Welcome Alumni!

The Northern Michigan University Athletic Training Education Program is pleased to share with you an update of our newsletter. We would love to reconnect with our alumni and update you on the progress of the program and the exciting opportunities our students are involved in. We are also interested in helping alumni connect with other alumni. We welcome ideas for further development and direction of the newsletter for future editions.

Join us at GLATA!

The NMU Athletic Training Education Program always has a strong presence at the GLATA Winter Meeting. The 2014 Winter Meeting will be in Wheeling, Illinois.

We hope to see you there!

Guest Speakers

We are continually looking for health care professionals who are willing to come in and share their experience, knowledge, and career information with our students. If you would like to present a topic to our students please contact program director, Julie Rochester.

jrochest@nmu.edu
Students on the Road
NMU Athletic Training Students Attend MATS Conference

The 9th Annual Michigan Athletic Trainers Society (MATS) Student Educational Conference and Quiz Bowl was held on the campus of Grand Valley State University this year. This year ten students accompanied Program Director Julie Rochester to the conference. During the conference, the students participated in a variety of discussions and presentations about athletic training issues. Physician and certified athletic trainer Larry Nassar, team physician at Michigan State University and the U.S. Gymnastics team, spoke to the students about “Muscle Energy Techniques of the Pelvis”. Physician Carl Wierks, who has worked with the U.S., Ski and Snowboard teams, spoke about hip pathologies.

"I really enjoyed getting to interact with a bunch of students who have very similar interests to my own, and find out what their future plans may be. “ - First Year Athletic Training Student

Also, 2 teams of 3 NMU Athletic Training students participated in the MATS Quiz Bowl and came in 3rd place out of 24 teams. This was a Jeopardy quiz show competition that challenged the students on athletic training skills.

Springfield College Exercise Science and Sports Science Reunion and Academic Symposium

This annual event recognizes and celebrates current and former students of the Springfield College Athletic Training Education program. Featured keynote speaker, Julie Reilly Rochester ’88, is the recipient of the 2013 Charles J. Redmon Distinguished Alumni Award.

NMU Athletic Training Education Program Vision and Mission Statements

Mission

Northern Michigan University’s Athletic Training Education Program is committed to providing a comprehensive athletic training educational and multi-faceted clinical experience, which meets all the Commission on Accreditation of Athletic Training Education (CAATE) standards and guidelines, emphasizing evidence-based practice. The program enhances learning experiences by providing athletic training students with superior faculty, clinical instructors, facilities, and equipment. NMU’s Athletic Training Education Program challenges students to invest in valuable educational opportunities in order to become critical thinkers, develop lifelong learning habits, and acquire skills and knowledge that will enable them to provide quality health care and advance the athletic training profession.

Vision

Northern Michigan University’s Athletic Training Program will graduate lifelong learners capable of excelling in entry-level athletic training positions serving athletes and the general public with an extensive knowledge of injury prevention, care, evaluation, rehabilitation, and the application of therapeutic interventions. NMU’s Athletic Training Program graduates will practice in an ethical manner based on integrity and fairness, providing quality health care and advancing the athletic training profession.
The Student Athletic Training Organization (SATO) was established in 1994. Since then it has served to promote and uphold athletic training in both the NMU and Marquette communities as well as represent NMU’s athletic training program throughout the Great Lakes region. This organization serves the community through various projects including Make A Difference Day, volunteering for the Lake Superior Shore Run and the Noquemanon Ski Marathon. Our students also participate in the annual health fair on campus, providing gait analysis and educating community members about injury prevention and the profession of athletic training.

Our students are very active in the NMU culture, participating in intramural flag football, volleyball, soccer, and broomball. This year, the “Bosu Ballerz” made it to the finals in Flag Football, but lost in overtime.

SATO members also spend time fundraising with can drives and 50/50 raffle ticket sales in order to attend athletic training conferences including the MATS Educational Conference as well as the GLATA Annual Winter Meeting.

This year, SATO students did a fundraiser where they sold t-shirts that said “I <3 my Athletic Trainer”. They were a huge hit and the students sold t-shirts to many of the athletes, family members, friends, and fellow athletic training students.
Alumni Spotlight, Shawn Brown

Shawn Brown graduated from NMU in 2007 with a Bachelor of Arts in Athletic Training. During her time at NMU, she was involved in SATO and international volunteerism, as well as a number of other campus organizations. She was the female Outstanding Graduate of the Year for the Athletic Training program in 2007.

Following her graduation from NMU, Shawn went to medical school at the University of Michigan. During medical school, she had two beautiful little girls. As a physician, she continues her education in the second year of an Emergency Medicine residency at Spectrum Health Butterworth Hospital, and is in the process of completing a teaching fellowship for the American College of Emergency Physicians. She currently lives in Grand Rapids, MI with her daughters Riley, 4, and Evie, 2, and her husband, Jason. When she can escape from work, she loves to practice hot yoga, go to Lake Michigan (although it’s no Lake Superior), play outside with her girls, or go on motorcycle trips with her husband.

