

SPORTS MEDICINE – ATHLETIC TRAINING NEWSLETTER



Message from Kathy

SURPRISE!

Greetings all!

Welcome to the inaugural edition of the Sports Medicine Athletic Training (SMAT) Newsletter! This production has been a long time coming. I know that some of you thought I'd retire before the newsletter actually was created. I guess you can say that I have a "bucket list" of things I still want to accomplish before that R word arrives! Or maybe you can say "Never say Never"... after all Lisa DID get married (who would have thought???) ; so I guess I have no choice!

This is the first of what will hopefully be many newsletters to come. The purpose of these newsletters is many fold. Obviously we want to

keep alumni and past ATC's informed of the activities that continue to happen within the ATEP and the Sports Medicine Department – your old home away from home!. These are activities that may have been your dream or perhaps you were a building block of. That is a great thing about Stony Brook Athletic Training – seeds get planted and eventually grow. Current students and staff are reaping the benefits of those who walked these floors before them...

In addition, we want to continue to promote athletic training. Information about our past and current students, faculty and staff as well as program happenings are definitely newsworthy.



Football November 14, 2003
Wayne Lee '04', Michele Simeone '04, Sarah Kelleman-Castro '05, Heather Stock '05, Debbie Perkins-McDonaugh'04'

And finally, this gives us a format to "reconnect" with those who we have lost touch with. I would like to incorporate a yearly "where are they now" listing with contact information. Please send any updates, requests, articles, information you have or would like to hear about, etc.

Enjoy the next few pages and please give me feedback for future issues!

Hope to see you at Wolfstock (see page 4)...

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Save the Dates:

- October 9, 2010: Homecoming
- October 25, 2010: AT Club Restaurant Night @ Chili's
- November 14, 2010: Turkey Trot, 10am
- January 7-10, 2011: EATA Philadelphia
- April 10, 2011: Debbie Whittemore Memorial Run/Walk
- June 19-22, 2011: NATA New Orleans

ATEP Update

The Athletic Training Education Program continues to produce successful ATC's. There are currently 23 athletic training students in the program (12 seniors and 11 juniors). Our goal is to have 40 students in the program; 20 in each class. For those of you who have not seen the requirements and components of the program in quite some time, we invite you to take a look at the web site @

www.hsc.stonybrook.edu/shtm/at/

ATEP is nearing the end of its initial accreditation period from CAATE and are planning to complete the reaccreditation process in the spring semester with a site visit scheduled in February 2011. Some of you may be asked to participate in this visit. We appreciate your cooperation with completing the alumni surveys and employer surveys that you have

received in the past.

Of note is the number of off campus affiliated sites. As the program continues to grow, the need for additional Approved Clinical Instructors (ACI's) will grow proportionally.

Those of you in high schools, please let us know if we can be of any assistance with field trips, shadowing, and/or other programs.

IOTA TAU ALPHA – ALPHA NU

Iota Tau Alpha is a National Honor Society for Athletic Training. In May 2009 Stony Brook University established its own chapter – Alpha Nu - with 18 founding members and 2 faculty advisors. Our chapter has increased in size by the addition of 13 new members in April 2010. With a new Executive Board in place, we have many high hopes for the 2010-2011 academic year. The current executive board members are:

President: Jess Tau '11

VP: Avia Kennedy '11

Secretary: Krystyna Nau '11

Historian: Aaron Kraus '11

Treasurer: Danielle Quarello '11

The primary goals of ITA are:

- 1) promoting athletic training
- 2) sponsoring a meal @ conference
- 3) yearbook publication
- 4) charitable events/donations

In an effort to go green, and keep our University clean, one of our primary fund-

raising methods has been recycling bottles following Stony Brook home football games. Since last spring, when we initially collected after hosting the men's lacrosse semi-finals, we have collected over 2,780 bottles, and in total have raised over \$139. We hope to expand this project by providing recycle bins to coaches, teams and locker rooms.

