

ATHLETIC TRAINING NEWS

Fall 2017

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FROM THE CHAIR

Hello, everyone! The first part of November has been eventful; all of the region's sports are in full swing and the site visit team from CAATE (the next step in our accreditation process) was conducted. Although it will be a long time before we get the official report, I felt the visit went well. I always want our program to do better; however, it was enjoyable for me to step back from the day-to-day operations and discuss the Department of Sports Medicine to people who are looking at us for the first time. This gives me a chance to talk about the quality, uniqueness, and growth of our program and to reflect on the last site visit.

Our CAATE site visitors were impressed not only with the students they interviewed, but the fact that our program is housed within the School of Medicine and Health Sciences, operates in a new building, and is supported by our administration. They singled out our faculty (who are more numerous than during the last CAATE visit) for being

experienced, knowledgeable, and focusing on students' educational processes. Hopefully, the next time CAATE comes through we will have our entry-level master's degree program up and running, which will mean more change and development ahead. What will the program look like when CAATE comes through again? Only time will tell.

Steven Westereng
Chair, Department of Sports Medicine



NEW ADDITIONS TO THE TEAM

This summer kept everyone busy as the Department was working to fill a variety of open positions. Given our new full-time position with softball, and positions with football and men's basketball to fill, the staff worked to find the best candidates for each of the jobs.



Travis Shock – UND Class of 2001

Travis has moved around the upper-Midwest following his time in school at UND, with positions at Breckenridge High School and Bemidji State University. Most recently, Travis worked at the North Dakota State College of Science in Wahpeton, N.D., where he covered multiple sports while also serving as the

strength and conditioning coordinator and as an adjunct instructor. His new role at UND is with men's basketball, where he is also looking forward to working with students. He hopes to teach and be able to share from his experiences what it takes to become an excellent professional in all aspects of athletic training.



Jake Howard – UND Class of 2016

A relatively fresh face returning to UND, Jake joined the staff this fall and jumped right into football upon his arrival. During his brief stint away from UND, Jake received an accelerated master's degree from Austin Peay State University in Tennessee. While completing his degree, he worked as a graduate assistant for

Tennessee Orthopedic Alliance where he was the sole athletic trainer at Montgomery Central High School. With the new position at UND, Jake hopes to become a better educator and wants to continue to grow as a professional in whatever way possible.

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NEW ADDITIONS TO THE TEAM

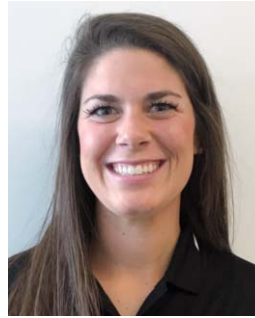
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Matt Seamon – Gustavus Adolphus College Class of 2004

Matt, who came on board in May 2017, brings a wealth of experience to UND and is the lead athletic trainer with football. Most recently he covered football at Texas A&M - Kingsville and Macalester College. He has spent time in minor league hockey and baseball, and also brings experience

from the Minnesota Vikings, where he worked as a game-day assistant as well as provided coverage for OTA/mini-camps. The educational side of athletic training is something that is new and exciting for Matt and he looks forward to this new adventure. Matt has enjoyed his time at UND thus far and appreciates how the coaches and athletes understand and respect the athletic trainers' roles.



Amanda DeKanick – Texas A&M University Class of 2017

Amanda did not take the conventional route to beginning her career as an athletic trainer. She obtained her bachelor's degree in Exercise Science from Concordia University - St. Paul, where she dabbled in athletic training and was under the tutelage of UND alum Ted Trzynka

('97). During that time she also coached high school hockey, where she confirmed her preference to be on the medical side of sports. This led her to Texas A&M where she received her master's degree in Athletic Training. After finishing up an internship with the Minnesota Vikings, she came to UND to work with the softball team this fall. Her short time here has already pushed her to think outside of the box, but she looks forward to teaching student-athletes how their bodies function and how to listen to what their bodies are telling them.

ONE YEAR IN: NEW BUILDING IMPRESSIONS

A year after the grand opening of the new UND School of Medicine and Health Sciences in Grand Forks, some of the Athletic Training students and staff were asked to reflect on their thoughts of the first year. Student Brienne Halstead enjoys the "openness, natural light, and overall professional vibe." It just gives a good feeling, added Carla Maustad, whose favorite aspect of the building is that it's "a calm, easy place to work that doesn't stress you out."

One area that the Athletic Training students are getting an increasing amount of exposure to is the Simulation Center. Not only do students use the patient rooms to practice evaluations, similar to how the Clinical Education Center was used in the past, but there are also a number of other aspects of the Simulation Center being incorporated into the curriculum. Tim Shea, the simulation coordinator at the SMHS, has also been a huge help in making some of these things possible. Recently, he worked with the junior/second-year students to teach them about airways, pulse oximetry, and oxygen administration. Rachel Cramer, one of the students in Tim's class, found this experience very cool and loved the stories he shared. The possibilities at the Simulation Center are just beginning to be explored and will no doubt become a larger part of our curriculum moving forward.

