

# CARDINAL TAPE CUTS

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BSU Photo Services



2009-2010 Athletic  
Training Program

## From the Director's Desk

Tom Weidner, PhD, ATC, FNATA

Life is full of changes, some welcome, others less so. Although it's nice when things are comfortable, new opportunities can be energizing and refreshing in ways not entirely understood until we begin them. I hope that you are enjoying a nice balance between the constant and the new.

With this mind, I have accepted an invitation from the Dean of our College to serve as the Interim Chair, School of Physical Education, Sport, and Exercise Science for the next year (beginning May 10). It is a large and complex School (over a dozen majors/graduate programs, 50 personnel), and I have my hands

full! I am assuming that the experiences and skills garnered through my role as Program Director/faculty member over the past 25 years can be applied in both similar and new ways. I will continue my position as Program Director, but will be passing off other administrative and teaching duties. **Dr. Stacy Walker** will become the Coordinator of Clinical Education. This new and critically important role has energized her. **Dr. Lisa Jutte** is re-tooling to teach the therapeutic modalities class, allowing her to capitalize on her expertise from both a content and research standpoint. **Chris Curless** will continue to work as my doctoral

assistant, playing an important role in program administration and teaching laboratory classes. Finally, athletic training staff members **Troy Hershman** and **Casey Galloy** will be teaching classes/labs and will be able to offer more of their clinical expertise.

We are once again proud of our student and faculty successes and activities this semester. We congratulate **Abbey Fuhrmann**, **Lauren McMillon**, **Mike Piekarski**, and **Lucas Surface**. new athletic trainers who now hold the ATC credential! Each will be continuing their schooling and/or getting work experience.



Replacing this image with one with him at his desk

## Congratulations to our new ATCs!

- Abbey Fuhrmann
- Lauren McMillon
- Mike Piekarski
- Lucas Surface



## From the Directors Desk (Continued)

Other students are taking the BOC exam in June. Our faculty group continues to complete scholarly and service activities. Dr. Stacy Walker and Chris Curless (and several students) attended the SEATA Educators' Conference in February; Dr. Walker was a conference presenter. Our whole faculty group attended GLATA in March; I was a presenter. We have several publications in-press ranging from standardized patients (Walker), to evidence-based teaching (Weidner), to reliability of thermal coupling agents (Jutte). Dr. Jutte and Dr. Walker are completing data collection (from funded GLATA grants) for studies regarding anti-histamine/DOMS and standardized

patients, respectively. Dr. Jutte was provided with a new diagnostic ultrasound unit by the School, which affords a wealth of new research opportunities. Some of our professional service activities have included an accreditation site visit (Walker), review of REF free communication applications (Jutte), and development of educational competencies for emerging settings (Weidner).

Thanks for all you do as alumni and ambassadors of our ATEP. You are more valued than you may ever realize!

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

**Athletic Training Program Website:**

<http://www.bsu.edu/web/at>

**Weidner Website:**

<http://www.bsu.edu/web/00tgweidner>

**Athletic Training Club Website:**

<http://www.bsu.edu/web/at/program/program/atclub.html>

**Facebook**

<http://www.facebook.com/BSUAthleticTraining>

**Twitter**

[http://twitter.com/BSU\\_AT](http://twitter.com/BSU_AT)

## Weidner Selected for 2010 Medal for Distinguished Athletic Training Research

The NATA Foundation's Medal for Distinguished Athletic Training Research is a lifetime achievement award that recognizes an established researcher, who has had a doctoral degree for a minimum of ten (10) years, and who has sustained a prolific body of work that has advanced theory and significantly impacted the athletic training profession. It is presented in Honor of Joseph S. Torg, MD and sponsored by Riddell, Inc.

Over the years, Dr. Weidner has been involved in numerous grants (including NIH and REF), published many papers and made a multitude of presentations dealing with upper respiratory illness and athletic training clinical education. Interviews regarding his common cold and exercise research has been highlighted in



Mark your calendar to see Dr. Weidner receive his award.

### Medal for Distinguished Athletic Training Research Presentation

NATA Foundation Session  
Philadelphia Convention Center  
Wednesday, June 23, 2010  
4-6pm

[Click here](#) to accept your invite on Facebook



In encouraging his athletic training colleagues and friends to pursue their professional passion, Dr. Weidner considers the Medal for Distinguished Athletic Training Research a high honor and throws down the gauntlet by reminding them that he achieved it “with [his] eyes closed!”

