

TOWSON ATHLETIC TRAINING NEWSLETTER

See what the AT Tigers have been up to

WHAT'S IN THIS ISSUE

Program Updates -2
Student Spotlights -3
Recent Graduate Spotlight -4
Preceptor Spotlights -5
Expansion of MD AT -6
Student Internships -7
Alumni Network -8

WELCOME TO THE 4TH EDITION OF THE TOWSON ATHLETIC TRAINING NEWSLETTER!

Only a slight COVID delay but the program is still thriving!

Our intent is to inform alumni on current happenings in the 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.

-Your Editors Erin Frey ('22) and Brittany Kirk ('20)

Follow us on Instagram and Twitter: @tu_ATS
Like us on Facebook: Towson University Athletic Training Club

Email the club at ATCLUB.TOWSON@GMAIL.com

Email the Program Director at ehildebrand@towson.edu

A Message from Dr. Emily Hildebrand

Greetings from the home office that I never thought I would use this much!



As the TU ATP looks to begin another academic semester, I sincerely hope you are first and foremost healthy and secondly you are connected to your loved ones as best as possible. As alumni you are and will always be part of the TU family so if you find yourself not sure where to turn - - reach out. As athletic trainers and health care providers we are often better at taking care of others than ourselves so I hope you are able to reconnect with old classmates and simply find some way to reground so you can continue to take on whatever comes next. THANK YOU - to any of the alum that are on the front lines with other extraordinary individuals during this crisis - I am proud to read the stories and share with administration that “they are TU ATP Alum”.

The Class of 2020 rescheduled, many times, their BOC exam but all 15 individuals passed and graduated! In the era of telemedicine and virtual classrooms, the preceptors, faculty, and students have quickly and patiently shifted into a new norm. While it may not be perfect, the faculty and preceptors have utilized a variety of resources and have made every effort to ensure students are still able to achieve competencies. This included teaching and learning in outdoor tents through all sorts of weather and all the technology glitches you can think of. To focus on the positives of this past semester, the upper level students displayed mentoring characteristics by holding open labs, countless virtual study sessions, and weekly check-ins to make sure their peers didn't fall behind. I am thankful for their support in socializing the new students into the program in such a unique time.

With the approval of the MS in AT Program during the Summer of 2020, we are currently accepting applications for the first cohort of graduate athletic training students. The final undergraduate cohort will graduate in 2023 along with the first cohort of graduate students. The TU website contains information regarding the application for the professional graduate degree: [Athletic Training \(MS\)](#). The MS in AT is slated to begin summer 2021 and the faculty will be busy phasing in and phasing out programs while always maintaining our priority - develop well rounded entry level athletic trainers through opportunities inside and out of the classroom. If you are currently a practicing athletic trainer and might be interested in mentoring a student during their immersive clinical experience, please reach out. This degree transition does allow increased flexibility during the final spring semester clinical rotation and I would enjoy connecting tigers!

I am proud of the current athletic training students who are active military and have still found a way to complete course requirements. I was thrilled to see parents, grandparents, siblings, and pets making appearances in virtual practical exams that have now had a new take on what it means to be an AT major. I am blessed to be in a position to work alongside outstanding faculty who want to help aspiring athletic trainers achieve their goals.

Let's stay connected as best we can and thank you for supporting TU ATP,

Emily E. Hildebrand, PhD, LAT, ATCDirector,
Athletic Training Programehildebrand@towson.edu

STUDENT SPOTLIGHTS



Lucia Espoito

Class of 2022

Lucia has always known she wanted to work in a medical field. Her medical upbringing (her mother is a Baltimore City paramedic and ER nurse) and passion for helping others contributed to her decision to pursue athletic training. Lucia's mom gives her a great deal of support and Lucia attributes her knowledge and comfort with healthcare to her. Athletic training is enjoyable because she can "help energetic patients succeed". Lucia loves sports and currently works as a personal trainer. Since attending Towson University, Lucia has gained valuable experience. She continues to expand her knowledge about how the body moves. Her biggest takeaway is feeling more and more confident each semester in her ability to help people. Lucia believes the most rewarding thing about athletic training is seeing the improvement in her patients and receiving positive feedback. She tries her best to pinpoint the patient's issues and fix them efficiently. Lucia advises incoming students to be confident, ask questions, and stay open-minded to learn. She encourages students to take in as much as possible when presented with new information because it will all begin to make sense.



