Welcome to the Summer, 2015 edition of Cardinal Tape Cuts. I hope this newsletter finds you well. Our Athletic Training Program is as strong as ever! There have been a lot of changes these past several years, but our goal of producing high-quality and competent athletic trainers has remained. While the size of the program has experienced some growth (we are at “max capacity”), the faculty and staff agree that preserving the program size to allow for a high-quality experience is critical to our mission.

During the 2015-16 academic year, our program will be visited by members of the Commission on Accreditation of Athletic Training Education (CAATE) as a part of the re-accreditation process. We are working hard to ensure that our program is meeting the highest standards, and we look forward to sharing the work of our program with the CAATE.

A big part of our program’s notoriety and success comes from the continued support of our alumni. So many of you recommend our program to prospective students, and I just want to give a big THANK YOU for that. So many alumni and friends of the program have indicated a willingness to help. Over the course of this summer, we will be developing the BSU Athletic Training Program Advisory Board.

This board will serve to inform and support the academic program, and we need alumni representatives! More information on this board is provided later in the newsletter.

The name of our school is changing! As of July 1, 2015, the Athletic Training Program will fall under the School of Kinesiology (previously the School of Physical Education, Sport, and Exercise Science). The programs within the school will be the same, but the name will better represent who we are.

We love to hear from our alumni! Please update us whenever possible. Be sure to “like” our Ball State Athletic Training Program on Facebook for the latest news! If I can ever be of assistance, please do not hesitate to contact me at jkpopp@bsu.edu or 765-285-3223.
Sindra Schueler Recognized with Outstanding BSU Preceptor

Sindra Schueler, MS, ATC has received the Ball State University Outstanding Preceptor Award for the 2014-2015 academic year. This award is given to a preceptor who has made a significant contribution to clinical education within the Athletic Training Program. This award recognizes the dedication, knowledge, and professionalism that this person brings to the advancement of educational standards within the Ball State University Athletic Training Program.

Sindra’s favorite part of being a preceptor is watching the students grow throughout their time in the program, as well as seeing them as practicing clinicians once they graduate.

Unfortunately for us, Sindra has moved on from Ball State University, but we wish her the best of luck and appreciate her efforts in making our program strong. Congrats Sindra!

Graduates and Program Admits

**Congratulations** to the 7 seniors who graduated from the program this year:

Kyle Bean  
Karsen Corn  
Derrick Decker  
Ben LaGard  
Ashley Lattanzio  
Becca Sutton  
Emily Zorn  

**Congratulations** to the 4 graduate assistants who completed their master’s degree this spring:

Michelle Gambino  
Michael Page  
Lauren Yaeger  
Joe Zimmerman

**Best wishes** to the program’s doctoral assistant, Renae Bomar, who finished out her assistantship this May.

**Congratulations to all our program graduates! Keep in touch!**

We admitted 15 new students to the Athletic Training Program this academic year:

Ashley Gentry  
Alexis Kiper  
Rayna Murphy  
Kyle Parkison  
Melissa Suth  
Joe Walter  
Ryan Youngs  
Josh Blanton  
Devin Cox  
Jordan Gosztola  
Meg Lambert  
Katelyn Lussow  
Logan Nelson  
Austin Omohundro  
Allison Wilson

April, 2015: Our May graduates engaged the audience with a poster presentation prior to the start of the BSU Athletic Training Program Awards Banquet.

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

**Athletic Training Program Website:**

[http://www.bsu.edu/athletictraining](http://www.bsu.edu/athletictraining)

**Facebook:**

[https://www.facebook.com/BallStateUniversityAthleticTrainingProgram](https://www.facebook.com/BallStateUniversityAthleticTrainingProgram)
Notes from the Hazen Nest

It’s been a busy spring in the Hazen Nest!

Please join us for the 2015 Ball State University Cardinal Sport Medicine Society Ring of Honor Induction Ceremony and Alumni Reception at:

Crystal Room, Missouri Athletic Club
405 Washington Ave, St. Louis, MO 63102
Wednesday, June 24, 2015
6:00 – 10:00 PM

Please join us in honoring the 2015 Cardinal Sport Medicine Society Ring of Honor Inductees Theresa Mackey and Michael Miller. Theresa currently serves as Associate Professor / Clinical Education Coordinator at Minnesota State University, Mankato. Mike is the Assistant Athletic Director for Sports Medicine at the University of Detroit Mercy.

