

ATHLETIC TRAINING NEWS

Winter/Spring 2016

EATA in Boston

The 2016 EATA Annual Meeting & Clinical Symposium was held in Boston, MA from January 8th to the 11th. SBU ATP was well represented by about 50 faculty, preceptors, students and alumni! It was a great conference with an even better opportunity to see so many SB people in one place. The Iota Tau Alpha Honor Society sponsored a dinner at Fire & Ice, senior Bill Goodland represented the program well in the District 2 Quiz Bowl, and senior Anne Bae was presented with the NYSATA Scholarship. The tradition of skits continued with a large number of current students performing for faculty and alumni as judges! Next year's EATA conference will be in Philadelphia and we look forward to seeing even more of you there!

Inside...

- Chair's Corner
- SBU ATP at NYC Marathon
- Student Research
- Awards
- Giving Back



Students, alumni and faculty at EATA in Boston.

SAVE THE DATE!!!

March - National Athletic Training Month!!!

March 4th and 18th - NATM in NYC

-see inside for more information

April 17th– Debbie Whittmore Memorial
5K Run/Walk

April 22– SMAT Relay for Life

[Click here](#) to donate under the name
Athletic Training Program

June 4th: Annual NYSATA Conference at NYU
Langone Medical Center, NYC

June 22-25: NATA Clinical Symposia & AT
Expo, Baltimore, MD

-[click here](#) to register

June 24th: SHTM Convocation

Student Update

The Sports Medicine and Athletic Training (SMAT) club and Iota Tau Alpha (ITA) honor society were active this past semester in fundraising activities, raising more money in one semester than in recent years. Fundraising events included a Krispy Kreme donut sale, Turkey Trot 5K run/walk, 50/50 raffle at the Breakin' Out Ballroom event, car washes, and tee-shirt sales. The funds helped cover the costs for the many students who attended EATA in Boston. Additionally, ITA sponsored the alumni dinner at Fire & Ice in Boston where alumni were treated to a nice meal! SMAT also contributed to, and competed in, a food drive and finished second to a much larger program and ITA contributed \$140 to the Wounded Warrior Project from their fundraising efforts. Plan for this spring include the ITA induction ceremony, adopt-a-highway trash pickups and SMAT participation in the campus club fair, and a campus-wide Relay for Life event on April 22nd. You can help the club reach its goal of raising \$1000 for Relay for Life here: http://main.acsevents.org/site/TR?fr_id=72980&pg=teamlist under the name Athletic Training Program.

NATM in NYC

On Friday, March 4th, the ATP will be making its annual trip to the Today Show in New York City National Athletic Training Month. Hundreds of students, staff and faculty flood the corral outside of the studio in order to promote the profession. This year's theme is "A Safer Approach to Work, Life and Sport" and we are looking forward to showing off the creative posters our students design every year. This event has grown tremendously over the past four years and is always a fun and exciting day. Please feel free to join us at the Today Show. If you can't make the 4th, a second event will be held at Good Morning America on Friday the 18th. Please contact Lauren Stephenson for details. A flyer for the event was sent with this newsletter.

SBU Hosts Educational Event for Update on Spine Injury Care

On Sunday, October 4th, the Stony Brook University Athletic Training Program, along with Stony Brook Medicine, welcomed local athletic trainers, EMS personnel, and physicians to campus to learn and collaborate on the recent changes to NATA and NYS EMS policies that impact the on-field care of a spine-injured athlete. Spear-headed by Dr. James Paci, the event included formal presentations by Dr. Brian Morelli, a spine specialist with Stony Brook Orthopaedics; Mr. Robert Delagi, Suffolk County's Director of EMS and Public Health Emergency Preparedness; and SBU ATP faculty member Dr. Jeanine Engelmann. Following an informative and engaging discussion, participants practiced on-field football equipment removal, cervical collar application, and spineboarding in order to be prepared in the event of an on-field spine emergency. Over 80 healthcare providers attended the event and feedback was overwhelmingly positive and we look forward to hosting similar programs in the future!



SBU alumnus Dominick DeStefano (above) and current SBU junior ATS Megan Doyle (right) practice their spineboarding skills.



Kathy Koshansky, Program Chair

Chair's Corner

Happy 2016!

I hope this newsletter finds everyone well-rested after a joyous holiday season and anxiously awaiting the arrival of spring!

The fall ended on a high note as students participated in many service and fundraising events, in addition to performing well in their courses!

Some of you joined us at the holiday gathering at the Bench which the students coordinated. It was great to see so many of you at the EATA Conference in Boston a few weeks ago... each time I turned, I ran into another SB AT alum! SB was "in the house"! If I didn't get to spend time with you - I apologize... the weekend went by so quickly!