Collin Porter

Class of 2021

Collin enlisted in the Maryland Army National Guard in September of 2013 after he graduated high school and now works in the army as military police. During his 6+ years, he has been on one deployment to Guantanamo Bay, Cuba, and has assisted in multiple state activations including snow storms, hurricane relief, and the famous Baltimore riots. Collin believes his experiences in the National Guard have helped him with athletic training since many of his National Guard classes translate over to the athletic training world, such as combat life saving, basic leadership courses, and classes on psychosocial education. Last year, Collin completed a clinical rotation at The McDonogh High School. He believes the most rewarding thing about athletic training is when athletes realize they are getting better from his help and he is improving someone else's quality of life. Collin is part of the club's e-board as the fundraising chair. He applied for this position because he enjoys fundraising. Also, Collin was the previous president of the Veterans Club at Frederick Community College so he believed he would be a good fit for the position. Collin advises incoming students to make time for themselves outside of athletic training. Although athletic training can be a tough, strenuous major, he believes it is also very rewarding. He encourages students to do something where they can get away from school work and clinicals. After graduation Collin plans on attending graduate school. While he is still unsure what he wants to study, he is looking into areas such as biomechanics.

RECENT GRADUATE SPOTLIGHT:

Simone Hendrickson Class of 2020

Simone grew up in St. Vincent as the youngest of six children in a predominantly single-family home. She had lots of cousins around her age which made for a fun adventurous childhood. Simone was always climbing trees, catching crawfish, and playing soccer barefoot in the street among other things. She started track in elementary school and became a member of the national team while still in elementary school. Simone was the first athlete to compete in hurdles for her country. She first competed in the 300m and later the 400m hurdles, as well as the 200m and 400m races. In 2001, Simone was the sole representative for St. Vincent and The Grenadines at the 1st World Youth Championship in Poland. She was recruited by a Lindenwood University track coach, who offered her a scholarship. Unfortunately, it was only a partial scholarship and Simone was unable to come up with funds to cover full tuition and left at the end of the semester.

Simone became familiar with Towson University through her volunteer work with Special Olympics of Maryland. She first volunteered in 2014 at the Summer Olympics Games hosted at Johnny Unitas Stadium. Since then she has been a volunteer coach with the Prince George's County Special Olympic T&F team where she's responsible for baton passing and shot-put techniques. Walking the halls of the field house and being on TU campus fed her desire to finish her education. While Simone thought her initial interest was physical therapy, she soon learned athletic training was what she actually wanted to pursue.

Last year, Simone completed a clinical rotation at The McDonogh High School. This was her favorite clinical rotation because she felt she her skills greatly improved and she gained confidence.

Simone believes the most rewarding thing about athletic training has been connecting with athletes on a professional level that allows for mutual respect and a sense of trust. Her current plans are to work right away. Although Simone is pretty open to the setting, she would prefer a high school with senior ATs. Simone is most looking forward to starting work as an AT, moving, and being done with school for now. Her hope is to stay connected to the program by providing sources for opportunities of learning experiences outside of the program.

Simone advises incoming students to take every opportunity for learning as job training and not just an exam to pass. She also encourages working on organizational skills, trying to stay ahead of schedule, taking mental breaks, and enlisting an accountability buddy to assist in staying on task.





Q & A PRECEPTOR SPOTLIGHT: CAT ROBINSON

The St. Paul's Schools for Boys

Why did you want to become a preceptor at Towson?

Graduating from Towson University, I knew the importance and value of being a preceptor. I was blessed to have some amazing preceptors that helped me become the athletic trainer I am today.

What is the most rewarding part about being a preceptor?

I love seeing previous Athletic Training Students succeed in their careers.

What is your hope for the future of the athletic training profession?

I would like the profession of athletic training to be a household name just like nurses, doctors, and other healthcare professions with the understanding of exactly what we are capable to do. I find myself still in my own family explaining exactly what I do and what I am capable of.

How long have you been at St. Paul's?

I have been employed with The St. Paul's Schools for Boys for 7 years. I was the Assistant Athletic Trainer for 4 years and Head Athletic Trainer for 3 years.

What sparked your interest in athletic training?

