

# GVSU ATHLETIC TRAINING NEWS LETTER



Updating  
YOU where  
YOUR career  
started

*To be recognized as an outstanding undergraduate program that provides exceptional education through the utilization of interactive classroom instruction and clinical experiences; preparing students to excel on the Board of Certification Exam and to enter the profession as qualified health care providers. The ATEP also strives to promote the Athletic Training profession as an essential component of the allied health care field.*

## Where are They Going?

Like last year many of this years' seniors are still deciding on where they are going to start their careers. Here is a list of some of the places they are going. North Carolina State, Wayne State, iMove, Center for Physical Rehabilitation, West Michigan White Caps, Mercy Rehab, Clemson University - Dallas Baptist, Chicago Cubs, Western Michigan University, Grand Rapids Griffins, Ball State, PA School, PT School, and a few seeking jobs currently.

~We wish them all the best as they pursue their dreams  
and Thank YOU for helping our students grow~



# Athletic Training Program Update

It has been another outstanding but busy year for Grand Valley Athletic Training! I am proud to report that GVSU graduates continue to achieve above the national average on the certification exam for the sixth year in a row with a 99% first-time pass rate this past year (April 2016-March 2017) and a 3-year first-time passing rate of 99%; compared to a national first-time average of 81% for all Bachelor degree programs! I will continue to post our scores on our home web page, but you can also find pass rates for all programs at [www.caate.net](http://www.caate.net). The success of this program is a testament to everyone who contributes to our program on a daily basis, including; students, preceptors, physicians, faculty, staff, and alumni. Thank you to all!

As we talk about success, we need to send a big Congratulations to Mark Stoessner who was the 26<sup>th</sup> inductee into the MATS Hall of Fame in June of 2016 and to Brian Hatzel who was recognized as an Outstanding Educator at GLATA, in March of 2017. These well-deserved recognitions reinforce the quality of faculty and staff that we have in our program at GVSU!

As promised we want to keep you informed about our progress in transitioning to the Masters in Athletic Training (MAT). In the fall of 2016 we submitted our curriculum into the University curricular system. Dr. Parker has diligently been leading us through this process. As you can imagine this is not an easy task and we thank her for her time and dedication in getting us through. As of the close of the 2016-2017 academic year, we will be entering the fall at the level of the University Curricular Committee. If all goes smooth we will look for approval of our MAT by December 2017. It is our intention to accept our first applications in the fall of 2018 with our first admits starting in the fall of 2019. We will continue to keep you informed as to where we are in the process of moving forward!

This year we were also approved to search for an additional full-time tenure-track faculty position in Athletic Training which brings us to four tenure-track and one affiliate faculty for a total of 5 full-time positions teaching in Athletic Training. Tenure-track positions are very hard to come by at the university so we were honored to be approved for this search! This demonstrates the continued support from our administration to offer a first-rate

program!! After an extensive national search we are proud to welcome Meghan LaFevor PhD, ATC from Michigan State University! Meghan's research has focused on validating the Pediatric ImPact test and we are looking forward to her contributions in the years to come! This fall she will be teaching our AT Emergency Care, Intervention and Referral, Clinical II, and Prevention and Care Lab courses. She will also play an integral role as we transition to the MAT over the next year and a half.

Although we are excited for our additional faculty, it comes with staffing changes to courses taught by outstanding adjunct faculty – Mike Braid, and Michael Seger. Don't worry, we will keep them connected as much as they are willing to be involved! Both have shared their expertise in Athletic Training Rehabilitation and Emergency Care to our students for over 15 years and both have received the University Outstanding Educator award for part-time faculty!! Thank you for all you have done and continue to do for our students and our program!

I would also like to take a moment to thank our two Graduate Assistants, Laurisa Richard and Whitney Schroer for their contributions in their first year with us. We could not do everything we do in our program without them!! We are looking forward to another great year. This also means that this fall we will be accepting applications for two graduate assistants starting in the fall of 2018, so if you know anyone who is looking for a position, please have them contact us!

Have a wonderful 2017 and stay in touch, we love to hear how everyone is doing!

