



The INJURY Report

News and notes from the Department of Athletic Training at Manchester University

ISSUE 06

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MU team walks against cancer

Manchester University student-athlete Grant Newlin made a stand against cancer in the Spring 2014 North Manchester Relay for Life. He took the lead in forming a team that helped raise \$2,267 as part of a \$40,000 North Manchester tally, including donations and shirt sales. "Grant's team," that included senior AT major Jacob Meyer, AT grad student Rob Perry, assistant women's basketball coach Heidi Messer, AT program director Jeff Beer and assistant athletic trainer Jennifer Beer, walked from 11 a.m. to 9 p.m. to support the cause. Jeff Beer, who was challenged by a bout with cancer last November, along with his family, are especially grateful to the team and Relay of Life efforts.



Athletic training students earn Board Certification



Congratulations to these undergraduate students who completed certification on their first attempt:

- Jillian Bower
- Christina Gonzalez
- Makenna Hamilton
- Jacob Meyer
- Alissa Niswonger
- Shelby Phillips



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And for the third consecutive year, Master of Athletic Training students passed the BOC exam at a 100 percent rate!

- **Britney Hodges**
- **Alexis Holthues**
- **Caitlin Wong**
- **Rob Perry**
- **Ryan Geraghty**

Congratulations to these graduates who continue to help build Manchester's reputation for excellence in the Athletic Training program. Enrollment continues to build in the MAT program as well, with 12 students already enrolled for Fall 2014.

Athletic training to study abroad

For the first time, the Manchester University Athletic Training program will offer a course abroad. Students in the International Sports Medicine course will travel to Ireland and London during January session 2015. Offered every other year, the course will consist of visits to the University of Dublin, Croke Park, Wimbledon, local castles and site seeing. Students will be immersed into local culture and history while learning more about local health care and global perspectives on sports medicine and physiotherapy.

Symposium to be held for health professionals

Manchester will host a Sports Medicine Symposium in spring 2015. Positioned between the GLATA Annual Meeting in March and the NATA Expo in June, the Symposium will focus on sports medicine education, with an opportunity to earn CEUs. Manchester University athletic training students will also attend and present case study work to professionals. Thanks to all who participated in a recent survey that will help shape the development of this program. Health professionals and MU alumni are encouraged to register for this event held on the weekend of March 28- 29. Watch for more information this summer and fall.

MU Students dig deep to research

More than 50 Manchester University students fascinated by a wide range of research participated in the 16th annual Student Research Symposium on Friday, April 25.

The scholars displayed the broad diversity of majors at Manchester, including athletic training students, listed below with their faculty mentor in parentheses and a link to their poster presentation.



- **Rob Perry** (Erin Foreman)
- **Shelby Morphew** (Zach Dougal)
- **Jillian Bower** (Erin Foreman)
- **Maureen Lund/Mark Sexton** (Jeff Beer)
- **RJ Wilson** (Jeff Beer)
- **MacKenzie Williams** (Erin Foreman)

Additional graduate student research projects included:

- **Rob Perry**: "Comparison of the acute effects produced by self-myofascial release, static stretching, and dynamic stretching on isokinetic power outputs"
- **Ryan Geraghty**: "Do athletic trainers feel adequately trained to work with athletes with disabilities?"
- **Caitlin Wong**: "Comparison of state anxiety levels in individual and team competition settings"
- **Britney Hodges**: "In-game decision making of high school coaches without the guidance of a certified athletic trainer"
- **Alexis Holthues**: "Comparing the effects of electrical muscle stimulation and isometric exercises on muscular strengthening on the contralateral limb"

Kudos to our best and brightest

The Athletic Training program congratulates award recipients:

- **Jacob Meyer** was selected as Athletic Training Senior of the Year through the Department of Exercise & Sports Sciences.
- **Brandy Crouse** was awarded Rookie of the Year ATS
- **Laurisa Richard** received Most Improved ATS
- **Jillian Bower** received the Dr. Mark Huntington Award
- **Amanda Toney** was touted as Most Valuable ATS

MU Athletic Training Club welcomes new leaders

- President: **RJ Wilson**
- Vice President: **Amanda Toney**
- Secretary: **Maureen Lund**
- Treasurer: **Shelby Morphew**
- SGA Rep: **Mark Sexton**

Thank you!