Another way in which we have been keeping the environment clean is through the Adopt-a-Highway Program. As of September 1st, 2010, Iota Tau Alpha has successfully adopted the one-mile of highway on Nicolls Rd between South Dr. (South Entrance of Campus) and North Sycamore Dr. We will be participating in monthly pick-ups to continue keeping the area near our University beautiful. We picked up over 15 full bags of trash during the September pickup.

ITA is in the process of organizing community discount cards, in which local community organizations agree to pro-



Alpha Nu Initiation 2009

vide discounts to those who patrons possessing a card. We are contacting a variety of local businesses to make our card more valuable. Cards will be activated for one year from the date of creation. Selling these discount cards will be another fundraising event for ITA this year.

ITA has a lot of ideas for the 2010-2011 academic year. In addition to what has already been mentioned, we also plan on volunteering at a local soup kitchen during the holiday season and organizing an old equipment sports drive.

ATHLETIC TRAINING CLUB

The Athletic Training Club continues to thrive with its membership and activities.

The Athletic Training Club is beginning the Fall semester with club recruitment, event planning, and fundraising for the 2011 EATA convention in Philadelphia, PA.

Our first bake sale of the year was a great success. We were able to raise over \$100 to go toward Philadelphia. We hope to hold 1-2 bake sales every month.

We also plan to have "Dining to Donate" opportunities each month. We held the September event at Friendly's. The next one is scheduled for October 25th, 2010 at Chili's in South Setauket. Please keep an eye out for our flier! 10% of any bill with which a flier is submitted on the 25th will be donated to the Athletic Training Club.

We are also excited to welcome our 5

new members from outside the Athletic Training Major who joined us for our first meeting following the campus involvement fair in September. The involvement fair was not only a great way to get new members for our club, but also was a fun way to let people on campus know a little more about athletic training and about the major.

Events we are planning for this year include the Turkey Trot, club holiday event, EATAs, and the Debbie Whittemore Memorial Run. For the Turkey Trot and Whittemore Run, we will be soliciting raffle prizes and sponsors to help defray the race costs and add excitement to the event.

We are also trying to arrange for professionals in Athletic Training or related fields (massage, nutrition, conditioning, etc.) to come speak to the club this year. If you are interested in coming to share

your story or a skill with the club, please don't hesitate to contact us at sports-medatclub@gmail.com. We look forward to hearing from you!

Athletic Training Club Executive Board:

Melissa Roe '11 President

Shaina Murugan '11 Vice President

Danielle Quarello '11 Treasurer

Avia Kennedy '11 Secretary



FACULTY/STAFF UPDATES

In every situation, there is change, not only with students graduating, but also with staff. We always talk about opportunity and how individuals must evaluate situations to do what's best for them.

We have a few announcements and want to take this opportunity to wish them well in their new endeavors and request that they keep in touch since they were/are such an integral part of our program.

2009-10 Intern Assistant Athletic Trainer **Brady Rice** is now a football graduate

assistant at the University of Wyoming.

Chris O'Brien left SB at the end of August to assume the role of Clinical Education Director at Seton Hall University.

Alum **Eric Lehnert** has departed SB and headed back to school to pursue nursing.

Lisa Cantara recently wed Jay Geiger in her home state of Connecticut and currently resides in the Albany area.

In January 2011, **RJ Boergers** will be leaving SB ironically also headed to Seton Hall University as a faculty member.

With that said, we welcome new staff members **Adam Daveline & Kristen Ribbons**.



MEET ADAM DAVELINE, ATC

Adam Daveline joined the SB Sports Medicine staff in early August 2010. His primary responsibility is assistant athletic trainer with football; however he will also assist with softball as well as assume administrative responsibilities and general athletic training room coverage.

Adam came to Stony Brook from the University of Kansas where he spent 2 yrs as a Graduate Assistant Athletic Trainer with the men's and women's track and field and cross country teams while pursuing a Master's Degree in Athletic Administration. He also spent one year at Kansas as the Intern Athletic Trainer working solely with the football team.

Prior to Kansas, Adam received his Bachelor's degree in Athletic Training from the University of Michigan. While at Michigan, he was an athletic training student obtaining clinical experience with football, men's basketball, men's and women's swimming and diving, women's soccer, and outreach at a physical therapy clinic. Adam also worked with the Michigan football team at The Rose Bowl Game in 2005 and 2007.

