From the Director’s Desk

Scott Richter

Spring of 2011 has been a remarkable semester for The University of Montana Athletic Training Education Program (ATEP)! As you read this newsletter, I believe you will be impressed by the many accomplishments of ATEP in 2011. Since 1971 when the late Naseby Rhinehart and Walter Schwank established one of the first athletic training educational programs in the nation at UM, our program has been considered one of the best. I have been associated with this program for over 30 years as a student and faculty member, and the achievements of 2011 establish new standards for future generations.

At the district convention in Eugene, OR in March, three Health & Human Performance students sponsored by Valerie Moody were awarded District Scholarships. The recipients were Kiri Weeks, who also won the national NATA scholarship, Courtney Rayfield and Lucas Bahrmaier. Lucas graduated from UM last spring and is currently attending the University of Oregon as an AT grad student. This is the first time since these scholarships were established that UM students have received all three awards.

Alum and longtime University of Montana Head Athletic Trainer Dennis Murphy received the inaugural District Directors Award for his exceptional service and contributions to District 10 (Northwest). Russ Richardson established this award to recognize Dennis for his strong advocacy and mentorship of the district leadership. Although Dennis has never served a district executive in his 30+ years of association, he has always been instrumental in offering sound advice to the leaders and assistance with meeting procedures. At district business meetings Dennis assures the assembly adheres to Robert’s Rules of Order and keeps discussion on task. His service to the Northwest Athletic Trainers’ Association and the National Athletic Trainers’ Association has been outstanding.

Also at the Northwest District 10 convention, under the mentorship of Valerie Moody, three students gave dynamic presentations. The topics were: “Comparing the effects of static and dynamic warm up on shoulder range of motion and performance” by Karis Hawkins; “Examining the effects of traction on lumbar range of motion” by Tyler Beauregard and Kara Wesen; and “Examining the effects of topical analgesics and ultrasound on ankle dorsiflexion” by Courtney Rayfield and Kiri Weeks. In addition, Alyssa Frei was appointed Student President of the Northwest Athletic Trainers’ Association. This is the first time a UM Athletic Training Student has taken a leadership role in the district. We look forward to her representing us!

One of the most impressive achievements was our students winning the Northwest District 10 Quiz Bowl competition at the convention! As I was standing in the back of the room watching our students dominate by answering nearly every question, I felt like a proud father. They will enter the National competition this summer in New Orleans.

Finally, I am pleased to announce some more exciting news from this past week. I am proud to report the Athletic Training Students won the NATA Public Relations Award. This is the fourth year our students have received this award for their extraordinary promotion of athletic training to the public. Also, we were informed yesterday that all four students who took the Board of Certification examination passed. Our program passing rate is well over 90% for students’ first attempts.

I must again give special thanks to Valerie Moody for her exceptional leadership of ATEP’s clinical education program, her guidance of the undergraduate research projects, and her assistance with administrative program responsibilities. Never one to sit at home, Val and her son RJ are in the office working almost every day. I believe she is getting extremely strong biceps from carrying RJ with one arm and alternating periodically.

In closing, thanks to all our clinical and academic instructors for dedicating many hours of instruction and mentorship to our students. I would also like to thank the Alumni program, the HHP Department and the Phyllis J. Washington College of Education and Human Sciences for publishing this newsletter. A special thanks to Julie Hamilton for editing and formatting this newsletter; she is graduating next week so this will probably be the last newsletter she assists us with unless we can talk her into coming back for graduate school. Lastly, I want to express my heartfelt gratitude to the athletic training students for their commitment and devotion to our program and their extraordinary accomplishments this year. I wish everyone a restful, healthy and happy summer!
The athletic training students worked hard this past year to fundraise over $3000 to travel to Eugene, OR this March for the district meeting! Fourteen students were able to make the road trip and participate in the meeting. UMATSA also held its last meeting of the school year and elected officers for next year. Plans are underway for next year’s fundraisers to attend the meeting in Bellevue, WA. The UMATSA President will be Kara Wesen; Vice-President: Shauna Delaney; Secretary: Courtney Rayfield; and Treasurer: Alyssa Frei.