I was a student-athlete at a local Division III college and was completing rehab with my athletic trainer. I became very interested in how she was able to diagnose and "fix" my teammates and myself. We became very good friends and I have been lucky enough to work with her as an athletic trainer.

Q & A ALUMNI SPOTLIGHT: GINA VALENTI

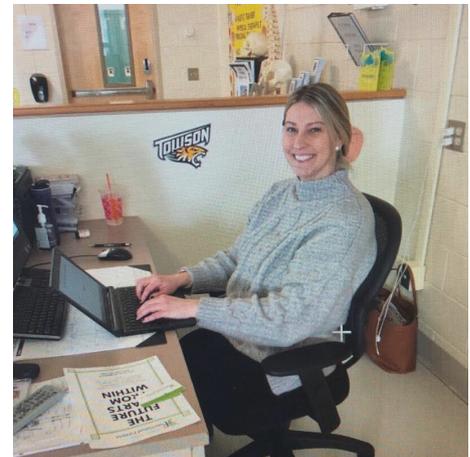
What was your favorite clinical rotation at Towson?

My favorite clinical rotation was at Loyola Blakefield. This was my favorite because I learned a lot from a great clinical instructor, Shawn Hendi. During my rotation, I unfortunately witnessed a cervical neck injury that left one of our football players paralyzed.

This was a traumatic experience for me and I even questioned remaining in the athletic training program because I was scared that I would see another athlete go through something like this. After the injury, I was moved by how the school, the athletic department, and the community came together to help this athlete and his family. This rotation was a major growing point for men athletic trainer.

What made you switch from being an athletic trainer to becoming a teacher?

"I loved my high school position and couldn't see myself working anywhere but in a high school, but the nontraditional hours began to weigh on me. I knew that I wanted to have children and needed to have a schedule that was conducive to being involved with my family. During my time at Towson, I honestly never thought I would become a teacher, but my time working in the high school made me realize how rewarding it was to work with teenagers."



When did you graduate from Towson and why did you choose Towson University?

I graduated in 2006. I chose to attend Towson because I immediately fell in love with the campus when taking a tour with my family. I also loved everything about the location. There was so much to do and explore.

What is your most memorable moment from Towson?

"It's hard to pick just one memorable moment. I would say that the comradery that my class had was the highlight. We were so close to one another that it felt like we were a family and we had a lot of fun! We also had a great working relationship with our clinical instructors. Terry O'Brien (TO) was a Towson legend and was known for being intimidating, but one of the best athletic trainers and instructors! We like to joke that we think he actually liked our class!"

TU ATS HELP TO PROMOTE THE EXPANSION OF MD ATHLETIC TRAINING

As you probably already know, the Maryland General Assembly passed a monumental bill (SB 732(HB579)) for athletic trainers this past year. What you may not know is that TU students were present during Lobby Day to help advocate for the bill. Lucia (class of 2022) describes Lobby Day as “a chance for students and athletic trainers all over Maryland to be able to have a voice and make an impact on an upcoming bill.” Students drove down to Annapolis in February to participate in this important day. Once they arrived at the House of Delegates, the students were randomly allocated into small groups. The groups then traveled to different offices to meet with representatives and promote the bill. While meeting with the various delegates, athletic trainers, including our students, explained the profession of athletic training and why this bill is important to our practice. Students needed to understand and be knowledgeable about the bill prior to Lobby Day to enable them to speak accurately and professionally about the bill. Students were able to touch on points about the AT curriculum, CAATE, and how they learn about the industrial setting in class, but not experience the setting in Maryland. Carly (class of 2020) believes she made an impact while there. She enjoyed her experience and believes it is important to continue to spread awareness of athletic training. Overall, Lobby Day provided the students a valuable experience that will impact the future practice of AT in Maryland. Seeing a different aspect of athletic training that didn’t occur in the field, court, or diamond was a great experience. Learning the process of how legislation occurs was “eye-opening” (Carly). Networking and meeting other athletic trainers from around the state was invaluable. And promoting the growth of the profession was rewarding.



