

# ATHLETIC TRAINING NEWS

Spring/Summer 2018

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## FROM THE CHAIR

Once again the academic year has come to an end, which is a good time to look back and see what developments have taken place within the Department of Sports Medicine (DSM). Outside of the busy re-accreditation process for the Bachelor of Science in Athletic Training degree program, this year the DSM worked with the Altru Family Medicine Residency Program on its Sports Medicine Fellowship for Family Physicians. The Residency had two physicians complete a yearlong program that involved working with athletic training faculty and students in caring for UND student athletes. The fellows, Dr. Adam Quinn and Dr. David Byrne, also assisted with instruction in the curriculum and did some presentations in the Jim Rudd Memorial Lecture series that we host in conjunction with the Residency.

The new fellowship fits well with some of the other programs in the department. One such program is the residency in sports medicine, with our third resident wrapping up his time with us soon. This year's resident, James Zotto, is from South Carolina, where it appears he will return after his year is completed in July. And, yes, he survived the cold. Gary Schindler, a BSAT '99 graduate of our program and a faculty member in the Department of Physical Therapy, oversaw James. The majority of the resident's clinical work was with Cathy Ziegler and Jake Thompson in the UND Center for Sports Medicine.

Other educational programs outside of athletic training that we continue to carry out are the sports medicine elective for the Altru



Family Medicine Residency Program and the fourth-year medical student elective in sports medicine. In both of these programs, we work with the student or physician to help them gain experience in dealing with our specific patient load over a four-week period. During these rotations, program enrollees attend games, follow athletes to surgery, and receive formal instructional material specific to dealing with athletes.



These educational opportunities are important for the Department and the profession because with each individual that goes through one of these programs, we as athletic trainers get to work side-by-side with other health care professionals. Not only does this help us in our training, but hopefully the partnership shows other health care providers how they can work with athletic trainers in the future as both types of professionals go out into the "real world."

Steven Westereng  
Chair, Department of Sports Medicine

## TRANSITIONS FOR UND ATHLETICS

Over the years there have been speculations of upcoming change; but 2018 marks the year for a variety of concrete transitions for UND Athletics. The first change came with new athletic director, Bill Chaves, who officially started in March. Chaves comes most recently from Eastern Washington University, where he had worked as AD for the previous decade. During that time, he was known for his innovation as multiple programs at EWU found success during Chaves's tenure. An active member of the Twitter world, during his first official week at UND Chaves threw a shout-out to the athletic training staff in support of National Athletic Training Month. Talk about starting off on the right foot. Follow him at @NorthDakotaAD to stay up-to-date on the new adventures for UND Athletics.

The second big transition is the move to the Summit League for all sports besides hockey and football. Starting this upcoming fall, all other teams will transition from the Big Sky conference to face some familiar foes in the Summit League. New opponents consist of Denver, Fort Wayne, NDSU, Omaha, Oral Roberts, South Dakota, South Dakota State, and Western Illinois. Hockey will continue as a member in the NCHC, while football will continue in the Big Sky until the academic year of 2020-2021, at which time it will move into the Missouri Valley Football Conference.



# JIM RUDD MEMORIAL SCHOLARSHIP

The Department of Sports Medicine was once again lucky enough to help athletic training students fund their education with the Jim Rudd Memorial Scholarship. This year's winners were Jess Goff and Benjiman Wilebski.

Jessica Goff graduated from Benson High School and will be entering her final year in the athletic training program next fall. In the future, Jess plans on working in a rural area high school as an athletic trainer. She wants to help bring awareness to the need for athletic trainers at high schools of all sizes.

Hailing from Strathcona, Minnesota, Benji graduated from Goodridge High School in 2016 and just completed his first year in the athletic training program at UND. Benji has big aspirations, as he hopes to pursue medical school upon completion of his athletic training degree. In the future, he hopes to one day work in sports orthopedics or family medicine in a rural setting.



# HEALTHCARE CLASH 2018



It all started with a broomball tournament at one of the MAATA District 5 annual meetings. This sparked the interest of the Student Athletic Trainers Organization (SATO) to bring something like that back to UND. The group decided to organize a dodgeball tournament and to open it up to students and staff of the School of Medicine and Health Sciences. What would be a better way to raise money for the North Dakota Special Olympics than a little friendly interprofessional competition?

All said and done, event participants included athletic training students, pre-athletic training students, physical therapy students, medical students, athletic training faculty, and athletic training alumni—and the students even roped in one of the strength and conditioning coaches to be their ringer. Unfortunately, no one from the AT program was in the finals; but fun was had by all. There was even time for a few extra games between the AT students and faculty as they finished up the event. Overall, students from the PT program came out on top, but team Staff Infection is already prepping for next year.

# CONGRATULATIONS



**Andy Mutnan**, ATC '02, has been named Head Football Athletic Trainer by Penn State University. The appointment comes on the heels of his winning the 2018 Above and Beyond Award from the National Athletic Trainers' Association for his dedicated service to the student-athletes at Washington State University. The Above and Beyond Award recognizes one athletic trainer or one instance of care in the collegiate setting for exceptional performance in athletic training or non-athletic training activities occurring in the past year.