~Dr. Shari Bartz-Smith



# Clinical Sites 2015-2016

## College Setting:

Grand Valley State University

Cross Country/Track & Field - Katie Rec & Laurisa Richards

Volleyball/Baseball - Brooke Magaard

Women's Basketball - Jessica Reitmeyer

Men's Basketball - Josh Slayton

Football - Mark Stoessner & Jim Winkler

Lacrosse/Soccer/Swimming and Diving - Alison Reddick & Lauren Scott

Softball - Whitney Schroer

Davenport University - Jason Kolean and Cathy Bersuder

Calvin College - Joe Dykstra, Kerri Cramer

## General Medical:

North Ottawa Community Hospital - Emergency Room

Metro Health - Dr. VanNoord, Dr. Hinkley, Dr. Kern, Dr. Kornoelje

River Valley Orthopedics - Dr. Healey & Dr. Henne

## Clinic:

Center For Physical Rehabilitation SW - Mindy Simon

Center For Physical Rehabilitation - Nancy Ryan

Mercy Rehab and Athletic Performance Center - Marcus Schillaci

## Internship:

Harkness Institute for Dance Medicine

Northwestern University

Diamondbacks

Comprehensive Rehab

Detroit Medical Center

Excel Rehab, Traverse City

Holland Hospital

Chicago Cubs

Clemson University

Bulter University

iMove

That is a short list of the many, many, many other locations our students have the great privilege to go further their education.

## High School:

Allendale - Jen Terpstra

Byron Center - Joe Chiaramonte

Catholic Central - Sadie Morway

Comstock Park - Patti Beggs

East Kentwood - Dan Chappell

Forest Hills Central - JaNae Start

Forest Hills Eastern - Steve Retan

Forest Hills Northern - Alex Salinas

Grand Haven - Aaron Rietman

Grandville - Mike Seeger

Holland - Hannah Doorn

Muskegon - Ted Quick

Northview - Jesse Brinks

Unity Christian - Amanda Felton

Zeeland East - Jason Burgess

Zeeland West - Diana Albers



*Dr. Tonya Parker  
Clinical Coordinator*



# IOTA TAU ALPHA

ITA welcomed the 2016-2017 year with high expectations. With the new semester, ITA set fresh goals for the club and its' members. The fall semester proved busy with guest speakers, MATS student seminar, and raising money. Professional development through the club is a major focus for ITA in order to provide a networking environment, develop and introduce special skills, as well as further immerse students in the field of athletic training.

ITA was especially lucky to host Phil Adler as a speaker on the topic of Spectrum Health, professional development, and nontraditional roles in athletic training. A special thank you to guest speaker Mike Seger for returning to share expertise for spine boarding on ice. Thank you to all other guest speakers. ITA is grateful to the guest speaker for their time and knowledge.

The main source for funding is selling Griffins tickets, and the jersey auction. Member participation in the selling of Griffins tickets made it possible to sell hundreds of tickets. The club is looking forward to finding new fundraising opportunities for the club in the upcoming year.

ITA was represented with a large group of students attending the MATS Student Seminar at Michigan State University, as well as Great Lakes

Athletic Trainers' Association Conference in the Spring semester hosted in Wheeling IL. Sending students to important conferences and meetings keeps them up to date with state and national changes occurring in the field, in addition to exploring new research, practicing skills and networking. Funding was made possible by ITA and its' members. ITA plans to send another large group of members to NATA this June, in Houston, Texas. Additional club events over the course of the year included intramural sports, social events, gathering donations for the Woods dinner, and participation in various volunteer events, such as the Gazelle Girl Half Marathon and Special Olympics.

ITA is proud to announce that progress has been made in developing a scholarship for future students with the help of Dr. Brian Hatzel. The subcommittee, ITA Scholarship Committee, had held several meetings to develop a plan for the scholarship. Details will be made available once the scholarship had been approved.

We are pleased to announce Anna Zahora as President, Dante Avila as President-Elect, Allison Pingston as Vice President, Emily Gantt as Treasurer, Sam Bernier as Secretary, Mackenzie Davenport as Fundraising Chair, and Olivia Kosnik as Social Chair.



