Welcome to our 1st edition of the Towson Athletic Training Program Newsletter. Our intent is to better inform our Alumni on current students, events, clinical sites, and other new changes to the athletic training program. We hope the content of these newsletters will keep the alumni involved, better connected, and as excited as we are about the evolving program. Enjoy the read and we wish you and your families a restful holiday season!

What a pleasure to be included in the first issue of the Athletic Training Club's newsletter! As Dean of the College of Health Professions, I have the honor of working with our faculty and students to promote excellence in programs that support student success and contribute to the health and wellness of our communities throughout Maryland and across the nation. I am a nurse by education and practice and have spent many years teaching nursing students. Joining Towson University, however, has allowed me to collaborate across health profession programs. One of my top goals for our students is interprofessional education, where students learn to work with other healthcare team members. Not only is this how health professionals practice in the “real world,” but research has demonstrated that diverse, collaborative, fully participatory teams improve health outcomes. Towson’s Athletic Training program faculty continue to move forward with interprofessional education initiatives so our graduates know how to manage care and advocate effectively with those outside their profession. I work with excellent faculty throughout our College. Our students are engaging, enthusiastic and high caliber. Each day is an exciting and different mix of opportunities. One of the challenges I face as Dean is providing support for students in greatest need. Because the cost of education continues to rise and many of our students support themselves during their college years, the College has established the DreamMaker Fund, a scholarship fund to support students with greatest financial need. As alumni, you are our greatest advocates and supporters. Please consider either a gift of time or money to further the success of our students. We know that their success will influence the future. As you have time, please reach out to me with your own alumni success story – tell me about your career and what your education at Towson has provided. I would enjoy hearing from you - email me directly at lplowfield@towson.edu!

Be well!
Lisa Flowfield, Dean
Faculty and Students
There are currently 2 full time athletic training faculty and 3 full time faculty with split positions between athletic training and exercise science. The faculty are currently reviewing applications for an additional tenure track athletic training position to begin fall 2018!

Emily Hildebrand, PhD, LAT, ATC - Program Director
Mary Nadalen, MA, LAT, ATC - Clinical Ed. Coordinator
Gail Parr, PhD, LAT, ATC - Full Professor
Peter Lisman, PhD, LAT, ATC - Assistant Professor
Ashley Santo, PhD, LAT, ATC - Assistant Professor

There are 53 students in the Program with another 60 pre-athletic training students ready to take Intro to AT in the Spring 2018 semester. These numbers have been consistent with cohorts over the past few years.

Didactic and Clinical Education
In 2014, the Program along with the Department of Kinesiology moved to Burdick Hall on Towson’s Campus. A classroom designed as a simulated clinical facility now houses a plethora of equipment and technology tools solely for athletic training student instruction and learning. Students are required to complete an athletic training curriculum with 6 clinical rotations. Currently, 24 clinical sites with 35 preceptors within the greater Baltimore area are utilized with the intent to expand with other clinical learning opportunities.

In October 2017, the Program underwent the second phase for reaccreditation. The CAATE site visit went very well with the following strengths highlighted in the preliminary report:

1. Good interaction among faculty, preceptors, and students.
2. Strong level of student involvement in professional development opportunities (research, conferences, club activities)
3. The students present themselves in a professional manner and help to set a standard for others.
4. Strong inclusion of Evidence Based Practice in the didactic and clinical education components which is lending to student’s understanding of best clinical practices.

The Program is now awaiting the final report from the CAATE with accreditation status to follow. The Program does plan to transition to a professional graduate program and the faculty are currently working on the curriculum and anticipate this to occur sometime in the next couple years.

The current 3 year aggregate BOC exam pass rate is 98% and the students continue to find jobs and graduate programs within the profession and other related health care endeavors following graduation. For more information on the Program, please visit our website at: https://www.towson.edu/chp/department/kinesiology/undergrad/athletictraining-index.html

ATS Club Updates

- Claire Adkinson was elected as the state junior representative for Maryland for the MAATA Student Senate
- MAATA Student Senate will be raising money for the NATA Foundation as this year’s service project.
- On November 8th and 15th, the senior class attended a STAT lab to dissect and learn about the anatomy of the knee.

- Over 15 students a part of the ATS Club volunteered as medical coverage for the Baltimore Running Festival.
- The ATS Club attended C.R.A.S.E. (active shooter) training in December.

