of course maintained a professional boundary, but it was a pleasure to be able to get to know and connect with some of the players. This past summer was one that I certainly will never forget, and I am very thankful to the Colts organization and our athletic training program here at Ball State University for providing me with this opportunity.

Rob McNulty

My experience at Rice University this past summer working with their Baseball and Football Sports Medicine programs was a fantastic and rewarding opportunity. During my time at Rice I was introduced to new manual therapy techniques, different muscle activation/relaxation techniques, and how to treat patients in a hot and humid climate. While working with baseball the first couple of weeks of the summer I was able to work multiple games, travel to Sugar Land Texas for a rivalry game against University of Houston, and work very close with an athlete recovering from elbow surgery. After my time with baseball was complete, I started with the football program the workload increased significantly. My first day I was given a rehabilitation project for an athlete recovering from inguinal hernia surgery. I worked with him for eight weeks until he was able to return to play. During this experience I was able to adapt to a new location, staff, type of patient, and treatment methods, and it is from this experience that I feel that my confidence in myself, and in my decision making process grew the greatest. I owe a great deal of thanks to Rice University’s Sports Medicine staff, my professors at Ball State University, and most importantly one of my preceptors at Ball State, Jillian Brigle, for introducing me to the opportunity.
This year, the BSU Athletic Training Club was active with fundraising, service, professional, and social activities. The AT Club board for the 2016-2017 academic year consisted of President, Devin Cox, Senior Class Representative, Brittany Duszynski, Junior Class Representative, Josh Blanton, and Sophomore Class Representative Cara Zeigler.

Each fall, the Sport Administration Program sponsors the Chase Charlie 5K race on the campus of Ball State University. Once again, the AT program coordinated medical services for the event. Two AT students serve as medical coordinators serving to organize and plan all medical care provided for the event. Together with the athletic training faculty and professional students, this team provided top-notch service that boasts hundreds of runners over Family Weekend.

Many students attended the fall IATA symposium, which was conveniently held at Ball State University this fall. The club also continues to participate in the Gary Noble Memorial Leaf Raking Service Project, which provides service and financial rewards to our club and program.

This fall we held a cookout and invited the new students looking to get into the program and students already in the program. This way we could get to know the new students and answer any questions that they may have had in regards to the program.

Recently, the club launched a gear sale featuring clothing, hats, and travel mugs sporting the BSU AT logo.

With the club’s support, several students attended the NATA Clinical Symposium & AT Expo in Baltimore, MD over the summer and many will be attending in Houston, TX this coming summer.

Student Experience at IATA 2016

My name is Fabian Muñoz and I am a Sophomore in the Athletic Training program at Ball State University. This years Indiana Athletic Trainers’ Association Symposium was my first experience at a professional conference and it was an exciting educational experience for myself and for everyone that attended. I spent much of my time engaged in the student symposium where we heard a variety of seminars aimed at helping students improve their patient care. My favorite topic educated us on the therapeutic cupping technique. I enjoyed this because it taught me a new technique for cupping beyond those that I have experienced during clinical education. There were also several student poster presentations of clinical research studies that we were able to read.

The conference closed with the annual Quiz Bowl where 37 teams from AT Programs from across the state competed. The Quiz Bowl tested teams’ knowledge of Athletic Training related topics using BOC related questions. I competed on one of the Ball State teams and although the team that I was on did not perform as we had hoped, this was an experience I will not soon forget. All in all, the entire conference was an enjoyable first experience for a professional conference and I hope to attend more like it in the near future.

Fabian Muñoz
Important upcoming dates

NATA Foundation Scholarship deadline
January 13

Athletic Training Educators Conference
February 17-19
Grapevine, TX

iLEAD 2017—NATA’s Student Leadership Conference
February 17-19
Grapevine, TX

GLATA 49th Annual Meeting & Symposium
March 8-11
Wheeling, IL

CATS Spring Symposium for ATs & Team Physicians
May 18-20
Las Vegas, NV

NATA 68th Clinical Symposia & AT Expo
June 26-29
Houston, TX
Housing is open now!

Don’t forget to renew your NATA Dues!

Professional Development

Be sure to click the links below for valuable professional development, evidence-based literature, and updates from AT professional organizations.

Looking for information specific to your job setting, career phase or professional interest? Click here

- Information regarding U.S. Department of Labor Rule on Salary & Overtime Protections—Update
- Want to get involved with the NATA? Click Here!
- NATA’s Advocacy page: AT Your Own Risk
- Most recent news from the BOC & the CAATE Kobe Bryant Interviewed about ATs—check out the article here.
- NATA Blog: Patient-Centered Care
- NATA Professional Development Center
2016 BSU Athletic Training Program Award Winners

Seth Ireland
Most Valuable AT Student

Award given by fellow athletic training students to the person who has provided outstanding leadership in the athletic training program and has handled the daily riggers of an athletic training student with poise, integrity, and professionalism.

Abbie Klingsmith
Rex L. Sharp
Professional Dedication Award

Epitomizes the student that continually displays and implements those efforts necessary to be a professional in the field of athletic training. The award is given for dedication, knowledge, leadership, and commitment toward a career as a certified professional.

Stephanie Swank
Richard L. Hoover
Cardinal AT Student Award

Award based on an application process which includes a written essay, academic achievement, and clinical skills which best exemplifies the Ball State University Athletic Training Program.

Rayna Murphy
Professional Promise Award

Award given to the athletic training student who has shown the most improvement during his/her time in the program including issues such as skills, academics, dedication, and professionalism.

Joe Walter
Sayers Bud Miller Inspirational Award

Award to the athletic training student who goes above and beyond what is asked of him and who volunteers himself to causes inside and outside of the athletic training profession. This award is given to the student athletic trainer who displays enthusiasm, charisma, and instills the love of the profession of athletic training in himself and those around him.

Jared Mueller
Matthew B. Roush, MD Memorial Scholarship

Dedicated to the memory of Dr. Roush, this award recognizes a person who will be dedicated to lifelong learning and becoming an exceptional educator. The student should epitomize those cornerstone qualities exhibited by Dr. Roush. These include kindness, compassion, and selflessness. It honors the exceptional person who makes up the health care professional. This memorial scholarship helps us all to remember the man who had a big smile and an even bigger handshake.

Seth Ireland
James C. Dickerson
Outstanding Senior Award

Awarded to an outstanding graduating senior who epitomizes the strong potential to represent BSU and the field of athletic training with pride and excellence throughout his/her career.

Rob McNulty
Gary Noble Memorial AT Club Service Award

Award given to a student who exhibits exemplary volunteerism for the community (local and at-large) and professional service.

Garrett Vandersaul
Rookie AT Student of the Year

Award given to the student who has best exemplified the role of a Ball State athletic training student during their first year in the athletic training program. This person demonstrates the potential to become an exceptional athletic training professional.
The mission of the Ball State University Athletic Training Program is to provide quality education which will create life-long learners that are committed to delivering high quality patient centered care within an interprofessional health care team. We aspire to develop students who are dedicated to maintaining involvement within the profession through clinical practice and service.

The Outcomes of the Athletic Training Program are:

1. Students utilize evidence-based decision-making to answer clinical questions and provide patient-centered care.
2. Students demonstrate competence in athletic training knowledge and clinical skills to provide the best possible patient care.
3. Students promote themselves and the field of athletic training through professional and community involvement.
4. Students develop the interpersonal skills needed to communicate and collaborate within an interprofessional health care team.
5. Students model professional and ethical behaviors when representing themselves as a health care professional.

Check out our website: [http://www.bsu.edu/athletictraining](http://www.bsu.edu/athletictraining)