*Entrance Exam  
Study Session*

*Diabete's  
Walk/Run*

*GLATA*



*MAT'S*

# Lindsey Lepley

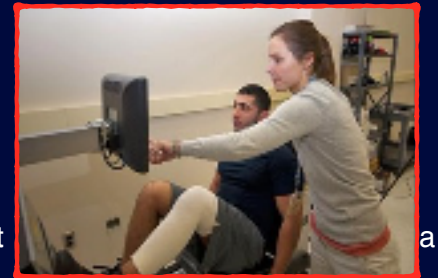


Lindsey Lepley (formerly Lindsey Klykken) completed her Bachelor of Science in Athletic Training from Grand Valley State University in 2008 and then her Master of Education in Kinesiology from the University of Virginia in 2009. During this time, she supplemented her classroom education with clinical experiences by working in several orthopaedic outreach clinics as an athletic trainer caring for patients across the musculoskeletal continuum: those facing new injury diagnoses, initiating rehabilitation after surgery, coping with recurrent injuries, and making important joint replacement decisions.

It is through these experiences, that Lindsey became increasingly aware that many of the interventions she provided to my patients had little to no evidence-based data to support their efficacy. For this reason, and the desire to design, test and translate new sports medicine strategies from conception to practice, Lindsey decided to pursue a PhD in Kinesiology from the University of Michigan (from 2010–2014) under the guidance of Dr. Riann Palmieri-Smith. Requiring an active presence in the clinic, this work synthesized experimental techniques from neurophysiology and biomechanics to study the consequences of traumatic joint injury. Lindsey was fortunate to receive the 2016 National Athletic Trainers' Association Research and Education Foundation Doctoral Dissertation Award for her PhD work.

Continuing this research stream, in 2014 Lindsey accepted a postdoctoral fellowship at the University of Kentucky's internationally renowned Center for Muscle Biology under the guidance of Dr. Timothy Butterfield. A primary enticement of this position was the opportunity to extend her applied clinical research experience and adopt basic experimental approach to the research problem.

This integrated bench-to-bedside research background lends itself to robust innovative research with direct implications for patient rehabilitation.



In August 2015, Lindsey transitioned to a tenure-track Assistant Professor position in the Department of Kinesiology at the University of Connecticut. Since then, she has begun to establish a research environment with strong institutional backing aimed at: 1) examining neuromuscular consequences of traumatic joint injury; and 2) identifying therapeutic approaches to effectively combat neuromuscular dysfunction.



Lindsey is very grateful for the unparalleled mentorship she has had throughout her career. In particular, Lindsey recognizes Brian Hatzel, PhD, ATC, on whom she relied for a foundational education. Lindsey also would like to recognize Todd Jager, ATC, a clinical mentor that helped develop her deep passion for athletic training.

Outside the workplace, Lindsey enjoys outdoor activities such as kayaking, hiking, and spending time with her golden retriever, Maggie. She is also quick to state that her husband, Dr. Adam Lepley (2008 graduate of the GVSU athletic training program), is her "better half," providing her with unwavering support and being the best possible partner in both her personal and professional lives.



# *The Woods Jager Athletic Training*



## *Scholarship Dinner*



*Dr. Henne & Laylah*



**Huge Thank  
You to those who  
helped with the  
dinners' success**

*Lorie Jager & Lauren*

On on April 28, 2017, in the Grand River Room in the Kirkhoff building was yet again. This year Doug and Linda Woods Excellence in Athletic Training award recipients were Allison Pingston and Anna Zahora in the amount of \$5,000.00 each. This scholarship is awarded to athletic training students in appreciation of their academic success and dedication to the GVSU athletic training department.

The River Valley Orthopedics Senior Athletic Training Service Award given to Laylah Ali by our orthopedic team docs, Dr. Jack Healey and Dr. Tim Henne. This award is for an athletic training student who demonstrates excellence in their clinical rotation and is involved in the promotion of athletic training at a local, state or national level.