(2010). *Journal of Athletic Training*, 43(3), S6.

many popular publications including *Runners World*, *Self*, *McCall's*, *Washington Post*, *London Times*, and *The Wall Street Journal*; professional newsletters such as *New England Journal of Medicine* newsletter; Berkeley wellness newsletter, and television news programs such as *NBC Dateline News*. Results of his clinical education research is prominent in the CAATE accreditation standards. Dr. Weidner appears to be the first educational researcher to be honored with this Medal. From his educational research and many years of leadership of the Clinical Instructor Educator Seminars, in 2009 he published an applied textbook with SLACK Publishing (*The Athletic Trainer's Guide to Clinical Teaching*). He served on the Board of Editors for the *Journal of Athletic Training* for approximately 18 years, and is currently on the Board of Editors for the *Athletic Training Education*

*Journal*. In 1993 he developed, and has since chaired, the Great Lakes Athletic Trainers' Association Research committee. In 2008 a Research Assistance Grant was named in his honor (“Thomas Weidner Research Assistance Grant”).

Dr. Weidner will be recognized with this award at the NATA convention in Philadelphia. His presentation is part of the Foundation's Distinguished Scholars Session, scheduled for Wednesday, June 23, 2010, from 4 to 6 pm at the Philadelphia Convention Center in Philadelphia, PA. He will also be presenting his research in 2011 at the American Medical Society for Sports Medicine Conference, the American College of Sports Medicine Conference, and the American Orthopaedic Society for Sports Medicine Conference.

Happy travels!

# Casey Galloy Recognized With Outstanding BSU Clinical Instructor Award

We are pleased to report that Mrs. Casey Galloy has been selected for our Outstanding Ball State University Clinical Instructor for the 2009-2010 academic year. This award is given to an individual who has made a significant contribution to clinical instruction within our educational program. It recognizes the dedication, knowledge, and professionalism that this person brings to the advancement of educational standards within the Ball State University Athletic Training Education Program.

**Casey Galloy, MEd, ATC** has been employed as an assistant athletic trainer at Ball State University for the past four and a half years, where she works primarily with women's basketball, and men's & women's tennis. She is also the BSU site coordinator for on-campus student clinical assignments. Casey also recently served as a sports medicine coordinator for

the NCAA Men's Final Four at Lucas Oil Stadium this year (her husband is the Head Athletic Trainer at Butler Univ.) and be a host athletic trainer for the Men's Regional Championships in 2009. Prior to BSU, Casey was an assistant athletic trainer at the University of Tennessee-Chattanooga working with women's basketball and a large variety of other sports. From 2002-2004, she was a graduate assistant athletic trainer at the University of Georgia, where she worked primarily with the nationally-ranked women's tennis team. From 1997-2001, Casey was an athletic training student at Auburn University. We congratulate Casey for the special way she has with challenging students while maintaining a fun learning environment.



**Congratulations Casey!**

**Outstanding Clinical Instructor of the Year**

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# Notes from the Hazen Nest

Neal Hazen, MBA, PT, ATC

Happy Greetings to all. The annual Cardinal Sports Medicine Society Ring of Honor and Alumni Reception is just around the corner. This year's extravaganza will be held on **Thursday, June 24th** in Philadelphia, Pennsylvania at **The Philadelphia Irish Pub**, address, phone and web address:

1123 Walnut Street  
Philadelphia, PA 19107  
(215) 925-3311  
<http://www.irishpubphilly.com/12thstreet/parties.php>

The Cardinal Sports Medicine Society Ring of Honor Advisory Council met last July and further developed the criteria and procedures for nominations and the selection process for future class inductions into the Ring of Honor. No inductees were brought to a vote for the 2010 Class. I will describe the procedures delineated by the council at this time and we will review and present the procedures at the Reception in Philadelphia in June.

It is important for each alumnus to take an active role in nominating deserving alumni and friend of the program candidates so that they may be considered for induction into the Ring. Look for the call for nominations from Sara McGriff in December of each year. Once nominated, the nominee will be notified and asked to procure the documentation necessary for the candidate to be included for consideration in the voting. Voting is done by current members of the Ring.

Again, any alumnus may nominate a potential inductee; documentation will be gathered, including the nomination form, professional vitae or resume, and three letters of support; and current members in the Ring of Honor vote. No more than two candidates will be inducted in each class, and a nominee must receive 70% of the vote to be inducted into the Ring.

