

# The Bear Essential



Fall 2013

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# A Note from Our Director

Dr. Suanne Maurer-Starks, EdD, ATC

Hi Everyone. This finds me writing at the conclusion of a very busy, but successful Fall semesters. Much has been happening since our last edition of the *Bear Essential Newsletter*. Dr. Marcia Anderson, whose service at BSU was over thirty years, has stepped down in her full-time position as Graduate Program Coordinator and is happily enjoying the life of a Professor Emeritus. Dr. Anderson continues to teach in both our UG and G programs within our clinical education courses. I now have assumed the role of both the UG and G Program Director, at times a very challenging balancing act, but certainly a role I am excited to have.

In the past year, both programs have been evaluated by representatives from The CAATE. The on-site visit took place in the Fall, 2012. We thank all of you who were involved both in the forefront and behind the scenes as sites were visited as part of the accreditation procedure. Both programs received successful evaluations and have retained their accreditation status. So although some might consider this to be a time to ‘take a breather’ we in fact are forging ahead and are already planning as to how we can continue in our growth and evolution of both programs.

Our graduate program in 2012 continued with much success on the BOC Examination and we had 100% passing rate status. Many of those alums have also become gainfully employed within the profession or an allied health care profession.

In the Spring of 2012, we welcomed our newest in-coming undergraduate cohort – a group of 18 students. They have been doing very well both in their clinical settings as well as our academic settings. The undergraduate class of 2014 has 17 members in its’ group and has done an excellent job in representing both themselves and the program in both the classroom and clinical setting.

In August of 2013 we welcomed a cohort of 12 for the graduate program. This group of individuals ranges from individuals from the Commonwealth to other states as well as other countries. They have been very busy and trying to adjust to the life at BSU as an AT student. We also have our class of 2014 with a cohort of 13 diligently working on preparing for their final semester in the Spring.

We have also been fortunate to have an individual at the University assist in creating a new logo for the ATP as the CAATE is suggesting programs are referred to as “ATP” and no longer as “ATEP” – hence the need to change from our previous logo. The students voted on which logo would represent us and it is on the cover page of this Newsletter.

We are proud to announce that we have recently launched our new Facebook page. Again, so many positive things that continue to happen with the program and as always we encourage and invite you to come back and see what has been happening. Be well and have a happy new year.

# Meet Our Preceptors

**Mr. Bob Barksdale- MA, PT, CMPT, ATC, CSCS**  
Norwood High School

We are proud to have Bob as one of our preceptors here in the Bridgewater Athletic Training Program. He is an outstanding health care professional whose love for the field is truly inspiring.

Bob is currently in his 17<sup>th</sup> year at Norwood High School, where he is the ATC alongside overseeing the strength and conditioning program. He also is the Director of Sports Medicine at Marathon Physical Therapy. Marathon Physical Therapy is an outpatient orthopedic practice serving several areas of south eastern Massachusetts. He serves as the Manager of their Norwood Office, where he treats 27 hours and 35-45 patients per week.

Bob received his Bachelors Degree in Physical Therapy from Northeastern University in 1993 and continued on to receive his Masters degree in Exercise Science and Health Promotions from the University of California, Pennsylvania. He is currently completing his Doctorate of Physical Therapy from Andres University. Along with his degrees, Bob also possesses certifications that allow him to have an eclectic approach to his philosophies as an Athletic Trainer and Physical Therapist.

*“Expect to work hard to get there, expect to work harder to stay there, expect to love going to work every day...” –Bob Barksdale*

His Certifications include:

- National Strength & Conditioning Association- Certified Strength and Conditioning Specialist
- National Academy of Sports Medicine- Performance Enhancement Specialist
- North American Institute of Orthopedic Manuel Therapy- Certified Manuel Physical Therapist
- Titleist Performance Institute- Certified Golf Fitness Instructor/Level 2 Medical Practitioner
- Functional Movement Screen Level 2
- Graston Technique Certified
- Kineticore- Functional Dry Needling Level 1

Why Athletic Training? His passion for orthopedic medicine, biomechanics and sports in general, along with PT and AT being so complementary to one another: “The two professions are so complementary to each other that combining them seemed obvious. In addition, adding the strength and conditioning component allows me to interact with the athlete through the entire return to play continuum.”