The Todd Jager Memorial Award, which is given to a graduate athletic training student pursuing a career in college athletics. This student has to have a commitment to athletic training and a strong academic background. The award was presented to Lauren Scott.

The auction was a little smaller than the previous years. If you would like to send donations for the auction or contribute to the dinners success please contact Alison Reddick or Mark Stoessner. All auction items funds raised go to each endowment. A special thank you for all of you who contributed to the donations!! Next year dinner is tentatively planned for the last day of finals Friday April 27, 2018.

# Welcome New Faculty

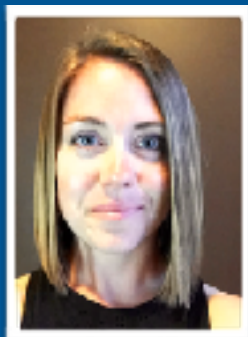
## Dr. LaFevor



Meghan LaFevor hails from Columbia, TN, which is deftly noted as the “mule capital of the world”. She began her educational career in her hometown at Columbia State Community College where she earned her associate of science in 2009. She then went on to complete her undergraduate studies at Athens State University, majoring in Health Science, and Lincoln Memorial University where she double majored in Athletic Training and Kinesiology while also playing collegiate softball. Her next landing was at Ohio University in 2012 where she pursued graduate studies in Athletic Training, and also served as a Graduate Assistant athletic trainer for a local high school. In pursuit of a teaching career, Meghan went on to Michigan State University in 2013 and ultimately earned a Ph.D. in Kinesiology with an emphasis in Athletic Training. While at MSU, Meghan served as both a teaching and research assistant. She taught coursework related to athletic training and kinesiology, as well as assisted with multiple research studies specifically related to concussions. Meghan’s personal area of research interest involves youth concussion assessments. Meghan is excited about joining the GVSU family this Fall and beginning her teaching career!

## And Staff

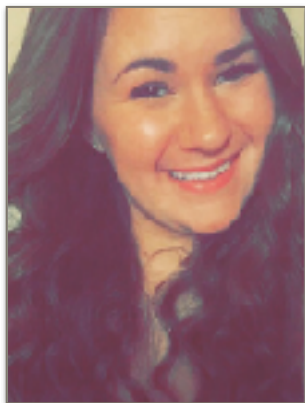
## Katie Rejc



Katie Rejc joins the GVSU Athletics Department as the Assistant Athletic Trainer for GV Cross Country and Track & Field. She graduated from GVSU’s Athletic Training Education Program in 2011. She then went on to complete her Masters in Exercise Physiology at Eastern Michigan University, where she also served at the Graduate Assistant Athletic Trainer for women’s soccer and softball teams. Katie then worked for the Calvin College Knights for 3 years before returning to GVSU. In her spare time she likes to spend time with her many nieces and nephews, go fishing, and bake cakes.

# *Welcome Adjuncts / GA's*

## *Jessica Reitmeyer*



Jessica Reitmeyer is starting her second year as an adjunct athletic training in GVSU athletic.

She spent her first year with the women's basketball team and will spend her second year with the volleyball and both men's and women's tennis. She graduated from Central Michigan University in May 2016 with a

Bachelors of Science in Athletic Training. Jessica hopes to finish up a Master of Health Administration from Grand Valley in May 2018.

## *Lauren*



Lauren Scott joined the Grand Valley athletic training staff this year as a Adjunct Athletic trainer working in athletics. In her first year she worked with the swimming and diving and tennis teams. Next year she will be working with the baseball and swim in dive teams. Before joining Grand Valley, Lauren earned her

Bachelors of Science in Athletic Training from Aquinas College, graduating in 2016. Lauren is working towards receiving her Masters of Higher Education.

## *Laurisa Richard*



Laurisa Richard graduated from Manchester University in 2016 with a Bachelor's of Science in Athletic Training. I am a graduate assistant for the movement science department in athletic training. I get the best of both worlds by working in the classroom assisting with the athletic training program and working with GVSU's men's and

women's cross country and track & field teams. I am currently pursuing a Master's degree in Adult & Higher Education. Upon graduating in 2018, I anticipate working as an AT with collegiate athletic teams.

