

# ATHLETIC TRAINING NEWS

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## FROM THE CHAIR

In 1991, sports medicine at UND went through a significant change. At that time, athletic training reported to UND Athletics and the students were enrolled in an accredited minor in physical education (now kinesiology) allowing them to sit for the (NATA) BOC exam. Jim Rudd and Dr. William Mann, with the support from others in the university, reorganized sports medicine to be administratively housed under the Department of Family Medicine in the UND School of Medicine (It wasn't even the UND School of Medicine & Health Sciences yet). The new structure meant athletic training services and the newly accredited Bachelor of Science in Athletic Training degree were structured differently from the "norm" at the time.

As time has passed, and although scrutinized by some, this structure has held up. In 1994, the NATA recommended eliminating the internship route to certification and required students to attend an accredited undergraduate program. The last of the internships went away in 2004. Another recommendation at the time was aligning athletic training education programs with other health sciences. But UND was already there. In 2014, the NCAA started an initiative of independent medical care for physicians and athletic trainers. Simply stated, this was to provide quality services to patients in the collegiate setting. Medical decisions, the NCAA felt, should be made by medical professionals and absent from pressures of outside influences. UND was there more than two decades before the recommendation came out. I don't think anyone, including Jim and Dr. Mann, could have seen these recommendations coming when they set up the structure of what would become the Department of Sports Medicine at UND.

We anticipate another change with the profession's entry-level master's mandate over the next few years. The last undergraduates can be taken into the professional programs as late as the fall of 2022. At UND, our last cohort of undergraduates will start in the fall of 2020. The first cohort of master's students will enter the program in the summer of 2022. Throughout the development of the new curriculum, we continue to think outside the box to create something innovative that will attract students to UND. Specifically, we want to maximize clinical education opportunities for students because of the shortened program length, which will decrease from three years to two. Our goal is to be different from the "norm" as we try to re-imagine what athletic training education can look like. This change will again modify the structure of how our department operates. Certainly, more change will occur in the future, whether it is the CAATE, the NCAA, or others. How will the new structure stand up through these changes? Only time will tell.

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UND SCHOOL OF MEDICINE & HEALTH SCIENCES  
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# NEW TO THE TEAM

## **Jimmy Morin** - University of La Verne

Jimmy has moved back to the Midwest in order to work with top level collegiate athletes. Although he was working at Upland High School in California, he is excited to move into the collegiate level to work with new students and help grow the UND football program. Jimmy wants to continue to grow as a professional in any way possible. He and his wife Maddy took the cross country road trip to North Dakota this summer and have both enjoyed preparing for impending winter weather.

## **Cameron Nichols** - University of Arkansas

Cameron comes to UND following his time working as an athletic trainer with Encore Rehab and Straughn High School Athletics in southern Alabama. Cameron also has experience working as an intern with the Denver Broncos and Jacksonville University. He came to UND to experience a new location and to work at the collegiate level once again. What excites Cameron about this position are the challenges it brings, and he sees it as a great opportunity to mold students' minds and see them grow into professionals beyond their education. He hopes to continue to learn and go beyond expectations to make an impact.

## **Katy Thomas** - Temple University

Katy is starting out at UND with the excitement of growing as an athletic trainer and an instructor. She previously worked with Temple University's dance team, in addition to multiple orthopedic firms in outreach settings. She hopes to help grow the athletic training profession by providing outstanding service and education to both patients and students. Katy also hopes to conduct research in order to add to the body of knowledge that exists within the field.

## **Kara Wetzel** - Northern State University

Kara is coming back to UND after finishing up her MEd in sports performance and leadership. She chose to come back to UND to work in an institution looking for ways to improve itself and the profession. Kara is excited to step into a new role at UND, this time as a preceptor rather than a student, which will allow her to share the knowledge she has gained to help students grow. She looks forward to working with softball and travelling with the team because it allows her to experience different parts of the country while working at a job she loves. Kara hopes to build concrete relationships with and leave an impact on the individuals she works with, ensuring they leave UND as their best selves and feeling capable of achieving their goals.

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# CONGRATULATIONS

## **New baby**

Tory Berg ('16) welcomed her son Maverick on August 31, 2019. Tory and her husband Ivan reside in Tolna, N.D. Maverick has been thriving and is the happiest baby.



## **Promotion**

There's nothing better than seeing UND Sports Medicine alumni doing great things with their career. Recently, Jake Wolff ('11) was promoted to Head Strength Coach/Assistant Athletic Trainer for the Winnipeg Jets. In 2013, his path started in St. Johns where Winnipeg's AHL team was located at the time. He remained in that role until 2018-2019, when he was promoted to Head Athletic Trainer/Strength Coach for the Manitoba Moose before making the jump this year to the Jets.