This year the Bud and Shirley Miller Award will be presented to two outstanding professionals. This honor is awarded to friends of the Ball State Athletic Training Program who have made extraordinary contributions to the program. This year’s recipients are Dave Walton, Assistant Athletic Trainer, Indianapolis Colts and Tex Ritter, Retired Football Equipment Manager, Ball State University.

We will also be celebrating with an evening meet and greet with 2015 NATA Hall of Fame Inductee, Ring of Honor Member and George and Frances Ball Distinguished Professor of Athletic Training, Dr. Tom Weidner.

A huge thank you to the academic and clinical staff at BSU for continuing to make Ball State a destination experience and a great place to work! Jen Popp, Dorice Hankemeier, Stacy Walker, Shawn Comer, Troy Hershman, and Jill Brigle are exceptional professionals and great friends and colleagues.

We will miss Sindra Schueler as she moves back to Kansas. Joe Zimmerman will keep his athletic training skills at Ball State University (North Beach) for the upcoming year. We wish Michelle Gambino, Mike Page and Lauren Yaeger all the best as they complete their graduate assistantships with us and move forward in their careers. We welcome Lauren Gevaart, Cody Hartz, Yuiri Nomoto, and Dan Yats who will be joining us as first year graduate assistants.

Good luck to our 7 seniors who have completed their requirements this past year as they take the next step in their careers.

I’m looking forward to seeing everyone in St. Louis!

Yours in Cardinal Sports Medicine, Neal

Athletic Training Program to form Advisory Board

The Athletic Training Program is in the process of forming an Advisory Board to support the functions of the educational program. An advisory board provides non-binding strategic and professional advice to organizations, and will be comprised of athletic trainers working in various practice settings and perhaps other health care professionals to offering external perspectives. Since the board will include a variety of professionals from a variety of settings, the hope is to gain fresh, external perspectives related to the education program. The board’s function is to assist and inform programs, which will assist in future programmatic development. Professional programs are being encouraged to develop these boards as a part of the university’s strategic plan.

The purpose of an advisory board is the following:

1. Provide input on programmatic or curricular changes (based on strengths/weaknesses of our graduates, professional trends).
2. Inform the program of professional trends, which might include unique skill sets that are needed, additional certifications, employment demands, or settings.
3. Provide the program with resources, such as networking, establishing clinical sites or internship opportunities, and fund-raising.

Once established, the board will have roughly 15 members, with several members assisting in leading the board. A chair will be elected by the board to lead the meetings, which will be held 1-2 times per academic year (location may vary). The program director will serve as the program liaison to the board. The inaugural board members will work to establish the board’s by-laws and length of service.

If you have an interest in serving on the AT Program’s Advisory Board, please let me know. The plans are to get a “focus group” together to share the history of the program, vision of the board, generate ideas, and populate a list of potential board members. Once the focus group has met, individuals will be contacted about serving on the board. The hope is that we can have our first board meeting towards the end of the fall semester or early in the spring semester. This is a great opportunity to get involved with the profession and give back to Ball State’s Athletic Training Program!

Sincerely,
Jennifer Popp
Meet our Cardinals: Alumnus Steve Lubbehusen

What made you choose Athletic Training as your profession?
It was an elective class taught by Tony Cox. I was actually an Exercise Science major who did not know about athletic training and I took the class because it involved sports and sounded like fun.

What made you choose Ball State University?
I actually chose BSU because of its size and proximity to home. I came to school as an undecided major. Once I chose athletic training, I stayed at Ball State because of its reputation and alumni within the profession of Athletic Training.

What career goals did you have in Athletic Training when you were at BSU? Did you accomplish those goals, or did those goals change and why?
Working with Rex, Neal, and Tony, got me very interested in a career within professional baseball. As I matured within the Athletic Training Program, I realized that the secondary school setting was going to be a major opportunity for ATs in the future. I decided to stay at BSU an extra year to complete a double major in Athletic Training and Health Education. I was also able to volunteer at a school in Ft. Wayne, who, ultimately, hired me full-time. I love my job, and have been here ever since.

What is your favorite BSU AT memory?
There are so many to choose from! I really enjoyed working with all of the sports and teams. The most outstanding memory is working with the men’s volleyball team my senior year. Initially, I really wanted to work with the football team, and was disappointed to be placed with the men’s volleyball. Rex explained to me that he needed someone he could trust, who was responsible and could provide leadership in that positon, and he was right. The experience I received from my assignment with that team, which included travel and a significant leadership role in the care of the team has been invaluable to me.