## *Whitney Schroer*



Whitney Schroer is a current GVSU Graduate Assistant for the Movement Science Department. She is originally from Lawrence, NE and received her bachelors in athletic training from the University of Nebraska at Kearney. Whitney serves as the ATC for the woman's softball team at GVSU and assists with

classes in the athletic training program. While at Grand Valley, Whitney is working toward her masters in Public Administration with an emphasis in Health Administration.



# Best of Luck



## Josh Slayton

Josh Slayton joined GVSU Athletics last year as a Graduate Assistant for the Athletic Training Department from Fort Wayne, IN. For the last two years he worked Men's Basketball and assisted with the Football team. Prior to joining GVSU, Josh received his Bachelors in Athletic Training at Defiance College in Ohio where he was also a varsity football player. Josh has completed his Masters of Higher Education and is currently seeking employment.



## Brooke Magaard

Brooke Magaard joined the GVSU Athletics last year as a Graduate Assistant for the Athletic Training Department. Both years she worked Volleyball in the fall and Baseball in the winter. Prior to joining GVSU, Brooke received her Bachelors in Athletic Training from Eastern Michigan University. Brooke has completed her Masters in Public Administration. Since graduation she has accepted a position of Partner Development Manager - Medical Equipment with International Aid in Spring Lake, MI. She will be working with Health Clinics around the world obtain medical equipment.

## SCORE BOARD

### Women's Teams

- Basketball - Midwest Regionals Semifinals
- Cross Country – National Champions
- Golf - 12th at Nationals
- Lacrosse - Did not place
- Soccer – 2nd at Nationals
- Swimming/Diving – 11th at Nationals
- Tennis – made it to Midwest Regionals
- Indoor T/F – 2nd at Nationals
- Outdoor T/F – 2nd at Nationals
- Volleyball - did not place

### Men's Teams

- Baseball – did not place
- Basketball – did not place
- Cross Country – 2nd at Nationals
- Football - made it to Quarter Finals
- Golf - 5th at Super Regionals
- Swimming/Diving – 5th at Nationals
- Tennis - made it to Regionals
- Indoor T/F – 8th at Nationals
- Outdoor T/F – 2nd at Nationals

# CONSTRUCTION ZONE



The Recreation Center is finished with their 2 phase expansion this past Winter. They added about 50,000 sq. ft. to the current Recreation Building. This space has a new main lobby, new offices for campus recreation, renovation of current offices for campus recreation, increase the cardio and weight room space, 2 courts for basketball and volleyball, 1 multi-activity court, a new spinning room, more space for stretching and functional workouts, new locker rooms, new exercise equipment and more storage space for the users. For more updates and pictures of the progress please visit <http://www.gvsu.edu/sportsfacilities/recreation-center-expansion-34.htm>.

At the same time the Recreation Center was approved so was the addition of student housing. The Holton-Hooker Learning and Living Center is now finished at 145,000 sq. ft. building right where Robinson Field was located. They tore down the Macy Hoobler Living Center of 50 beds, which was built in 1987. This new housing building will accommodate 498 beds, study space, laundry facilities, lounge space, a game room, outdoor rec space, four student classrooms, a computer lab, media room, three faculty offices, a multi-purpose room and Einstein's Bagel. Students started living in the building at the start of Fall 2016 semester. To see what the floor plans look like you can visit their page at <https://www.gvsu.edu/housing/students/holton-hooker-learning-and-living-center-168.htm>

What's next for GV you wonder??? It was announced that there will be a new facility for the health professions set to be completed by May 2018. Raleigh J. Finkelstein Hall will be a five story 84,000 sq. ft. building. This donor funded building will combine faculty offices and student learning space. It will include 4 classrooms, 15 laboratories, a computer lab, 90 offices, study spaces, and parking. Visit <https://www.gvsu.edu/gvnow/2016/gvsu-breaks-ground-on-health-campus-expansion-9708.htm> to with the video of the groundbreaking.