Adam presented "Heterotopic Ossification: Mechanism, Treatment and Rehabilitation with Continuous Passive Motion" at the Kansas Athletic Trainers Society Annual Symposium in November, 2009.

Adam is a native of Pueblo, Colorado. He has been a Certified Athletic Trainer since 2007 and an Approved Clinical Instructor since 2008.



MEET KRISTEN RIBBONS, ATC

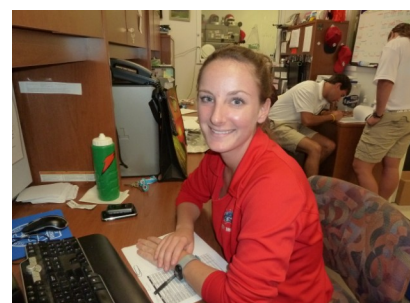
Kristen Ribbons joined the SB Sports Medicine staff in late August 2010. Her primary responsibility is as the athletic trainer for the women's basketball, softball and tennis teams. In addition, she will be have administrative responsibilities as well as general athletic training room coverage.

Prior to arriving at Stony Brook, Kristen was a Graduate Assistant at the University of Florida for two years while working toward a Masters degree in Applied

Physiology & Kinesiology with a residency in teaching. At Florida, Kristen was responsible for providing athletic training services to the women's tennis team as well as assisting with women's basketball.

Kristen received her Bachelor's degree in Athletic Training from the University of New England in 2008. While at UNE, Kristen worked with local high schools, UNE's softball and men's ice hockey teams, and local orthopedic physicians.

Kristen is a native of Clinton, Maine. Her twin sister is an ATC at Winthrop University SC. Kristen was certified by the Board of Certification in 2008 and a member of NATA since 2006.





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 www.hsc.stonybrook.edu/shtm/programs/at/index.cfm

Did you know there are ways in which you can help the SB ATEP?

- Keep in touch...
- Be an ACI...
- Be a guest lecturer... got an area of expertise?
- Create a field trip your class/group to us...
- Have us visit your class/group...
- Get involved with activities... club-sponsored events, fundraising races, etc
- Contribute directly to a fund earmarked for Athletic Training at SBU...

The Athletic Training Education Program (A.T.E.P.) Director's Fund was created to support ATEP events, programs, equipment, etc, at the director's discretion. Stony Brook Foundation Fund #299890

Get your RED on!

We hope you enjoyed this inaugural edition. If you have any feedback, input, newsworthy items, or want more information about anything for the next SMAT Newsletter, please send to :

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WOLFSTOCK 2010

This year, Stony Brook Homecoming is on Saturday, October 9th, with the football game beginning at 3:30pm.

"Wolfstock is a classic fall celebration of Stony Brook spirit for alumni, faculty, staff, campus neighbors, friends and all - bring your friends and family too! Don't miss a down-home delicious BBQ Tailgate Party and rock out with Long Island's favorite Billy Joel Tribute Band, Big Shot. The kids will love the big time fun in the Kids Zone as we all get geared up for the game during a rousing performance by "The Spirit of Stony Brook" Marching Band. Look for Wolfie, too! Then we'll head into the stadium to cheer our Big South Champion Stony Brook Seawolves to victory over the Virginia Military Institute. Get it all with one low price! Pre-Register by October 6 and pay just \$25

per adult ticket (\$35 at the door). Plus, you could win a Kindle. More details at Wolfstock 2010. " *taken from webpage

Depending on the interest from Athletic Training and Sports Medicine alumni, we may together with campus Recreation host a tailgate before to the football game. Please contact Roy Flores if interested by Tuesday, October 5th at:

Arturo.Flores@StonyBrook.edu
 631-632-9230

We hope you can join us for Homecoming and spread the word to other alums that you keep contact with.

Also, check your emails for more alumni events throughout the year, including the Debbie Whittemore 5K Run and the Annual Alumni Night at The Bench.



Alum: Roy Flores '00, Erica Zimmerman '00, Jasmine Martinez '99, Melissa Gomez '98