Follow our Social Media Accounts!
- Facebook: @TowsonUniversityAthleticTrainingClub
- Instagram: @tu_ats
- Twitter: @TU_ATS
Preceptor Spotlight: Nick Pitruzella

Nick is the head athletic trainer for Gilman High School and has been a preceptor for Towson University athletic training students since 2001. Nick’s passion about being a preceptor is the opportunity to educate future health care professionals as well as getting to learn from them. For three years, starting in 2005 to 2008, Nick took some time off from this profession. During that time, he realized how much he enjoyed working with kids as an AT in the secondary school setting and was fortunate enough to return to Gilman High School.

It has been said that our profession tends to shy away from self-accolades. Because of that, Nick believes his greatest accomplishment includes being able to educate parents, teachers, coaches, administrators, etc. about the importance of this profession as often as possible. One piece of advice Nick would give to future athletic training preceptors is: “you have to remember that while we are trying to prepare these students for life after college, they are still students and therefore, must be allowed to make mistakes. I remind them that they must learn from those mistakes, but don’t be afraid to make them, otherwise no one learns.”

Sophomore Spotlight: Josh Berenbach

Josh is a sophomore athletic training student currently completing clinical hours with Towson’s football team. Josh has found that so far in the program, his most rewarding experience is the relationship he is able to foster among peers and student-athletes. He finds being a part of a sports medicine team is a strong driving force while working with a diverse group of people all with the same end goal. Upon graduation, Josh hopes to work at an NCAA Division I level as an AT while also being able to incorporate experience with strength and conditioning.

Prior to attending Towson, Josh served in the US Army on Active Duty from 2008 to 2012. Twenty-four of those months were spent split between Iraq and South Korea where he served as a combat engineer. After his time in the military, Josh worked as a technician for a HVAC service company about 4 years. From there Josh decided he wanted to enter a field where he was doing something he truly loved. He decided to utilize his Post 9/11 GI Bill Benefit from the military service and that landed him here at Towson. Josh hopes to make an impact on the profession as well as aspiring ATs and his patient population. Josh finds being able to positively impact someone’s life is one of the most fulfilling parts of his major and future career. He hopes to leave the athletic training profession in an elevated state of professionalism while paving the way for younger and eager medical professionals to enter the field.
Cherelle is a junior athletic training student who is currently completing clinical hours at Notre Dame of Maryland University. Cherelle has had a lot of experience in the program including working football fall semester of her sophomore year. Her most rewarding experience in the program so far was being able to interact with student athletes on a daily basis. She also enjoys the hands on experience she acquires by being able to help patients from initial injury evaluation to return to play. Cherelle hopes to receive a graduate assistant position with a Division I or II women’s basketball team along with receiving an MBA or graduate degree in health care administration.

Prior to attending Towson, Cherelle attended Hampton University in Virginia for a year before deciding to enlist in the military. She served our country in the US Air Force in 2010 where she was stationed at Barksdale AFB in Louisiana for 5 years. During her time enlisted, she was deployed between Afghanistan and Qatar for 7 ½ months. Besides her reputation in the military, Cherelle hopes to make an impact in the AT profession by being someone who is knowledgeable, professional, and an important member of a sports medicine team. Her main goal is to leave a positive impact on the health of all athletes and patients around her.

Abby was introduced to the Athletic Training profession when she was a student athlete in high school playing soccer. She tore her meniscus and had to complete post-surgical rehabilitation; this is when her interest in athletic training began. In high school, she shadowed an athletic trainer to understand what the profession truly entailed. Since then, Abby has strived to become the best athletic trainer she can be. Abby has gotten involved in numerous ways in the athletic training community, but her most rewarding experience thus far has been assisting in research this past summer. The research endeavor included evaluating the validity of multiple online concussion testing as well as near point convergence testing.

