



Towson University

Athletic Training Alumni Newsletter

Volume 7

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Through publications, we intend to inform alumni on current happenings in the Towson University Athletic Training Program. We hope the content of these newsletters will keep the alumni involved, connected, and as excited as we are about the evolving program and profession. Have something you want to share - send us a message!

We invite you to scan the QR code below as we work to strengthen connections within our alumni community.





Alumni Highlights



Kiara Smith UG '21

What has been your career path since graduating from TU, including your current position?

- Since graduating from Towson, I attended Duke University for PT school. While there, I worked part time as an athletic trainer for Duke Sports Club and as a gameday assistant with the Carolina Hurricanes. Currently, I am a seasonal athletic training intern with the San Francisco 49ers.

What's the best career or life lesson you've learned since graduating?

- The biggest lesson I've learned is that you can only go as far as you're willing to bet on yourself. Taking leaps of faith, putting yourself out there, and trusting your abilities are essential to growth both professionally and personally.

How are you giving back to your community and profession?

- The main way I give back is through my podcast, "Real Talk", which I co-host with fellow TU ATP alum Asha Rogers. Through the podcast, we share conversations on sports medicine, rehabilitation, career development, and navigating life as a young professional, with the goal of educating and inspiring students and young adults. I also volunteer with local youth programs and stay involved in professional development initiatives that support mentorship, growth, and community engagement within the profession.



Program Updates



Emily E. Hildebrand

Director, ATP

Greetings and happy holidays to all! Ever busy here in Towson as the students and faculty enjoy some much needed time away. Some highlights since our last newsletter: 1) we graduated 12 MSAT students in 2025 and all passed their boards and are employed as ATs, 2) we **accepted 10** MSAT students for the Class of 2027, 3) 2nd year **Keilani Rebollo** and 1st year **Lexy Armstrong** were appointed as the Maryland **District III Student Senators**, 4) 1st year **Casey Pauley** was selected as the District III representative for the **NATA Student Leadership Committee**

Mary Nadelén

Coord. of Clinical Ed.

As we settle into our **fifth** cohort of the MSAT program, we are excited to report the Towson University Athletic Training program is **still going strong, admitting (and graduating)** cohort sizes above the national average. With 30 clinical sites and 52 preceptors, the students have a variety of environments and professionals to support their clinical learning.

Noteworthy is the sixteen alums giving back to the program and serving as preceptors. Thank you! To all our preceptors, thank you! The quality of education the student receives relies so much on the time you spend teaching in the clinical setting.

Every year we add and remove sites based on student need and standard requirements. Our clinical sites maintain a broad range from public and private high schools to DI and DIII collegiate settings, as well as professional organizations, including the MD Black Bears Ice Hockey, Baltimore Blast, the Ravens and Orioles, and most recently, **DC United Soccer**. Through our partnership with MedStar, students are integrated into large-scale events such as the Baltimore Running Festival and the Maryland high school state cross country championships. Additionally, MedStar physicians provide general medical experience hours for students in urgent care clinics.

We have 17 students in the final semester, completing their full immersive clinical experience. With the BOC just around the corner, **we look forward to adding another strong group of clinicians to the profession.**



Alumni Highlights



Michelle Bliss UG '14

What has been your career path since graduating from TU, including your current position?

- Since graduating from Towson, I worked as a grad assistant at Johns Hopkins University while I worked on my master's degree. I am currently working at the University of Vermont with Men's Lacrosse, along with the Utah Archers (PLL) and USA Lacrosse!

What is your favorite memory from your time at Towson?

- Definitely my entire fall semester my junior year when my sport assignment was Towson Football. The group of classmates that I was with that semester have stayed as some of my best friends to this day. That entire semester was filled with lifelong memories and friends that I'll never forget. Also, some of the things that I learned from Nathan that semester are still a part of my daily practice as an AT.

What's the best career or life lesson you've learned since graduating?

- Its okay to make mistakes. As long as you self reflect and grow from them, you'll be okay. Don't get stuck in your ways, keep learning.



**Use the QR code below to let us know if
you are planning on going to Philly for
NATA 2026.**



**A TU alumni gathering is being planned.
Be on the lookout for more information!**

**Want to stay in the loop?
Follow us on our Instagram social media
channels for updates, insights, and
announcements.**

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