Through his years in the profession, he has seen the level of education and expectation on ATC’s increase. With this came a greater awareness and level of respect within Sports Medicine and all of health care. Alongside positive changes, he has faced a few challenges. Improving the relationship between the PT’s and AT’s was a big challenge he faced early on in his career, but has become less of a challenge since.

We couldn’t be happier to be working with and learning from a practitioner like him.

# Ms. Jennifer Dowd, ATC, LAT, NREMT-B, WEMT

## Stoughton Public Schools



Jennifer Dowd is the Head Athletic Trainer for Stoughton Public Schools. She graduated from Keene

State College in Keene, New Hampshire in 1993. She has been the Head Athletic Trainer since October 2008. Dowd is responsible for the health and well being of approximately 500 athletes during all athletic activities that may be occurring during or after school at Stoughton Public Schools.

Currently Dowd is in charge of the well being of boys and girls cross country, boys and girls soccer, girls volleyball, boys and girls golf, football, boys and girls basketball, boys and girls swimming, wrestling, boys and girls ice hockey, cheerleading, baseball, softball, boys and girls tennis, and boys and girls track in the winter and spring.

On a busy day in the athletic training room, Jennifer can see over 50 athletes come through her door for anything from an athlete needing a Band-Aid to others asking about preseason paperwork issues. Her duties also vary from performing pre-operation rehab to post operation rehab and the standard pre-practice and game preparations of stretching, manual therapies, taping, and bracing.

Jennifer's ability to take care of the many numbers of athletes is due to the clinical staff that works with her. She typically has 2 to 3 Bridgewater State University athletic training clinical students. Jennifer also has up to 4 high school students that are interested in going into the

medical field that also work in the Athletic Training room. These high school students work alongside college students by giving the college students an opportunity to learn by teaching and instructing the high school students.



Jennifer knew in college that she wanted to work in the field of sports medicine and never changed her major in college. The reason that originally steered her away from this profession was because she loves the traditional work hours that are typically from 10 o'clock in the morning to 6 o'clock in the evening. However, athletic training does not follow the traditional work hours. The real reason is that she continued on with the major was because she loves being able to help athletes become even better athletes.

Jennifer also has several other credentials that through life experience, has made her a better athletic trainer.

- She is an EMT with 5 years of "on the street" experience.
- She has also worked for 4 years full time in the emergency room as a tech that greatly enhanced her knowledge of general medical issues.

- She has a Wilderness EMT credential. Although having not used it much, the credential helps her find creative solutions to problems when the standard answer just will not work.

The biggest change in the field of athletic training that she has seen over the past 15 years is the recognition of the field of athletic training by other medical professionals and the general public. There is a long way to go; however it is definitely improving. The increased general awareness of the dangers of concussions has truly helped boost the field of Athletic Training into the minds of the general public.

Jennifer Dowd recommends to all entry level athletic trainers to continue to learn. She explains, when a day goes by that you did not learn something then it is a day

to seek a new profession. It might be as simple a thing as what one of your athletes prefers to eat for lunch to something as complex as a new rehab protocol. However, if you stay curious enough to learn something new every day, you will continue to provide the best care you can for your athletes. The field of Athletic Training is not for those who seek recognition for their services. As an athletic trainer you will never get all of the recognition you deserve.

***“Get satisfaction out of your job from knowing that you are helping others to become better athletes and citizens.” – Jennifer Dowd***

# Bryn VanPatten, MEd, ATC, EMT-C

Providence College



Bryn is the Senior Assistant Athletic Trainer at Providence College. He has worked there for the past 11 years and works as the head men's basketball athletic trainer. Bryn also works with 3 other sports including women's volleyball, cheerleading and dance. He is responsible for 76 athletes in total.