... to recent speakers who have shared their expertise and professional perspectives with our students:

- Bryan Bourcier (PT, ATC) ; Manual Therapy
- Anna Linstromberg (PT) ; Aquatics
- Tim Demcheck (ATC) ; Laser and GRASTON

Upcoming Events

Athletic training camp

This year's Athletic Training Camp is June 18-20. The camp is open to high school students who have an interest in athletic training, regardless of any previous experience. Now in its fourth year, the camp is excellent preparation for students preparing for an AT major in college, and has also proven to help student recruiting efforts within MU's program.

Alumni and faculty collaboration help the camp to thrive. If you are interested in speaking or have a student who might want to attend, please contact Jeff Beer at jabeer@manchester.edu.

Manchester athletic training alumni!



Come howl with us ...

During the
National Athletic Trainers'
Association Convention
June 27, 2014

Meet up in Indy during the NATA Convention, Friday, June 27 at [Howl at the Moon](#) – *“the dueling piano bar that rocks!”*
Happy Hour 5-8 p.m.
Howl Indianapolis, 20 East Georgia St., Indianapolis, Ind.

\$10 includes admission, buffet and give-aways
(get a \$5 refund when you check in!)

Mention Manchester University at the door to get in,
and arrive early – admission is not guaranteed after 5 p.m.

[Register](#) by June 25.

Youth Triathlon

A youth triathlon will be held on our North Manchester campus, made possible by a \$2,800 grant from the Community Foundation of Wabash County and the efforts of AT program director Jeff Beer and associate professor of exercise and sport sciences Ryan Hedstrom. The event will be held Sept. 27, 2014, for Wabash County children grades 1-6. The focus of the triathlon and the two educational sessions that will lead the event is to fight childhood obesity in Wabash County. Educational sessions will consist of reading food labels, choosing healthy snacks, building a healthy plate of food, physical activity for fitness and more. Children who participate in the triathlon – consisting of running, biking and an obstacle course – will receive a participatory shirt and medal.

Alumni and student updates



Jeff Beer, Michael Salazar, Rob Perry, Zach Dougal, Mark Huntington, Ryan Hedstrom at Progressive Field during Rob's internship with the Cleveland Indians.

- Second-year graduate student **Rob Perry** of Valparaiso, Ind., was selected as an intern for the 2014 Cleveland Indians spring training baseball season. He worked with the team at Goodyear Ballpark in Arizona during their March and April spring training camp and, when spring turned to summer, was invited to stay on with the team for the regular season. MU alum, **Michael Salazar '98**, who has been an athletic trainer with the Indians since 2000, helped Perry to land this opportunity.
 - **Jillian Bower '14** has accepted a graduate assistantship with Defiance College as she pursues a master's degree in education.
 - **Christina Gonzalez '14** will pursue her master's degree in advanced athletic training at Indiana Wesleyan University.
 - **Makenna Hamilton '14** was accepted to the Physical Therapy program at Trine University.
 - **Jacob Meyer '14** obtained a graduate assistantship at Grand Valley State University.
 - **Maranda Rude '13** works as an ATC with the Auburn University Wounded Warrior program.
 - **Jennifer Smith '12 Henn** has accepted a position as an ATC with PainONE, a division of Ortho North East.
 - **Amanda Donelson '10** is a physician extender at Community Physician Network Orthopedic Specialty Care.
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Connect with us!



Please take this opportunity to [update your profile](#) and share your news with alumni and friends of the Athletic Training program. In addition, please indicate your interest in participating with the University in other ways. (If you have already expressed your interests, there is no need to respond again unless your preferences have changed).

To contact us, e-mail Jeff Beer at jabeer@manchester.edu.