Having a background in Athletic Training was an invaluable asset to her medical education. Completing the NMU Athletic Training program not only gave her an incredible amount of insight into the orthopedic disease spectrum and management of the acute injury, but also helped her to learn how to manage patient interactions and work as a member of a full healthcare team. Her experiences as an athletic training student on the hockey and football teams are what convinced her to pursue a career in Emergency Medicine, and acute athletic injuries are still some of her favorite cases.

Student Spotlight, Laura Thomas

Senior athletic training student, Laura Thomas will be graduating from our program this May. Laura is originally from Shelby Township, Michigan. She is an active member of Superior Edge, SLFP, and SATO. She has held officer positions for SATO including Fundraising Chair her 392 year and Social Chair her 492 year. Laura has worked closely with every varsity team offered at NMU. Some of her most memorable rotations include working summer football camp two years in a row, covering intense football and hockey games, and an entire semester with the USOEC.

Outside of athletic training Laura enjoys running, hiking, soccer, drawing, painting, and movies. She also enjoys volunteering at the local high school and elementary schools with the special education classrooms. During the summers she has worked at a competitive soccer camp in Fayette, Maine coaching soccer for girls ages 7-15.

Laura has accepted a Graduate Assistantship with Western Michigan University which starts this summer. She will be earning her Master’s in Athletic Training from WMU and her GA sport will be working as an athletic trainer for Kalamazoo College. After completing her Master’s, Laura hopes to find a job working at a Division II or III college with their football and soccer teams. She also hopes to work with a United States Olympic team or training center again one day. Plans further down the road include obtaining a doctorate in education, teaching athletic training classes, and being a program director at a university.

When asked what five items she would want if she were stranded on a desert island she said: her fanny pack, the rest of her 492 class, a knife, fishing pole, and a dog.
Upcoming Students

For the 2013-2014 school year, 22 students will be entering the athletic training program. They are:

Summary of Major Changes in Athletic Training

1) The BOC reviews requirements for an AT to maintain certification periodically.
   • The changes described will be effective January 1, 2014. Certification Maintenance Period- The Certification Maintenance Period (currently known as “Reporting Period”) is currently a 3-year period. **Beginning January 1, 2014, it will be a 2-year period.** Compliance with the BOC Standards of Professional Practice, emergency cardiac care (ECC), maintenance fees and CE are still required. The number of CEUs required will be reduced to 50 CEUs. ATs certified in the even years will have their number of CEUs prorated for their first certification maintenance period.
   • **New Definition for CE:** Continuing education (CE) requirements are intended to promote continued competence, development of current knowledge and skills and enhancement of professional skills and judgment. CE activities must focus on increasing knowledge, skills and abilities related to the practice of athletic training.
   • **LEVEL 1– EBP (Evidence Based Practice) Category:** A new category will be added and is considered a Level 1 Category; requires a minimum of 10 CEUs (based on 50 CEUS due) each certification maintenance period. EBP programs will be approved on an individual basis and must meet specific content and quality requirements. The BOC has announced the new category to BOC Approved Providers and will work with them to get qualified program eligible for the EBP Category. The BOC will post a list of eligible EBP programs in late 2013 and will continue to update the list as courses are made available.
Meet Our Current Students

NMU’s Athletic Training Education Program currently enrolls around fifty undergraduate students. We have students from Michigan, Wisconsin, Illinois, Ohio, Minnesota, Colorado, and California. Some of our students are also student athletes, participating on NMU’s Cross Country, Track & Field, and Soccer teams.

Our First Year class includes twenty-three students. This semester they have been developing their taping and assessments skills, as well as learning emergency health care skills and procedures. This class has shown a lot of initiative both in SATO and in the classroom.

Our Junior Class includes nine students and has been studying therapeutic modalities, manual muscle testing, and goniometry this semester. Many of them have begun to make plans for the future and are seeking out internship opportunities for the summer.

The senior class includes twelve students and is preparing for their certification exams. This year, Julie Rochester has added a BOC exam preparation class to give the students practice exams, assist them in registering, and coordinating group meetings to help discuss potential BOC information.

Meet Our Current Staff

Julie Rochester, Ed.D., ATC
Program Director, Associate Professor

Chris Kirk, MS, ATC
Clinical Coordinator Associate Professor

Maggy Moore, Ph.D., ATC
Associate Professor

Megan McCullough, ATC
Athletic Trainer, PEIF

Kris Rowe, MS, ATC
Athletic Trainer, Berry Events Center

Jason Laxo, MS, ATC
Athletic Trainer, Dome

Cora Ohnstad, MS, ATC Adjunct Professor

Jonathan Bauers, Graduation Assistant

Mariah Lash, ATC
Graduate Assistant

On Campus: Berry Events Center, Dome, Physical Education Instructional Facility, United States Olympic Education Center, and Injury Evaluation and Care Clinic

Off Campus: AdvantEdge Training UP Sports Medicine and Therapy, Orthopaedic Surgery Associates of Marquette, Marquette Orthopedic and Sports Therapy, UP Rehabilitation Services, Bell Hospital Physical Therapy, and Marquette Rehabilitation and Sports Medicine