TU Athletic Training alumni and current students at Lobby Day

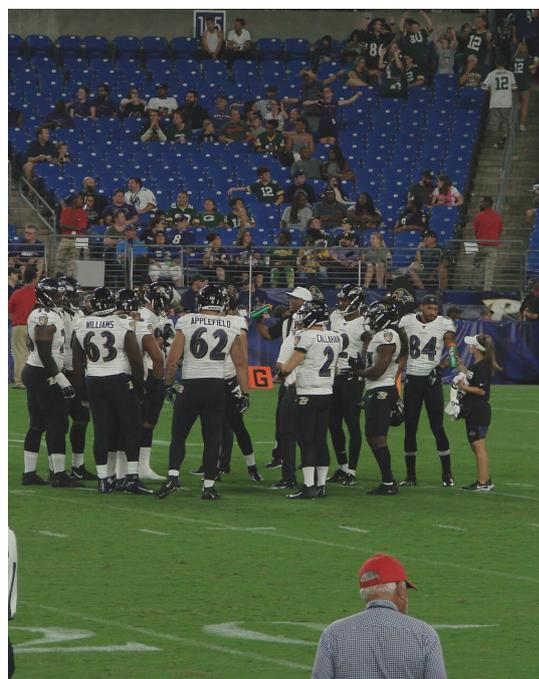
BRANCHING OUT INTO THE FIELD



Devon, a current senior, interned at the Naval Academy. Her responsibilities included set-up for plebe sports period, check-in with team docs on injured athletes and preseason physicals/paperwork, watch some of the practices, and clean up before heading home. She also helped with rehabilitation of post-op athletes and other injured athletes. Devon's favorite memory from her internship was learning how to drive a stick shift Gator. **She believes the most valuable thing she took away from this experience was the importance of networking.** Devon advises students hoping to pursue a similar internship to network as much as they can in your current and future rotations. She encourages students to **reach out and introduce themselves to other athletic trainers and use those connections.** Although she did not have any experience with the military setting before, her experience has influenced her decision about where she wishes to work in the future. **Devon enjoyed the challenge of having to figure out rehabilitation programs around summer military training programs.** She also really liked how the focus post-injury is making sure the patient will be able to commission at the end of their 4 years with the job they want, instead of solely focusing on return to play.

Cassidy, class 2020, interned at Baltimore Ravens Sports Medicine Staff. A typical day at Cassidy's internship included setting up the training room in the morning and preparing athletes for practice through rehab, modality treatments, taping and wrapping. In the afternoon, she would attend practices and walk-throughs and occasionally attend tryouts for players. In the evening, Cassidy would set up treatment for athletes who needed it after practice and help with rehabilitations. **Cassidy believes that the educational component of Towson's program helped her during this internship** to better understand and contribute to what was going on in the facility on a daily basis. One of the most valuable things that she took away from this experience was the importance of **working and developing relationships with interprofessional counterparts.** Her favorite memory from her internship was traveling to Philadelphia for a pre-season football game. **Cassidy advises students hoping to pursue a similar internship to not be afraid to put themselves out there and try things that may be outside of their comfort zone.**

Cassidy believes this experience made her realize that **working in professional athletics is attainable.** She enjoyed the fast paced work style and believes that she works better in this type of setting when compared to a more laid-back clinical setting.



Kait, a current senior, interned in the National Women's Soccer League with the Washington Spirit. She had previous experience with soccer and was able to use these experiences at her internship. A typical day for her was similar to a normal day as an ATs. Kait would set up for practice, have pre-practice treatments and evaluations, as well as post-practice treatments. **The most valuable thing Kait took away from her experience was to not take things for granted.** Her favorite memory was getting to work with professional athletes that she idolized as a child. Kait encourages students hoping to pursue a similar internship not to give up. **She advises students to reach out and keep looking even if someone says no.** She instructs students not to be afraid to ask because even if they say no, they can recommend you to another ATC to work with. Kait recounts her experience as being very eye opening. It showed her that just because it's a professional league does not mean that it's all you want it to be. In the future, Kait wants to work in the collegiate setting with football, lacrosse, or soccer.

CONGRATULATIONS TO CLASS OF 2020!



CONGRATULATIONS DR. GAIL PARR ON YOUR RETIREMENT!

THANK YOU FOR EVERYTHING YOU HAVE
DONE FOR TU ATHLETIC TRAINING!

HEY TOWSON ALUMNI!

WE ARE CREATING AN ALUMNI
NETWORK AND WANT YOU YOU TO
BE APART OF IT!

SEND US YOUR:
NAME
EMAIL
GRADUATION YEAR
PHONE NUMBER

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