UMATSA Update

Student Awards

This semester we are fortunate to recognize several students as recipients of scholarships at the District 10 meeting in Eugene, OR:

**Kiri Weeks** - Naseby Rhinehart Undergraduate Scholarship

**Courtney Rayfield** - Whitesel Pro Therapy Undergraduate Scholarship

2010 Alumni **Lucas Bahnmaier** - Bob Peterson Graduate Scholarship

**Courtney Rayfield** was selected as one of 15 students nationwide to attend the Student Leadership Conference sponsored by the Collegiate Sports Medicine Foundation. She will be heading to Atlanta, GA this May. **Alyssa Frei** was named Co-Student President of District 10 for the upcoming academic year.

**Kiri Weeks** was recently awarded a very prestigious sports medicine internship at the Mayo Clinic this June in Rochester, MN, as well as the coveted national NATA scholarship.

Students also participated in the 2nd Annual District 10 Quiz Bowl and were this year’s winner! **Tyler Beauregard**, **Karisa Hawkins** and **Nicole Roessing** (pictured below) and (Alternate: **Kiri Weeks**; Coach: **Valerie Moody**) will be travelling to New Orleans this June to participate in the national quiz bowl.

**iLead Conference**

**Dustin Burton**, **Courtney Rayfield**, and **Kara Wesen** were selected to attend the iLead Student Leadership Conference in Washington, D.C. this February. While there, they attended a two day leadership workshop focusing on resume writing skills, interviewing, and career development. They also participated in Capitol Hill Day, representing Montana along with **Scott Richter**. In their free time, they were able to visit a few memorials and museums. A special thanks to **JC Weida** and the **Montana Athletic Trainers’ Association** for sponsoring these students and allowing them this incredible opportunity!
The following students submitted proposals to the Davidson’s Honors College for the Undergraduate Research Award for the upcoming academic year:

- **Alyssa Frei** (faculty mentor: Valerie Moody):
  “Exploring the effects of moist heat packs on vertical jump performance”

- **Kara Wesen** (faculty mentor: Valerie Moody):
  “Variation of Mood States in Athletic Training Students in an Accredited Athletic Training Education Program”

- **Tyler Beauregard** (faculty mentor: Valerie Moody):
  One More Round: The Best Materials for Cooling Tissues in 60 Seconds or Less”

- **Kiri Weeks** (faculty mentor: Valerie Moody): “Assessment of Skill Acquisition and Athletic Training Student Satisfaction in Clinical Education.”

**In Other District 10 News...**

**Dennis Murphy** received the inaugural District Directors Award for his exceptional service and contributions to District 10 (Northwest). Congrats!
Clinical Director’s Corner
Valerie (Rich) Moody PhD, ATC, LAT, CSCS, WEMT-B

As always, a huge thanks to our clinical instructors for their service this year! Your continued dedication to the education of our students is greatly appreciated. Senior rotations were selected for next year. Kara Wesen and Alyssa Frei will be working with JC Weida and the Griz football team; Tyler Beauregard will work with Toby VanAmerongen and the Griz soccer team; Kiri Weeks will be with Karla Judge and Lady Griz basketball; Courtney Rayfield will work alongside Dennis Murphy with the Men’s basketball team; and Bekah Truitt will be at Hellgate High School with Lindsey Ross. Kiri Weeks and Courtney Rayfield will be venturing down to UM Western in Dillon, MT this August to work with Janelle Handlos and Sarah Cummings.

ATEP Students Win NATA Month National PR Contest

Throughout the month of March, UM ATEP students participated in the nation-wide promotion of NATA month, reaching out to people across the state of Montana and the Northwest to inform them about the athletic training profession. Due to all their hard work and creative outreach, these students won the “grassroots” category of the national NATA PR Contest! Congratulations to: Alyssa Frei, Tyler Beauregard, Rebekah Truitt, Courtney Rayfield, Kiri Weeks, Kara Wesen, and advisors Rebecca Guest and Lindsey Ross.