For Jake this transition was something that he has been hoping for. "Professional sports can be crazy in the timing of job transitions. The job turnover can happen at any time," Jake reflected. Even though his primary role is as a strength coach, he still approaches every day with an athletic trainers' mentality. He focuses on trying to individualize each thing as best he can while also dealing with the rehabilitation of injured players. Each of these aspects as a strength coach are benefited by his athletic training background. One of the biggest things he's learned since leaving UND is how important it is to continually educate himself in new areas. Especially in professional sports, he tries to stay up-to-date on all the new techniques and practices. Jake gives everyone another reason to cheer on the Jets, along with Tucker Poolman (UND alumni ['17] and son of Mark Poolman ['92]) who continues to be a consistent defensive presence on the ice.

# CLASS OF 2019 WHERE ARE THEY NOW?



**Tiffany Barth** – Tiffany recently started a new position at Altru Health System in Grand Forks while she prepares for her medical school interviews. She has been spending all her new-found free time trying to find hobbies to keep her busy and active.

**Rachel Cramer** – Although Rachel wished she could stick around and work soccer Fall Camp at UND another year, she and Dan moved back to Minnesota this summer. She wasted no time in completing her first class in the MBA program at LSU-Shreveport. On top of school, she recently accepted a position at Sports and Orthopedic Specialists with Allina Health, through its outpatient clinics, as an AT for an orthopedic surgeon.

**Jessica Bjorlie** – Jess is working at Big Stone Therapies as a full-time athletic trainer. In her role at Big Stone, she provides coverage at Yellow Medicine East (YME) High School in Granite Falls, Minn. There's no doubt those students are enjoying her famous snickerdoodles!

**Kerry Hoffman** – After an amazing time at UND, Kerry decided to stick around for a few more years. She is currently half-way through her first semester in the UND physical therapy program, so you can still catch her hanging around the School of Medicine & Health Sciences. If she's not there, you'll probably spot her running around the city as she prepares for her next race or adventure.

**Blair Rommerich** – Blair has been busy since completing his time in the athletic training program. He is still in Grand Forks finishing up requirements for his medical school application. Along with that, he has transitioned into the general manager position at CrossFit Tundra and is helping prepare for the Tundra Winter Games Dec. 14-15, 2019.

**Joe Solberg** – Joe has been working at Heartland Orthopedic Specialists in Alexandria, Minn. In the clinic he provides “post-op” duty, completing incision checks, staple/suture removal, and answering any patient questions. In the afternoon, he can be found at Melrose High School covering practices and games. He's absolutely loving his new role!

**Dustin Green** – A call from Joe Solberg led Dustin to make his way to Alexandria as well. In October, Dustin started working at Heartland Orthopedics. On top of his clinic duties with post-operative care and assisting patient flow coordinators, Dustin provides services to the Hancock and Paynesville High Schools.

**Abby Sistad** – There have been many big things to congratulate Abby on since her graduation at UND. In June, she got married to Zack Andrews. As for work, she is working outreach at Altru Advanced Orthopedics. Lastly, she is preparing to continue her educational journey in December where she is going to work on two Master's degrees through California University of Pennsylvania in nutrition/performance enhancement and injury prevention.



**Devlin Weist** – Devlin is currently working as a graduate assistant AT at the University of Jamestown. She works primarily with men's soccer, men's hockey, and track & field, so she is keeping quite busy! Devlin is working towards her Master of Arts degree in leadership.

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## HOME COMING 2019 SYMPOSIUM

During UND Homecoming each year, the SMHS hosts a complimentary continuing education symposium. This year's topic "Oh, My Aching Back!" was aimed to give health care providers information on the treatment and rehabilitation of back injuries. The speakers were from multiple departments within the SMHS, as well as from outside UND, and represented a variety of professions. This interdisciplinary symposium, which was emceed by Sports Medicine chair Steve Westereng, has continued to be a great benefit of the new facility and provides an opportunity to network and learn alongside other faculty and alumni.

The Department of Sports Medicine's Jake Thompson (pictured) was among those sharing how he manages patients with back pain. Anyone who has spent any time learning from Jake won't be surprised to hear he presented on his combination approach of dry needling and spinal manipulation. Jake is currently a fellow-in-training of the AAMT Fellowship in Orthopaedic Manual Physical Therapy. Check out his recent blog post, *Post-Concussion Syndrome: Evaluation & Treatment*, to see what else he's been working on (<https://osteopractor.wordpress.com/2019/11/14/post-concussion-syndrome-evaluation-and-treatment/>). Interested in learning more from Jake? Check out the 2020 Annual Big Sky Conference Family Physician Update where he will be presenting on both manipulation and dry needling techniques.

