

ATHLETIC TRAINING NEWS

Winter 2018

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FROM THE CHAIR

UND SCHOOL OF MEDICINE & HEALTH SCIENCES
UNIVERSITY OF NORTH DAKOTA

Dr. Brian Hainline was hired by the NCAA to be its first ever medical director in 2013. Since its time under Dr. Hainline, the NCAA has implemented many initiatives in an attempt to improve the health of the college student athlete, including:

- Increased Concussion resources—the number of institutions submitting a concussion protocol for review by the NCAA Sports Science Institute has grown significantly.
- Improved independent medical care—in which athletic trainers are overseen more frequently by other medical providers (versus reporting to non-health care personnel). This supports NCAA efforts to deliver student athlete-centered health care.
- A greater focus on mental/behavioral health—the need for mental health care providers is growing on campuses, and not just in athletics. The NCAA recommends having a mental health care expert among your primary sports medicine team, along with athletic trainers and team physicians.
- Each institution has been asked to designate an “Athletics Healthcare Administrator” to serve as a liaison between the institution and the NCAA.

In recognizing how quickly the NCAA moves and makes decisions at times, Dr. Hainline asked the NATA College/University athletic trainers’ committee to change how they are structured and operate to be able to communicate more efficiently. Although this was a challenging adjustment at times, the NATA responded to make sure the voices of the medical staffs are heard.



It is clear that Dr. Hainline has set an agenda of focusing on the health of student athletes as well as advocating for the healthcare providers of these patients. This is much appreciated when you consider the service aspect of the Department of Sports Medicine.

Steven Westereng
Chair, Department of Sports Medicine

SHARE YOUR NEWS

Do you have any exciting professional or personal news? We would love to hear about it and share with other alumni. Send your news or pictures to McKynsay Vanderpan at mckynsay.vanderpan@ndus.edu.

For continued updates on the Department, Education Program, and Alumni Events, be sure to follow us on social media:

Facebook — Department of Sports Medicine – facebook.com/UNDSportsMed/
UND Athletic Training Alumni – facebook.com/groups/86421606035/

Twitter — @UNDSportsMed

WHERE ARE THEY? CLASS OF 2018 UPDATES



Jen Kersting – To save some money for her upcoming wedding, Jen moved back to Mahanomen, Minn., after graduation. She has been working through Essentia as an athletic trainer for the high schools in Mahanomen and Fosston. So far she loves this position and enjoys working alongside alum Jordan Myers ('16). She also welcomed a new German Shorthair/Pudelpointer named Rosie into her life!

Josh Brecht – Besides being busy with wedding season, Josh has been living and working in Champlin, Minn. He is currently working as

a sport performance coach and athletic trainer, but is on the lookout for clinical or industrial job openings in the Twin Cities area.

Kelsey Knutson – Kelsey is still living in the homey comfort of Brianne Halstead's basement as she has started working on her doctorate in physical therapy at UND. She hasn't given up her dedication to procrastination and is just looking to survive the next three years of school. On top of school, she has been helping out as a part-time athletic trainer at UND. She hopes to continue her work in the sports medicine world.

Brianne Halstead – Brianne is also working on her doctorate in physical therapy at UND. She's looking forward to her clinical rotations in Fargo, N.D., and Des Moines, Iowa, next fall, and is looking forward to continuing her work with athletic populations. Her Goldendoodle, Scout, turned one year old recently.



Jerrod Sterrett – Following school, Jerrod and his wife moved to Sioux Falls, S.D. He is currently working PRN as an athletic trainer at Sanford Health while looking for full-time jobs in the area. Moving forward, Jerrod plans on earning his master's degree.

Kyle Robbins – Word on the street is that Kyle is still in the Grand Forks area with his family while working at Altru as an athletic trainer.

CONGRATULATIONS

The UND Department of Sports Medicine would like to send our congratulations to Alex and Morgan Nagel (both Class of 2017). After surviving their time in the athletic training program together, they tied the knot this past August and will spend their life together! They live in Rochester, Minn., as Alex finishes up physical therapy school at Mayo Clinic. Morgan has also been keeping busy working as an athletic trainer in the area.



JUST MARRIED

Photo credit Lea Aaberg ('17). Congratulations is also in order for Lea as she got married this summer as well (see right). She is currently working as an athletic trainer at South St. Paul High School.

Lea Aaberg ('17) was also married this summer. Congratulations!



WEDDING CELEBRATION

From left to right Blaine Birtzer ('17), Alex Nagel ('17), Allie Olson ('17), Morgan (Kirchmeier) Nagel ('17), Lea Aaberg ('17), Jake Howard ('16), Kara Wetzel ('16).



Q&A

ANDY MUTNAN



Andy Mutnan, a native of Arvada, Colorado, graduated from UND in 2002 with his bachelor's degree in athletic training and a minor in psychology. After leaving UND, he worked for a year as an intern at the University of Colorado. From there he went to the University of Minnesota to complete his master's education. After one year as a graduate assistant, he was hired on full time by Minnesota, where he worked for five years. Next came a move to the University of Nevada to become the Head Football AT. Five years in that position led to another move to Washington State University. Another five year stint at WSU gave him the chance to become the Head Football AT at Penn State University, where he is wrapping up his first season. Andy and his wife Amy have two sons, Xander and Gavin, and a daughter, Sylvie.

Hello, Andy! How did you get to where you are today?

What a good question without a great answer. I have worked my tail off and tried to do the best I could every day. I have been lucky—and at the right place at the right time. I have been willing to move around a lot and adapt to new environments. All of that being said, I just do everything I can to help the players. Every decision I make has the athlete's health and welfare as the top priority. At the end of the day, that is what this profession is all about.

Who has been one of the biggest influences in your athletic training career?

One of the biggest influences in my AT career is Ed Lochrie. He was my supervisor at the University of Minnesota. He taught me how to work and how to approach all types of situations. He instilled in me the rehab philosophy I still use to this day. I am always falling back on his teachings.

Do you have any advice for others who would like to work in a similar position?

Be prepared to put in a lot of hours and make a lot of sacrifices. Try to get experience in as many different settings as you can so you can make the right choice as to where you want to work. It always sounds fun to work in athletics, but it's not for everyone, and that's okay. The profession has really grown into many settings and finding the right one for you is key.

What has been the biggest adjustment with your new role?

One thing I like about my job is that no day is ever the same. I am always making adjustments to things. I will say that I have not worked with this many talented players in one place. I have been lucky and worked with lots of successful teams, but none have had this number of talented athletes.





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JAMES RUDD MEMORIAL SCHOLARSHIP

Looking for a way to give back to the profession or the Department of Sports Medicine? Consider supporting the James Rudd Memorial Scholarship, awarded each year to current athletic training students at UND. If you would like to help support the endowment, visit undalumni.org/givenow or contact Steve Westereng at steve.westereng@ndus.edu.

2018 HALL OF FAME

The Men's Hockey 1999-2000 National Championship Team was inducted into the UND Letterwinners Hall of Fame Class of 2018. Mark Poolman (Class of 1992) was among those receiving that award for his contributions to the team throughout that season. Congratulations Mark!