# FAREWELLS

Farewell to Administrative Assistant Katrina Landman. Although this year brought a variety of new faces, unfortunately we will be saying goodbye to some familiar ones. Katrina will be wrapping up her time with the DSM. She plans on taking some time for family and staying home with her kids. We would like to wish her luck in all of her new adventures!

# ATHLETIC TRAINING OLYMPICS



The 2018 AT Olympics proved to be another controversial year. With the Class of 2017 gone, the trophy was finally up for grabs. Starting out with a throwback to old events, the water bottle racks proved to be too much to handle for the most elder member in the group. Followed by the “Know Your Preceptor” and taping tests, it all came down to the relay. Technical difficulties resulted in a need for an OT blindfold ankle test between the second- and third-years. Ultimately,

it came down to experience, and the Class of 2018 came out victorious. Congrats and good luck in the real world!

## Test Your Knowledge

The highest score from this year’s AT Olympics was nine. Can you match where UND’s preceptors completed either their undergrad (U) or graduate (G) work?

- |                            |  |
|----------------------------|--|
| 1. Alicia Champagne (G)    | a. Austin Peay University                  |
| 2. Amanda DeKanick (U)     | b. California University of Pennsylvania   |
| 3. Bridget Pinoniemi (U)   | c. Concordia University - St. Paul         |
| 4. Cathy Ziegler (G)       | d. Gustavus Adolphus College               |
| 5. Jake Howard (G)         | e. Knox College                            |
| 6. James Zotto (U)         | f. Northern Michigan University            |
| 7. Makoto Tsuchiya (G)     | g. Shawnee State University                |
| 8. Mark Poolman (G)        | h. St. Cloud State University              |
| 9. Matt Seamon (U)         | i. University of Wyoming                   |
| 10. Mckynsay Vanderpan (G) | j. University of Minnesota                 |
| 11. Nolan Potter(U)        | k. University of North Dakota              |
| 12. Ogi (U)                | l. University of North Dakota              |
| 13. Jake Thompson (G)      | m. University of Oklahoma                  |
| 14. Sara Bjerke (G)        | n. University of Wisconsin - Stevens Point |
| 15. Steph Nunez (U)        | o. West Virginia University                |
| 16. Steve Westereng (G)    | p. Wichita State University                |
| 17. Travis Shock (G)       | q. Woffard College                         |

Answer Key: 1. N 2. C 3. H 4. M 5. A 6. Q 7. O 8. K/L 9. D 10. K/L 11. G 12. I 13. P 14. F 15. E 16. J 17. B

## IN MEMORIAM ELIZABETH “BETSY” KNECHT

It is with great sadness that we inform you, our Alumni, of the passing of one our own. Elizabeth R. “Betsy” Knecht ('09) passed away on November 13, 2017, due to injuries sustained in an automobile accident. Prior to her death Betsy owned and operated Athleteology in Grafton, N.D., where she utilized both her Athletic Training and Massage Therapy skills to treat the community and surrounding rural communities. While

a student in the Athletic Training Program, Betsy was excited to be involved in every sport on campus and help in any way she could. That eagerness to help continued to show after graduating as she traveled the world to care for athletes and still continued to help locally by being active in the American Red Cross. Betsy was taken much too soon from this world and our Alumni Population. She will be missed.

## SHARE YOUR NEWS

Do you have exciting news to share? Whether it's a new job, new move, new adventure, new engagement/marriage, new addition to the family, or anything you want to share, we would love to know about it and will share your news with other DSM alumni. Send your news to Mckynsay Vanderpan at [mckynsay.vanderpan@med.UND.edu](mailto:mckynsay.vanderpan@med.UND.edu).

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 – [facebook.com/UNDSportsMed/](https://facebook.com/UNDSportsMed/)  
UND Athletic Training Alumni – [facebook.com/groups/86421606035/](https://facebook.com/groups/86421606035/)

**Twitter** — @UNDSportsMed



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# SUMMER ALUMNI EVENTS

Let's Get Together

We look forward to seeing you, reminiscing, and networking—because it has been far too long. You have two opportunities to take advantage of and to come celebrate with us this year. Both events are informal and in conjunction with bigger events. Please consider joining us for one or both!

## UND Night at Target Field

Alumni and Friends Reception:

Friday, July 6, 2018, 4-6 p.m.

Kieran's Irish Pub (family friendly)

85 North 6th Street, Titanic Room, Minneapolis, Minn.

In conjunction with UND Night at Target Field, all SMHS AT, Biomedical Sciences, BSMed, MD, MLS, OT, PA, PT, and Public Health grads are invited to enjoy complimentary appetizers and refreshments before the 7:10 p.m. Twins game. Special UND Night game tickets can be purchased at [mlb.com/twins](http://mlb.com/twins).

RSVP by June 20 to Kristen Peterson

[kristen.peterson@med.UND.edu](mailto:kristen.peterson@med.UND.edu)

701.777.4305 or online at [UNDalumni.org/twins2018](http://UNDalumni.org/twins2018).

## 2018 NATA National Convention in New Orleans, Lou.

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The time, date, and location for SMHS grad gatherings at the 2018 NATA Convention will be determined upon arrival in New Orleans. All finalized information will be communicated with you via social media, so be sure to Like and Follow us.