Who was your athletic training mentor and why?
I didn’t really have one particular mentor. The graduate assistants, especially, Shawn Comer, and staff Tony Cox and Neal Hazen, in particular, all mentored me. All of these people helped me mature and taught me the skills I needed to be a successful athletic trainer.

What was one of your most rewarding AT memories?
I actually have two experiences. The first is any time I can help an athlete, especially in a potentially life-changing or challenging situation. I want to guide him or her through the injury recovery and rehabilitation process, and give him or her the opportunity to lead the best life possible. The second is seeing my students grow and mature. I teach a sports medicine class, and seeing my students apply what they have learned is rewarding. I feel that being a clinician makes me a stronger teacher, ultimately, producing better student outcomes.

Steve’s advice for future students:
The hard work we (as athletic trainers) have put into educating the community about our profession has really started paying off in the last several years. The community recognizes our role and the value of athletic trainers. Because of this, athletic trainers can work in a wide variety of settings. My advice is really examine your schedule. There are a lot of second shift and weekend hours, so find the athletic training job setting you like and plan accordingly.

Editor’s Note: The BSU AT Program has gained many students over the years who have taken Steve’s sports medicine class. We love getting students who have been mentored by our alum!
Meet our Cardinals: Student Anthony Scott

Please meet Anthony Scott, a BSU AT student who just completed his third year in the program.

What sparked your interest in athletic training? What initially sparked my interest in athletic training, was not specifically “athletic training”. I took my first anatomy class my junior year of high school and I absolutely loved the class. I knew from then on that I wanted to do something in the medical field. What helped guide me towards athletic training was my passion for athletics. I have always loved being involved with an athletic atmosphere, and there is nothing more that I would want to do than to help an injured athlete get back to what they love to do.

What are you involved with outside of Ball State AT? Outside of Ball State Athletic Training, I am heavily involved in my Fraternity, Phi Delta Theta, Gamma Sigma Alpha, a Greek honor society, and Order of Omega, another Greek honor society. During my sophomore year, I was elected President of Phi Delta Theta, and served until this past Spring semester. I am currently Vice President, New Member Educator, and Co-Awards Chair in Phi Delta Theta. I am also currently serving as Co-President for Gamma Sigma Alpha on campus.

How has this involvement influenced you as an AT student? The involvement that I have had in these organizations has really pushed me to reach my full potential. I have grown as a leader, as a teacher, and as an overall person. I have been able to increase my networking abilities, and really learned what it means to go the extra mile. I believe that all of the things that I have learned in my time in these other organizations will really help me in the future, whether I am looking for a job, working with a patient, or trying to improve myself.

What your plans after graduation? I am still not one hundred percent on what I would like to do after graduation. I have looked into graduate school, because I would like to work in the Division II or Division III athletic setting in the long term, but I am also open to the idea of working at a high school, or through another organization as an outreach athletic trainer. For now, I am going to continue to weigh all of my options, and get some advice from my mentors as to where my next step should be.

Tells us about the Student Leadership Workshop sponsored by the Institute for Collegiate Sports Medicine you attended last May. The Institute for Collegiate Sports Medicine workshop was a once in a lifetime experience. I am forever grateful for ICSM and Cramer Sports Medicine for giving me the opportunity to go. I was able to meet 19 other students from all over the country, and talk about what we need to do moving forward, and what we can do now to help students moving forward. We had several guest speakers outside of the “traditional athletic training setting”, such as the medical coordinator for Cirque de Sole, who was an Athletic Trainer, and the Head Athletic Trainer for Navy Seal training. They were able to show us ways in which the field is going, and show us where we can go and give us advice on how to get there. We also discussed ideas about our AT programs, and our AT Clubs. It was interesting, because it seemed that all of the other students involved with AT Club had problems similar to the ones that we have had in the past and possible solutions to those problems. Overall, I believe that it is an honor to attend this conference, and I would highly encourage all Ball State Undergraduate students to apply for this. I didn’t think that I would be selected, but it didn’t hurt to try, and I was fortunate enough to be given the opportunity.

What is your favorite part of being an AT student? My favorite part of being an AT student would probably be all of my peers. It’s really great to see how close we have all gotten and I wouldn’t trade it for the world. In many other fields, it seems like there is a disconnect among peers at times, and there is a lot of battling for positions, but in Athletic Training, we are all trying to better each other, and help each other reach our goals.