Criteria are as follows:

### Alumni

- 15 years of athletic training experience
- Significant contributions to the Ball State athletic training program
- Goodwill ambassador for the Ball State athletic training program
- Contributions at the state, district, or national level

### Friends

- 15 years associated with the Ball State athletic training program
- Significant contributions to the Ball State athletic training program
- Goodwill ambassador for the Ball State athletic training program



### The Philadelphia Irish Pub

1123 Walnut Street  
Philadelphia, PA 19107  
(215) 925-3311  
[Click here to accept your invite on Facebook](#)  
[Google map to the Pub](#)

- Examples of contribution opportunities:
  - Employment opportunities
  - Intern opportunities
  - Speak at summer camps
  - Promote BSU Athletic Training Program
  - Financial
  - Send students to the BSU Athletic Training Program

Today's featured alumnus is **Mark Leto**. Thanks to Mark's dedication and ambassadorship a bright and upcoming athletic training student star is on her way to the BSU Athletic Training family. She is the first Jack Cramer scholarship recipient to attend BSU in order to pursue her career goals. We congratulate **Jessica Trcka** and welcome her to the family and offer our cheers and kudos to the Hobart Brickies Head Athletic Trainer, Mark Leto, for the tutelage he has faithfully provided!

We would also like to recognize Alumnus, **Tim Lentych**. Tim is a member of the World Series Champion New York Yankees organization. Tim was named Athletic Trainer of the year for the Eastern League this past year. The award is voted on by the athletic trainers in that league. He was also nominated as a finalist for minor league athletic trainer of the year. Congratulations Tim!

I hope to see all of you in Philly!

Yours in Cardinal Sports Medicine,

Neal

## 7th annual High School Student Athletic Training Workshop

July 14-17, 2010

[Click here for a brochure.](#)



### Ball State High School Athletic Training Workshop

#### Ball State Hosts 7th annual High School Student Athletic Training Workshop

Troy Hershman, MS, ATC

Ball State University will be hosting the **7th annual High School Student Athletic Training Workshop July 14-17, 2010**. The workshop will feature both basic and advanced track sessions and labs to cover a wide range of experiences for the high school student athletic trainer. If you have students that would have an interest in attending please contact Troy Hershman at 765 285- 5843 or [tchershman@bsu.edu](mailto:tchershman@bsu.edu) for more information. We are also looking for speakers and lab assistants to help with the workshop. Please contact Troy for this as well.



#### Sports Medicine Field Study

<http://www.bsu.edu/web/at/smfs/>

Visit the Website for more information.

- Application
- FAQ
- Blog
- Photos

### Research & International Relations

Lisa Jutte, PhD, ATC, LAT

After a lot of hard work, Lorena Carither's, '10 Dance Injury Survey will be given to the BSU dance majors and minors this fall when classes resume. I continue to collect data on the effects of anti-histamines on the signs and symptoms of eccentric muscle damage. This semester, I acquired a diagnostic ultrasound unit. I will begin a reliability study this summer, with hopes to use the unit to monitor the healing process in injured athletes this fall. Lastly, I received a grant to validate cryotherapy treatment times in tissue other than the quadriceps muscle and will begin this research this summer as well.

Unfortunately, I was unable to recruit enough students to repeat the Sports Medicine Field Study in Australia this year. No worries, I will offer the field study again in 2011. The purpose of the field study is for athletic training and exercise science students to learn about Australian sports, the Australian medical care system and general Australian culture. For more information, please see: [www.bsu.edu/web/at/smfs/](http://www.bsu.edu/web/at/smfs/). Once again, we plan to have Sports Therapy students from the University of Worcester (England) join us from across the pond to experience pre-season (American) football camp. Last August, four Worcester students thoroughly enjoyed their pre-season football camp experience. Two Worcester students were even able to come back and help work a football game under the lights.

# Athletic Training Club Activities

**Chris Curless, ATC (Club Advisor)**

**Stacy Walker, PhD, ATC, LAT (Club Advisor)**

The Athletic Training Club maintained a busy pace this spring semester! Our January meeting featured **Gary Hall, ATC** (*Memorial Sports Medicine Institute*) discussed being an athletic trainer in the high school setting. At our February meeting, **David Craig, ATC** (*Craig Consulting*) shared the correlation between the SI joint and the AC and their warning signs. The students thoroughly enjoyed these educational opportunities provided by these speakers.

The AT Club assisted seven students with the cost of attending the 2010 GLATA Winter Symposium in Detroit, MI. For some students, this was their first professional athletic training conference. Also, three of the AT Club officers were able to attend the 25th Annual SEATA Athletic Training Student Symposium at Atlanta, GA. This was an excellent opportunity to learn more about athletic training, socialize with members of the profession, and prepare for the Board of Certification Exam.