Coming by to check out the building? Don't forget to stop by Café 1905, which has a variety of food and beverage items to meet any



Tim Shea (left, standing) instructs AT students in the SMHS Simulation Center

craving. Hands down, the consensus on favorite item by students and staff is the breakfast sandwich. As student Rachel Cramer explains, "the biscuit sandwich, with the extra melted cheese is a great on-the-go breakfast before heading to class." Not a breakfast person? Take Jake Thompson's ('99) expert opinion and grab a cup of coffee on your way to class or work. "Always a good choice," he says. If your sweet tooth is strong, grab a monster cookie or a caramel apple scone; neither will disappoint.

CLASS OF 2017

WHERE ARE THEY NOW?

Lea Aaberg (Stillwater, Minn.) very recently accepted a position at Select Physical Therapy where she will work as an athletic trainer at Henry Sibley High School. She also said “Yes!” this past summer and is getting married in June 2018.

Derek Anderson (Minneapolis, Minn.) recently moved to work as a certified athletic trainer at Twin Cities Orthopedics where he helps cover high school and college events in the Twin Cities area. He plans to continue his education and is applying to graduate school with hopes of beginning in the fall of 2018.

Morgan Kirchmeier (Rochester, Minn.) - While she counts down the days until she says “I do!” Morgan is working as a supplemental athletic trainer for Rochester area secondary schools. A romance that started during her sophomore year will become official in August 2018, when Morgan gets married.

Alex Nagel (Rochester, Minn.) - To keep himself busy while he waits for his chance to say “I do!” to Morgan Kirchmeier, Alex started working on his Doctorate of Physical Therapy at the Mayo Clinic School of Health Sciences. He also applied to work as a supplemental athletic trainer and is awaiting a start date.

Allie Olson (Blaine, Minn.) - Unfortunately, the position of Harrison Smith’s personal athletic trainer wasn’t available. Until such an opportunity opens up, Allie is working for the Institute for Athletic Medicine at Spectrum High School and is also a certified athletic trainer with Twin Cities Orthopedics.

Amanda (Tangen) Heck (Fargo, N.D.) - It has been a busy transition post-UND as Amanda got married this past summer and moved to Fargo to start working on her Doctorate of Physical Therapy at University of Jamestown.

Sydney Larson (Grand Forks, N.D.) - Following in the footsteps of a handful of other UND alums, Sydney works for Altru Advanced Orthopedics and is the athletic trainer at Red River High School.

Hailey Lick (Vermillion, S.D.) is one of the other members of the Class of 2017 who is continuing her education, working on a Doctorate of Physical Therapy at the University of South Dakota.

Hannah Freden (Murfreesboro, Tenn.) - After a stint in Nashville for her internship before graduating from the SMHS, Hannah was called back to Tennessee and is working as a physical therapy technician at Results Physiotherapy.

Katie Bartuska (Spring Hill, Tenn.) - A North Dakota native, Katie took the opportunity to move down to Tennessee to explore some different settings and is taking some time away from school before continuing on with her education next year. She is working as a physical therapist technician and has enjoyed numerous perks of being in Tennessee (although she still misses North Dakota).

Blaine Birtzer (Lafayette, Ind.) - Building on his already extensive knowledge base, Blaine is working on his Doctorate in Athletic Training at Indiana State University. He also works as the head athletic trainer at Covington Community High School.

Garrett Thompson (Alva, Okla.) - While working on his master’s degree in Secondary Education with an emphasis on Sports Administration, Garrett is wrapping up his first season with the football team at Northwestern Oklahoma State University. As you will not be surprised to learn, he is ready for baseball to start, which he will also be covering.

For continued updates on the Department of Sports Medicine, our education programs, and alumni events, be sure to follow us on social media:

Facebook — [Department of Sports Medicine](#)
[UND Athletic Training Alumni](#)

Twitter — [@UNDSportsMed](#)



Department of Sports Medicine

1301 N Columbia Rd Stop 9037

Grand Forks, ND 58202

Phone: 701.777.6572

www.med.UND.edu/sports-medicine

UND NIGHT AT TARGET FIELD



This past July, the Department of Sports Medicine paired up with UND Night at Target Field to hold our annual UND Athletic Training Alumni Social and Friends Reception. It was a convenient Midwestern location for many of our alumni who were able to celebrate UND, cheer on the Minnesota Twins, and reconnect with AT classmates.

Courtesy of the School of Medicine & Health Sciences, we were able to enjoy a social event at Kieran's Irish Pub before heading over to the game. The event was well attended and many alumni reconnected over shared UND memories. A truly special event took place before the Twins game as a few selected AT representatives had the opportunity to raise the Twins Territory Flag and our Athletic Training Program was recognized in front of Target Field. Thank you to Chris Peterson ('90), Sean Degerstrom ('03), Cassie Heald ('11), and Bennett Leitch ('14) for representing the UND Athletic Training Program at the Twins game.

We will announce the next AT alumni gathering soon and are looking forward to having everyone join us!