Who are your AT mentor(s) and why? My mentors are Shawn Comer and Dr. Scott Taylor. Shawn taught me more than I could have imagined this past spring, and he also gave me my own room to grow and gain confidence, and for that I am grateful. He has been an excellent Athletic Trainer at Ball State for many years, and I hope that I am able to make a similar impact wherever my future takes me. Dr. Taylor would have to be my other mentor because of how humble he is. He takes the time to teach us, even though we may not be Doctoral students, and he shows us the same respect that he would show anyone else. He is also very kind to all of his patients, and would never do anything to jeopardize a relationship. He’s shown me that it’s important to be a health care provider, but that it is also important to be a friend.

What has been your favorite clinical experience at Ball State? My favorite clinical experience at Ball State would be a tie between Men’s Volleyball and Football. Both experiences gave me great hands on experience, and allowed me to make great strides in my knowledge base. Men’s Volleyball gave me a lot of knowledge of upper extremity injuries and rehabilitation. This was also a great group of athletes to work with; they were always on time and understanding with treatment. Football was nice, because it gave me chance to improve all of my rehab skills, and get a great deal of experience working with on field communication, set up, injury evaluation, and patient management.

Juniors Anthony Scott and Casey Parris practice emergency skills during Fall 2014 Orientation.
Athletic Training Club

This year, the BSU Athletic Training Club was active with fundraising, service, professional, and social activities. This year’s officers were: President Ben LaGard, Vice-President Abbie Klingsmith, Treasurer Becca Sutton, Secretary Kyle Bean, Junior Class Representative Mitch Yeagy, and Sophomore Class Representative Courtney Adams.

Each fall, the Sport Administration Program sponsors the Chase Charlie 5K race. For the past two years, the club has provided medical support for this event. Two students serve as “medical coordinators,” and together with the athletic training faculty and professional students, provide top-notch coverage that boasts hundreds of runners over Family Weekend.

This spring, the club purchases t-shirts to wear to promote Athletic Training Month (March), and students wrote several public service announcements regarding athletic trainers that were announced at various athletic contests in March.

With the club’s support, several students will be attending the National Athletic Trainers’ Association Clinical Symposia & AT Expo in St. Louis.

BSU Athletic Training Program Honors & Awards

Dr. Jennifer Popp received the 2015 Great Lakes Athletic Trainers’ Association Outstanding Educator Award at the GLATA Winter Meeting in March for her contributions to athletic training education.

Dr. Dorice Hankemeier received the 2015 Great Lakes Athletic Trainers’ Association President’s Excellence Award at the GLATA Winter Meeting in March for her contributions in establishing evidence-based practice programming.

Dr. Popp (left) and Dr. Hankemeier receiving their awards at GLATA in March.

Neal Hazen was recognized this spring for 30 years of service to Ball State University.

Dr. Dorice Hankemeier will be receiving the NATA Young Professional Award in St. Louis this summer.

Congratulations to our colleagues for proudly representing the BSU Athletic Training Program with their awards and recognitions this year!

Tom Weidner Inducted into NATA Hall of Fame

Dr. Tom Weidner, former BSU Athletic Training Program Director and current Chair of the School of Kinesiology at BSU will be inducted in the NATA Hall of Fame this summer in St. Louis.

Dr. Weidner came to Ball State in 1991 as an assistant professor, and served as the program director from 1998-2010. He was inducted into the Cardinal Sports Medicine Ring of Honor in 2009. Dr. Weidner has contributed a great deal to athletic training education through numerous grants, publications, and professional presentations.

The Hall of Fame Ceremony is scheduled for Thursday, June 25th from 2-3:00pm in Hall 5 of America’s Convention Center in St. Louis. Please come out to support our colleague, who contributions to our program and profession are exceptional, be inducted into the NATA Hall of Fame.
2015 BSU Athletic Training Program Award Winners

Derrick Decker
Most Valuable Athletic Training Student Award
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

Lauren Yaeger
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 athletic trainer.

Rebecca Sutton
Richard L. Hoover Cardinal Athletic Training 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.

Stephanie Swank
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.

Abbie Klingsmith
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.

Alex Brun and Kyle Parkison
Rookie Athletic Training Student Award
Award given to the person 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.

Michael Page
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
Ball State University Athletic Training

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