From the Director’s Desk

This is a great time of year in Montana: Everything is turning green and the occasional warm weather teases us into thinking summer is here, until it turns cold in the next hour and we are reminded of winter. Only one week of school remains and it seems like the year just began. Although some of our students have contracted that terrible disease called “Senioritis,” it is amazing to see how tremendously each student has grown since that first orientation meeting years ago.

At the Northwest Athletic Trainers’ Association (NWATA) District 10 convention in March, under the mentorship of Valerie Moody, five athletic training students gave dynamic presentations of their research projects. Kiri Weeks’ presentation, “Assessment of skill acquisition and athletic training student satisfaction in clinical education,” was selected as the best by her student peers, so she had the privilege of presenting to the entire athletic training group. Alyssa Frei completed her term as Co-Student President of the NWATA, and Maggie March received the Whitesel Pro Therapy Undergraduate Scholarship. Although our Quiz Bowl team did not repeat as district winners, they finished a strong second this year.

In addition to the accomplishments at the NWATA district meeting, AT students received several departmental awards at our annual Spring Fling on May 4th. Kara Wesen received the Naseby Rhinehart Award, given to the most outstanding athletic training student as voted by RATC faculty/staff. Kiri Weeks received the Agnes Stoodley Award as the outstanding female student in the HHP Department. Kiri also received the National Association of Sports & Physical Education Major of the Year in Athletic Training. Courtney Rayfield was awarded the Mortar Board Outstanding Senior Award for Athletic Training.

It is with great pleasure that I inform you Valerie Moody recently received continuous tenure for her contributions to and achievements at UM over the past six years. The quantity and quality of Valerie’s professional accomplishments are extraordinary. Most impressive is her impact on the success of the Athletic Training Education Program. Under her direction, our ATEP has gone from the verge of mediocrity to worthy of national recognition. Valerie is truly one of the young superstars in our profession.

After more than two years of going through layers of campus review and approval, our Entry-Level Masters in Athletic Training proposal is scheduled to be on the Board of Regents May 2012 agenda. The tentative program starting date would be summer of 2013. We are enthusiastic about the potential to elevate and expand the program to a new level to meet the professional and educational demands of athletic training.

We are currently looking forward to commencement exercises on May 12 at 12:00 p.m. in the Fitness and Recreation Center. This is the third year HHP has conducted our own ceremony. For many years, the College of Education and Human sciences held one joint ceremony, until the combination of exceptional growth and the addition of the Communicative Sciences Disorders Department warranted a separation to accommodate students and guests. We expect approximately 97 undergraduate and seven graduate students to participate in the celebration.

In closing, I would like to thank 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 our administrative associate Julie Hamilton and work study student Arina Hunter for editing and formatting this newsletter. 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 great summer!

- Scott Richter, ATC
The athletic training students worked hard this past year to fundraise over $4000 to travel to Bellevue, WA this March for the district meeting! Eighteen students were able to make the road trip over and participate in the meeting. UMATSA also held its last meeting of the school year and elected officer’s for next year. Plans are underway for next year’s fundraisers to attend the meeting in Boise, ID. Next year’s UMATSA President will be Paul Capp; Vice-President: Taylor Baldwin; Secretary: Maggie March; and Treasurer: Katrina Carl.

**UMATSA Update**

**Student Awards and Recognition**

This semester we are fortunate to recognize Maggie March as the recipient of the Whitesel Pro Therapy Undergraduate Scholarship awarded at the District 10 meeting in Bellevue, WA.

Students also participated in the 3rd Annual District 10 Quiz Bowl and placed 2nd this year! Congratulations to Tyler Beauregard, Courtney Rayfield, Kiri Weeks, and alternate Maggie March for their outstanding work!

Matt Bummer was recently awarded a very prestigious sports medicine internship at the Mayo Clinic this summer in Rochester, MN.

**Forest Service Taping Workshop**

Stephanie Domitrovich, Valerie Moody, Kara Wesen and Courtney Rayfield conducted an in-service on ankle taping for the Forest Service Incident Management Team as it prepares for the upcoming wildfire season. This team is responsible for providing medical care to injured wild land firefighters.

**Virtual Run/Walk for Sherry Arnold**

The UM AT students recruited individuals from the HHP Department to participate in a virtual walk/run to honor Sherry Arnold on February 11th. Arnold, a Montana teacher, was abducted and killed while running in January. Her family organized a statewide virtual run in her honor.
The following students presented their research at the District 10 meeting in Bellevue, WA in March:

**Alyssa Frei and Rebekah Truitt** (right) (faculty mentor: Valerie Moody) “Exploring the effects of moist heat packs on vertical jump performance”;

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

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

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

**Maggie March** (faculty mentor: Valerie Moody) “Comparing the Effects of Active and Passive Warm Up on Shoulder ROM and Performance.”