Lastly, the Performing Art Center has been approved for a 20 million expansion. This building was originally built in 1971. It was in need of a facelift. The PAC will be 2 stories 44,000 sq. ft. building. The expansion will include 3 ensemble rooms, new study spaces, enlarged main lobby, 7 offices, the black box theater will seat 140 people, associated theater support space, and two theater classrooms. Visit <https://www.gvsu.edu/music/performing-arts-expansion-401.htm> to stay up to date.



The Injury Care Clinic completed its seventh semester in operation. The Injury Care Clinic had an impressive 1,750 patient visits for the 2016-2017 academic year. This brings to total of visits to close to 5,000 since its opening in the Winter of 2014. Approximately, 60% of the ICC visits were by club sport athletes. The ICC has become an essential part of the consistent and appropriate care of the club sport athlete at GVSU. Even with the majority of visits initiating through club sports there were many groups represented in the ICC including but not limited to: dance majors, music majors, faculty/staff, rock climbing enthusiasts and community members. The ICC had the pleasure of having senior Sara Helder spend her final semester of internship in the Injury Care Clinic helping to provide exceptional and consistent care to ICC patrons. She was a delight to work with and ICC users were so grateful for her insights and knowledge. Here are what some of the 2016-2017 ICC users had to say about their experience in the ICC:

"I had all sorts of small injuries throughout the year and the clinic was very prompt in addressing the issue and getting me back to training as quickly as possible. If a follow up visit was necessary they would simply tell you that and were always welcoming when you come in."

"I think GVSU is really lucky to have this clinic. I'm not sure where people would go if this clinic was not available. The staff in the clinic was extremely helpful. They are knowledgeable and also very friendly and positive. I appreciated that it seems like they cared about my injuries getting better. It seems like it is hard to get great service these days at a lot of places, so it was nice to get great service here."

"The staff was amazing and so was the athletic trainer. I had a really bad ankle sprain and she helped rehabilitate it. I didn't expect to run on it till the end of the school year, which was about 2 months away, but I was running on it in about three weeks. Great staff, I would recommend them to anyone with an injury."

The upcoming academic year of 2017-2018 we are hoping to strengthen our partnership with Metro Health University of Michigan Health, Grand Valley State University Movement Science and Grand Valley State University Campus Recreation to elevate patient care and services in the Injury Care Clinic. Please check out our website to learn about the great things that are continuing to happen in the ICC – [www.gvsu.edu/icc/](http://www.gvsu.edu/icc/).

~ Van Miller MA, AT, ATC





# GVSU ALUMNI REUNION

## Massa's South Coast Grill

1331 Lamar Street  
Houston, TX 77010  
(8 min walk from the Convention Center)

Tuesday June 27, 2017

Starting at 6:30 pm

Appetizers and Cash Bar will be provided



### **HUGE Thanks to our sponsors for this event:**

GVSU - Athletic Training (Athletics) Department  
GVSU - Movement Science Department  
GVSU - Alumni Relations Department

RSVP is not required but is helpful to: Eliza MacDonald  
(616)331-8877 or [macdonel@gvsu.edu](mailto:macdonel@gvsu.edu)

or on

GVSU Athletic Training Alumni Facebook Page under Events  
<https://www.facebook.com/groups/gvsuatalumni/events/>

## Don't Miss it!

Follow us on Facebook <https://www.facebook.com/groups/gvsuatalumni/>  
or at GVSU Movement Science Website (it has a facelift)  
<http://gvsu.edu/athletictraining/>

If you know someone that is not receiving this newsletter or the contact information we have is not accurate.  
(Updated mailing address, email address, have some news, or no longer wish to be contacted)

Please let us know!!!

[macdonel@gvsu.edu](mailto:macdonel@gvsu.edu)

This Newsletter was Created By: Eliza MacDonald  
Edited By: Brian Hatzel

With help from:

Shari Bartz-Smith  
Tonya Parker  
Anna Zahora  
Meghan LaFevor  
Katie Rejc  
Lindsay Lepley  
Laurisa Richard  
Whitney Schroer

Lauren Scott  
Jessica Reitmeyer  
Brooke Magaard  
Josh Slayton  
Mark Stoessner  
Alison Reddick  
Van Miller