The target audience of this campaign was Montanans of all ages and activity levels as well as high school and college students throughout the Northwest region. In order to reach such a variety of people, students engaged in a number of PR activities. One strategy consisted of contacting six radio stations in the Missoula and Billings area and providing PSAs explaining NATA month to be announced on air during March. Students also promoted NATA month on the Community Calendar, which airs on the radio and on the news in the Billings area, blogged in two separate forums, and updated a Facebook page with this year’s NATA month slogan. They were also interviewed on the television show “Wake Up Montana,” where they had two segments to discuss what athletic training is and what NATA month is all about.

To promote the month on campus, a self-running PowerPoint presentation was placed in the athletics building and a PowerPoint slide was placed in the University Center where it ran daily throughout the month. Also, for two days in March, the students placed signs around the oval on campus promoting the profession. Flyers were sent to alumni and friends working in high schools in Washington, Oregon, Idaho, Alaska and Montana, who were then asked to display these flyers throughout their schools. Marquee signs outside of these high schools also promoted NATA month throughout March.

The estimated impact of this campaign was to reach an impressive 835,000 people targeted throughout Montana and the Northwest. As recognition of their national NATA PR Contest win, students will receive a plaque and a gift certificate for NATA merchandise at the NATA annual meeting in New Orleans.
We will be hanging a map this spring in the Athletic Training Education Program Suite and would like to start collecting business cards of UM ATEP alumni to pin up on the map. This will be an excellent opportunity for future students to see where our past students are and possibly open the doors for networking opportunities!

It is a pleasure to have the opportunity to feature alumnus Loka Murphy in this newsletter. After graduating and leaving Missoula in August of 2006, Loka and his family moved out West and found a home in the city of Seattle. Loka is currently in his 5th year providing athletic training coverage at Seattle’s Ballard High School. He has also worked for Virginia Mason Sports Medicine, Seattle Public Schools, and Seattle Children’s Hospital in Sports Medicine & Orthopedics. He taught in the sports medicine program for 2 and 1/2 years at Ballard High School to students interested in the medical field. Loka has provided medical coverage for the Seattle Sounders and for numerous sports camps for people of all ages and abilities. He is also a Medical Team Captain for the Seattle Rock n’ Roll Marathon.

During his free time, when not with his wife and two boys (Satchel age 10; Oskar age 7, born around the time Loka was preparing to interview for the UM athletic training program), Loka has found a real passion for running. Although he always enjoyed sports requiring quite a bit of running (basketball, soccer and football), Loka was never much of a straight runner. For a short span of time, he wasn’t doing anything for exercise but felt active because he was around athletes constantly. He was reminded that life is short and to make the most of it when a good friend of his died suddenly of a brain aneurysm back in March of 2008. Loka ran his first race, the AMICA Seattle Half Marathon, in November of 2009. Shortly after, he started a running group that meets Saturday mornings at 7 a.m. With the help of others, this group has grown to a point where 5 different running times are spread throughout the week; last Saturday morning they had 42 runners show up ready to go. Loka feels this running group has created a way for him to give back by helping others become more active and consistent with their exercise. With his athletic training background, he is also able to offer advice here and there when a group member suffers an injury.

Becoming a runner has made Loka a better athletic trainer, because it has given him a greater perspective on what his athletes go through. As far as his future in athletic training, he would still love to get his Master’s degree and add some other tools to his belt (i.e. EMT or ART). Loka says he frequently feels grateful for all the opportunities his athletic training education has created for him. There have been so many great experiences and individuals he has crossed paths with which he may have otherwise missed. Loka really enjoys athletic training at this point, and he sees it as a destination rather than a stepping stone.

Please send business cards to: Valerie Moody, Co-Program Director ATEP, 32 Campus Drive McGill Hall 238C, Missoula, MT 59812. Don’t have a business card? You can email me your information and I will place it on a card to post on the map. Email me at: valerie.moody@umontana.edu.
Thanks everyone for another great year!

Farewell to seniors
Karis Hawkins, Tasha Richardson, Nicole Roessing, Eric Wehrman, Dustin Burton!

Best of luck on the next chapter of your life!