**In Other News...**

**Tim Messer** PT, ATC (owner of Active Physical Therapy) received the PJW-COEHS Partnership Award. Congrats!
Clinical Director’s Corner
Valerie 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 have been selected for next year. **Sophie Bowe** and **Matt Bummer** will be working with **JC Weida** and the Griz football team; **Maggie March** will work with **Toby VanAmerongen** and the Griz soccer team; **Morgan Umphres** will be with **Karla Judge** and Lady Griz basketball; **Paul Capp** will work alongside **Dennis Murphy** with the Men’s basketball team; **Shauna Delaney** will work with **Tori Stahl** at Big Sky High School and **Colyne Hislop** will be at Hellgate High School with **Lindsey Ross**. **Morgan Umphres** and **Brandon Rumph** will be venturing down to UM Western in Dillon, MT this August to work with **Janelle Handlos** and **Sarah Cummings**.

NATA Month
Students created a Twitter account andtweeted daily facts about athletic training throughout the month of March. They also updated a Facebook page with this year’s NATA month slogan and posted daily facts about athletic training. A self-running PowerPoint presentation was placed in the Athletics building, and a PowerPoint slide was placed in the University Center on campus and ran daily throughout the month. Bulletin boards were updated with this year’s theme. The students interviewed Troy Bowman, ATC, who saved a student’s life in January, and they created a video that was uploaded to YouTube. This video was distributed throughout the Northwest region to all District 10 members, posted on Facebook and Twitter, and emailed to all athletic directors and athletic trainers in Montana (http://youtu.be/km0ve4xVido). The BOC picked up the video on Twitter and added it to their playlist. For three days in March the students placed signs around the oval on campus promoting the profession. Flyers were sent to athletic directors in Montana and alumni and friends working in high schools in Washington, Oregon, Idaho, Alaska, Montana, Wyoming and Texas – they were asked to display these flyers throughout their schools. Marquee signs outside of local high schools and the university also promoted NATA month throughout March. Students held a bake sale at the University Center. Anybody who stopped at the table received a wrist band that said “Athletic Trainers Save Lives” and information about the profession. One hundred dollars were raised and donated to the Missoula Chapter of Safe Kids USA, which is an organization that works to prevent sports injuries in children and adolescents. On March 11th and March 18th CPR/AED training classes were held free of charge for student athletes to raise awareness of the importance of having proper training in case an athletic trainer is not available. The wristbands students had made were distributed throughout the Missoula area and to alumni in the Northwest region, as well as at the District 10 meeting.

CPR/AED Class for NATA Month
Where in the World are UM ATEP Alumni??

We would like to continue collecting business cards of UM ATEP alumni to pin up on the map hanging in the Athletic Training Education Program Suite. This is an excellent opportunity for future students to see where our past students are and may possibly open the doors for networking opportunities! 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.

Featured Alum: Troy Bowman

Troy was born in Ronan, Mont. in 1965. He and his family moved to Missoula, Mont. where they lived until he was in the 7th grade. They then moved back to Ronan, and Troy graduated from Ronan High School in 1984.

Troy attended Eastern Montana College (now MSU-Billings) on a vocal-music scholarship and began working for a national toy chain the very next year. He quit school and became the youngest Kay-Bee Toy and Hobby Shops, Inc. store manager in the chain, consisting of 1000+ stores nationwide. Troy stayed with this company in Missoula for five years before returning to finish his undergraduate degree in Health and Human Performance at the University of Montana in 1995. Troy has teaching endorsements in Health and Physical education as well as Career and Technical Health Professions and Therapeutics. He began his teaching career in the fall of 1996 at Columbia Falls.

Troy wears many different “hats” in Columbia Falls. He is the head athletic trainer at Columbia Falls High School. He has served as the vice-president of the Local 7551 (Columbia Falls Teacher’s Union), which represents 156 teachers, since 2001. He also serves as Co-Lead Negotiator for this local association. He is the Health Enhancement Department Chairperson and is one of six District Health Liaisons that oversee the wellness program to help mitigate insurance costs. He is an advisor for HOSA (Health Occupations Students of America) and also coaches freshmen football and assists with Varsity football. Troy teaches three health enhancement classes to freshmen and sophomore boys, a fitness for sport (weight-lifting) class open to all, and a Modern Principles of Athletic Training class open to juniors and seniors.

He and his wife Kristine have three kids. Cody, 22, is attending The University of Montana. Connor, 15, is in the 9th grade at Columbia Falls High School. Cassidi, 14, is in the 8th grade at Columbia Falls Junior High. Troy enjoys camping, hunting, fishing, and spending quality time with his family and friends.

AT Saves Life in Montana

During a normal routine stair lap run on the morning of Jan. 4, a 16 year-old freshman student of Columbia Falls High School in Montana collapsed and went into cardiac arrest. Troy Bowman, ATC, LAT, along with school nurse Cathy Dragonfly, performed CPR and used the AED until the student started breathing again. Bowman and Dragonfly later found out that the student had an underlying, undiagnosed heart condition. The student made a full recovery and was back in school one week later.
Thanks everyone for another great year!

Farewell to seniors

Tyler Beauregard, Alyssa Frei, Rebekah Truitt, Courtney Rayfield, Kiri Weeks and Kara Wesen!

Best of luck on the next chapter of your life!