In April, club president Lorena Carithers headed up our Adopt-a-Soldier service project. The club members participated in a friendly competition to see who could donate the most items (by individual and class). The winners are below.

### Top Donator Group

3rd and 4th Semester Students

- Jessi Benedict

- Molly Melton
- Laney Pritchard
- Briana Louth
- Nate Hoffmier
- Tiffany Ruschling
- Amanda Marshall
- George Wakim
- Emily Wolka
- JP Pizana

### Top Individuals

- Lauren McMillon
- Briana Louth
- Tiffany Ruschling
- Angie Ziolkowski

To cap off the great semester, the Athletic Training Club held an end-of-the-year bonfire and pitch in to celebrate all of the fine achievements.

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### Athletic Training Club Officers Elected for 2010-2011

**President:** Amanda Marshall

**Vice President:** Jessi Benedict

**Secretary:** Angie Ziolkowski

**Treasurer:** Briana Louth

**Communications:** Katelyn Ash

**Sergeant at Arms:** Jon Wicks

#### David Craig (left)

Craig shared his recent discoveries between the SI and AC joints. The hands on presentation allowed the students to practice these discoveries in our AT Lab.

#### Gary Hall with Neal Hazen (right)

Hall discussed what it is like to be an athletic trainer in the high school setting.



# 2010 BSU Athletic Training Award Winners



**Lorena Carithers**  
**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 exemplify the Ball State University Athletic Training Education Program.



**Lucas Dargo**  
**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.



**Lauren McMillon**  
**James C. Dickerson Outstanding Senior Award**

Outstanding graduating senior who epitomizes the strong potential to represent Ball State University and the field of athletic training with pride and excellence throughout his/her career. This student will continue to be an ambassador of Ball State University and the profession of athletic training.



**Lorena Carithers**  
**Most Valuable Athletic Training Student Award**

Award given by fellow ATs to the person who has provided outstanding leadership in the BSU Athletic Training Education Program and has handled the daily riggers of an ATS with poise, integrity, and professionalism.

# 2010 BSU Athletic Training Award Winners

## *Continued*



**Laney Pritchard**  
**Professional Promise Award**

Award given to the ATS who has shown the most progress towards professionalism during his/her time in the program including issues such as skills, academics, dedication, and professionalism.



**Lucas Dargo**  
**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.



**Jon Wicks**  
**Sayers Bud Miller Inspirational Award**

Awarded to the ATS who goes above and beyond what is asked of him and who volunteers him to causes inside and outside of the athletic training profession. It is given to the ATS who displays enthusiasm, charisma, and instills the love of the profession of athletic training in his/herself and those around him/her.



**Lucas Dargo & Jon Wicks**  
**Rookie Athletic Training Student Award**

Award given to the person who has best exemplified the role of a Ball State ATS during their first year in the athletic training education program. This person demonstrates the potential to become an exceptional athletic training professional.

# 2010 BSU Athletic Training Award Winners

## Continued



**Lorena Carithers**  
**Inaugural Gary Noble Memorial Athletic Training Club Service Award**

Awardees are encouraged to embrace volunteerism and service leadership in order to more fully appreciate and develop social responsibility. In this spirit, It is bestowed upon a student who exhibits exemplary volunteerism for the community and professional service.



**Kelly Kuker**  
**Matthew B. Roush, M.D. Memorial Scholarship**

This award recognizes a person who will be dedicated to life long learning and becoming an exceptional educator. The student should epitomize those cornerstone qualities exhibited by Dr. Roush. These include kindness, compassion, and selflessness. This memorial scholarship helps us all to remember the man who had a big smile and an even bigger handshake.



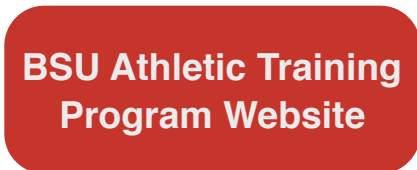
**Adam Crosby**  
**Andy Weidner Memorial Award**

Awarded to the student who exemplifies the two traits Andy is best remembered for: humor and work ethic. This person demonstrates academic excellence, discipline, integrity, and self-direction while maintaining a healthy perspective about laughter, family, and friends.

Waiting on HQ photo from  
BSU Photo Services



Left to right:  
(back row) TJ  
Knudson, Jordan  
Hogan  
(front row) Abbey  
Fuhmann, Lorena  
Cartihers, Lauren  
McMillon, Jessica  
Neukam, Tamara  
Moser)



Alumni: Click here to update your contact info on our database.