Upon graduating in the spring, Abby hopes to attend graduate school to complete her masters in athletic training and someday work in the collegiate or professional setting. Abby aspires to become a preceptor and be a mentor for future athletic training students. She hopes to continue performing research and become involved in the MAATA. Her biggest piece of advice to future athletic training students is “Make sure to take care of yourself, get enough sleep, eat right, exercise regularly, and make time for things you enjoy outside of schoolwork. It will be hard at times, but it will be worth it in the end.”
Alumni Spotlight: Julia Ford

Julia Ford is a 2015 graduate of the Towson Athletic Training Program from New Jersey. Julia chose to receive her degree at Towson due to the close proximity to home, the opportunity to work with Division I sports and athletes, and the small class sizes with in the program. Julia went on to continue her education at UNC at Chapel Hill and received her master’s degree in athletic training. While at UNC, Julia took part in research analyzing the Functional Movement Assessment as a Predictor of Head Impact Biomechanics. Through her clinical assignment at UNC Football, she became more involved in preseason movement screens and corrective exercise programs. This lead her to merge the two subjects together for her thesis. After completing her graduate assistantship with UNC, Julia wanted to continue working with football. Through preceptors at Towson and UNC, she heard about the positive experiences with the NFL. Julia applied for seasonal internships and is currently working with the

Looking back at her time at Towson and in the Athletic Training Program, Julia is grateful for all of the experiences that preceptors and professors have given her. Two of her favorite memories involve attending Dr. Parr’s class with a lecture given by the Baltimore Orioles AT, Richie Bancells, and working alongside Professor Nadalen at the US Senior Men’s Lacrosse Tryouts. She describes the Towson Athletic Training Program as “progressive” and as a door opener whether it may be as a clinician, researcher, or educator. Towson’s Athletic Training Students are able to make an impact in all aspects of our profession. Julia’s biggest piece of advice for current students is to take every opportunity that is presented to you and seek out new experiences. Build your resume and meet new people every chance you get.
Alexa is from Long Island, NY and chose to attend Towson originally because of wanting to participate in competitive college cheerleading, but found her new passion as an athletic training student. She is a senior in the program and is finishing up her final fall semester with Christopher Zinn at Calvert Hall College High School. She will rotate to Towson Gymnastics in the spring of 2018 with Courtney Martin. One greatest accomplishment Alexa has achieved so far while in the program was getting involved. Alexa became a teacher’s assistant for Dr. Emily Hildebrand in the therapeutic modalities class. She has also taken the initiative to take a leadership role in creating and designing the newsletter, along with the help of her two classmates. Because of her eagerness to be involved, Alexa won “Student of the Month” in October by the election of the executive board of the ATS Club. Alexa’s aspirations upon graduation include continuing her education and applying to Touro College on Long Island to attend their Physician Assistant Program. Her ultimate goal is to advance her knowledge in the medical field and become the kind of health care professional her patients can trust and feel safe with.

Kiera is from Saratoga, New York and is a senior in the program, currently working with the Men’s Basketball team at Towson. Kiera has always had the dream to be in the medical field and help others. She was introduced to athletic training when she was injured while playing field hockey in high school and she fell in love with the profession. Kiera had the opportunity to shadow Jay Geiger, the Head Athletic Trainer at the University of Albany, during her senior year of high school which gave her behind the scenes insight of what athletic training truly is about. Since being at Towson, athletic training has given Kiera many rewarding experiences. Her most rewarding experience has been going to the District III conference and being able to talk to many different mentors, attend lectures and enhance her knowledge. Kiera also took the opportunity to become a teacher’s assistant for therapeutic exercise, taught by Dr. Ashley Santo. Upon graduating Kiera hopes to attend graduate school to obtain her master’s degree in athletic training. Kiera’s ultimate goal would be to work with a professional basketball team. Kiera hopes to enhance the knowledge about athletic training in the community and educate people on the importance of our profession.

Jenna Dromgoole is a junior athletic training student currently assigned to Kathleen Tamberinno, the preceptor and AT for Loyola University of Maryland Women’s Basketball. So far in the program her most rewarding experience has been getting to work with fellow classmates. Jenna finds her classmates push her to do better both academically and clinically. They are people who she turns to inside and outside of the classroom and enjoys learning from peer and their experiences. Her aspirations upon graduation would be to further her education and receive a Graduate Assistant Athletic Trainer position. Jenna would enjoy working with a Division I level program and then find her way into the teaching profession and become an athletic trainer professor. She finds that teaching and helping others is what drives her as a student in the clinic, so becoming a professor would be a great career path. The Towson program has equipped her to realize the importance of a quality education and clinical experience. She hopes to leave a mark on the athletic training program as someone who is passionate and driven, and was able to influence the lives of students just like herself; hopefully to have them love athletic training as much as she does.
Happy Holidays!
from the Towson Athletic Training Program