Athletic training became a part of Bryn's life when he was injured as a collegiate athlete. It opened his eyes to the athletic training profession. He enjoys working in a team environment, being around athletics and helping the kids excel.

Bryn received his Bachelors of Science degree in Health and Exercise Science from Syracuse University and continued on to receive his Masters of Education in Health Education from SUNY Cortland. He is also currently working on receiving his PhD in Education from Northcentral University. In addition to his degrees Bryn possess many different certifications that add to his versatility as an athletic trainer.

These certifications include:

- Cardiac EMT Certification from the state of Rhode Island that allows him to perform advanced life support skills that ATC's cannot perform. The education he received to earn the certification has been priceless. It has taught him to problem solve in various challenging conditions and provide a level of care that can make a difference between life and death.

Through this education, he has also been able to attain an officer rank within the West Greenwich Fire Department where responding to 911 calls is a daily occurrence and working through chaos in desperate situations is the norm. This has given him the skills, foresight and level headed thinking that will help him make the best decision possible in the event that something happens. Bryn highly recommends EMT education for every athletic trainer out there to help them be prepared for any type of situation that may present itself.

- Certified Strength and Conditioning Specialist and Personal Trainer will help the athlete return quicker and safer to activity.
- Graston Technique Certified that allows him to provide manual treatments that have proven to be extremely valuable when providing treatment to his athletes.
- Instructor for American Red Cross that allows him to provide education to the sports medicine and athletic staff members in the realm of CPR, First Aid and AED use.

Although there are challenges everyday in the profession, the biggest one Bryn has to deal with is the work-family balance. Luckily, his wife is his family's general manager while he is in



basketball season for 6-7 months of the year. During the season he is fully engulfed in basketball and relies on his wife to handle a lot of the duties for the family. Without her support, understanding and multi-tasking capabilities, he would not be in the profession today.

Going forward Bryn says to make sure that athletic training is for you. There is a lot of commitment when you enter this profession, so make sure you do your homework. He believes that your AT education and certification is a foundation. You cannot build a house without a solid foundation. There are many different continuing education opportunities available so use your CEU money wisely and add to your toolbox and build the house known as a career.

He says to always have a reason for what you do in the AT room. When asked why you did something, do not ever say, “because that is what it says in the textbook”. Every situation is different and very rarely textbook. Bryn also says that every injury is a physical injury, neurological injury and a mental injury so be prepared to treat all three.

***“Excellence is a choice. You don’t get what you deserve, you get what you earn.” – Bryn VanPatten***

# Meet Our Cohort

## Scott Thornton- Graduate ATS

Coventry, RI



Scott is a first year Graduate Student in our Athletic Training Program. He holds a Bachelors of Science Degree in Business Administration from Bryant University. After completing his Bachelor Degree

he attended Anna Maria College where he obtained a Master Degree in Justice Administration with a graduate certificate in Homeland Defense and Emergency Management. On top of both of these degrees, he possesses a certification in Massage Therapy from Bancroft School of Massage Therapy and is currently licensed in both Massachusetts and Rhode Island.

Why Athletic Training? It made sense! While researching for his second career, he found that athletic and orthopedic massage were areas of great interest within the massage therapy field. He wanted to be able to choose a profession where he could further expand his scope in a clinical setting working with that same population. He also believed that Athletic Training would go great alongside his massage therapy certification.

Choosing BSU was an easy decision for him. The high success rate of athletic training students passing the BOC exam just added to the already positive notes from his wife having graduated from here with a great experience. While at BSU, he has found his enjoyment for working with a

variety of patients and injuries. He describes being able to see the progress a patient makes from the time of an injury until return to play as being a great source of satisfaction. He also has been able to confirm his preferences for being in a clinical setting, as he enjoys the work in the athletic training room to be more enjoyable than the sidelines.