Enjoy reading this newsletter and we look forward to your contributions in the future...

NYC Marathon

On Sunday November 1st, a group of 11 faculty, staff and students volunteered as part of the medical team at the NYC Marathon. Early reports were that almost 3500 runners were treated in the medical tents in the finish line area this year, about 700 more than last year's race. A variety of duties were performed, including assisting runners as they crossed the finish line into the largest of multiple medical tents, treating runners suffering from dehydration and muscle cramping in the busiest medical tent about .75 miles from the finish line, and assisting runners at the last medical tent before they finally left Central Park for the day. It was a long, but fulfilling day for the runners and volunteers. We look forward to having a group volunteer next year and welcome alumni to volunteer with us!



2015 NYC Marathon volunteers

Student Research

Each year, our senior students conduct original research and present their findings before graduation in June. This year's senior research titles are:

- 1- Psychological effects of concussion and other non-season ending injuries on an athlete's willingness to return to play
- 2- The relationship between lower extremity flexibility and lower extremity strength & power in collegiate female athletes.
- 3- Effect of core fatigue on lower extremity stability in braced and unbraced athletes.

Good luck seniors and we look forward to seeing your results!

Awards!!

Congratulations to alumna Aimee Brunelle, preceptor Michele Mensch, and current senior student Anne Bae for all being recognized and receiving recent awards! Aimee Brunelle (class of 1995) was named head athletic trainer of the year for community/junior college by the NATA College/ University Athletic Trainers' Committee for 2015. Michele Mensch received the Joseph Abraham Award from NYSATA at the recent EATA Annual Meeting in Boston. The Joseph Abraham Award is presented to the high school that has provide outstanding athletic injury care to the student-athletes at their school. Michele has been the athletic trainer at Longwood High School for over 25 years and has served as a preceptor for the SBU ATP for almost half of that time! Anne Bae was presented with the NYSATA scholarship at the EATA Annual Meeting in Boston.



Anne Bae and Aimee Brunelle

We want to hear from you!!

Do you have some personal or professional news you would like to share?

Email us and let us highlight your achievements!

kathryn.koshansky@stonybrook.edu

Follow us on Facebook at

[Stony Brook University Athletic Training Education Program](#)

Ballroom Dance Event

On Saturday October 24th 17 students from the Stony Brook University Sports Medicine Athletic Training Club & Iota Tau Alpha co-hosted an event with Breakin' Out Ballroom to promote athletic training in the performing arts surrounding New York State Athletic Training Recognition Week. The Autumn Showcase included ballroom dance performances as well as a feature presentation by Lauren Stephenson, MA, ATC entitled *Dancers are Athletes*. There were over 100 people in attendance that enjoyed this unique event. The students took this opportunity to introduce the profession of athletic training to the dancers as well as their families and friends and received wonderful feedback in return. We look forward to continuing this tradition in the future; featuring athletic trainers in non-traditional settings.



Students serve dinner to a performer during the event.

New Preceptors & Clinical Sites

Please welcome five new preceptors who completed training during the Fall semester. From Adelphi University- Michael Gavagan and Tracie Thompson. From Stony Brook University- Melissa Hill, Rhyan Lazar, and Grace Popham. Two clinical sites also came on board with us— Adelphi University and Sachem School District. We look forward to working with these clinical sites and preceptors to provide exciting quality clinical education for our students!

Program Faculty and Staff

Kathryn A. Koshansky, MS, ATC

Chair, Associate Professor

kathryn.koshansky@stonybrook.edu

Xristos K. Gaglias, MA, ATC

Vice Chair, Clinical Assistant Professor

xristos.gaglias@stonybrook.edu

James Pierre-Glaude, DPT, ATC, CSCS

Clinical Coordinator, Clinical Assistant Professor

james.pierre-glaude@stonybrook.edu

Jeanine M. Engelmann, EdD, ATC

Clinical Assistant Professor

jeanine.engelmann@stonybrook.edu

Lauren J. Stephenson, MA, ATC

Clinical Assistant Professor

lauren.stephenson@stonybrook.edu

Stuart B. Cherney, MD, FAAOS

Medical Director, Head Team Physician

Assistant Professor

Trish Volz

Program Assistant

patricia.volz@stonybrook.edu

Giving Back

Support the AT program and education of current and future students by contributing to the Athletic Training—SHTM Fund for Excellence.

For the link, [Click here](#)

Visit our website at:

[http://
healthtechnology.stonybrookmedicine.
edu/programs/at](http://healthtechnology.stonybrookmedicine.edu/programs/at)