As with any path to ones goals, he has experienced some challenges. The biggest challenge to him thus far is the hours completed while working in the traditional Athletic Training setting. Trying to juggle time with his wife and two daughters, classroom responsibilities and being available for the hours is extremely demanding, to say the least.

Scott describes himself as driven, practical and somewhat of a perfectionist. His professors and preceptors describe him as being inquisitive, experienced, attentive, eager, methodical and analytical. All qualities that we like to see in our AT students!

As for prospective and incoming students, he says to be prepared for the time commitment! The amount of classroom time, studying and clinical hours are immense... but well worth it!

***“Andrew Carnegie may have said it best: ‘anything in life worth having is worth working for’”-Scott Thornton***



# Melissa Kennedy – Undergraduate ATS

Lynn, MA



Melissa is a first year undergraduate student in our Athletic Training Program. She chose BSU because it was close enough to home that she could easily go home, but still far enough away so that she wouldn't

be going home every weekend. Choosing athletic training as a major was easy because of her love for sports and interest in the medical field. While she was in high school she was close with her athletic trainer who would talk to her about what the profession was like and helped her make the decision to pursue athletic training.

Melissa enjoys attending clinical everyday and applying what she is learning in the classroom into practical use. She finds that it is hard work and time management is very important in order to not let anything slip through the cracks. She found that when she first started at her clinical site it was challenging until she learned where everything was and how it was run. As a first year student she was nervous attending her first site since she didn't know much about performing evaluations so she started out by observing her ACI. Her ACI then challenged her to start doing evaluations to learn the technique and now she can approach athletes with more confidence in what she is doing.

Melissa describes herself as a good student who works hard to achieve her goals. She is always ready to learn something new. Her professors would describe her as quiet because she likes to absorb what is going on around her and a

good student as well. Her preceptors would describe her as a hard worker who is always willing to give a helping hand and who is friendly to all those who come into the athletic training room.

Words of wisdom to those students applying to the undergraduate Athletic Training Program is to stay on top of schoolwork and do your best to not fall behind. If you try your hardest it will all work out and if you are feeling overwhelmed talk to your professors because they are always willing to help. Finally, use your clinical instructors when confused about something you may have learned in class because they are always happy to clarify things.

*“If you try your hardest it will all work out...” –  
Melissa Kennedy*

# Pictures from the EATAs

January 2014 – Foxwoods



# Our Accomplishments

## Faculty

- Dr. Wise successfully defended her dissertation and is now officially 'Dr.' Way to go!
- Dr. Suanne has presented at the MAHPERD 2013 Annual Conference. Dr. Wise, Dr. Leone and Dr. Suanne will be presenting at the EDA Annual Conference in Newport, RI in February, 2014.
- Dr. Leone has continued on with his scholarly activity and has one book chapter published; 1 journal article accepted for publication; has given 4 presentations at the American Public Health Association meeting in Boston in November; has presented a poster session on celiac disease in athletes in Chicago at the International Celiac Disease Symposium; has been named as Associate Editor for the journal "Psychology of Men and Masculinity". In addition, Dr. Leone is scheduled to present 3 sessions on research at EDAs in February, and selected to present at the International Journal of Arts and Sciences (IJAS) conference in Las Vegas in March, 2014.

## Student

- The following undergraduate students presented their posters at the EATA Meeting in January:
  - \*Sandra Custodio                      Brian Fallon
  - \*Joseph Sanford                      Meagan Bellemore                      Noah Peduzzi
- \*Has been noted as a finalist in the poster competition
- Jordan DaSilva won the Quiz Bowl competition for the District. She will now be representing the District in the National Meeting in Indianapolis.
- Lindsay Twohig has been named as one of the recipients of an EATA Scholarship. She received her award at the student banquet at this year's annual EATA Meeting.

Editors: Tori Cooley, Emily Vartabedian, Annie Chen