

Alumni and Friends Newsletter— Fall 2007

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By The Numbers:

- The UCF Program in Athletic Training has 30 clinical sites.
- The UCF Program in Athletic Training has 60 ACI.
- The average incoming GPA for the class of 2009 was a 3.3.
- The Class of 2007 boasted a 76% first time pass rate for April and June

Program in Athletic Training—Accreditation Update

The accreditation process takes patience and perseverance! The Program in Athletic Training has finally reached the tail end of the process.

Accreditation requires that programs submit pages and pages of documents and data. Our self-study was submitted in September of 2006. Our site visit happened on April 1st through 3rd. The site visitors were able to visit the on-campus athletic training rooms, Colonial High School, Winter Park High School and Orlando Sports Medicine Group. We would like to thank all of those individuals who worked so hard to make the site visit run smoothly!



Class of 2008 at Student SEATA Conference 2007

The site visitors were quite impressed with the variety and quality of our clinical sites and ACIs. They came to the visit thinking that the volume of clinical sites would be their main concern. On paper, it looked to be too many to manage. They left proclaiming that it was our strongest asset. No other program (that we are aware of) can claim clinical affiliations with division 1 athletics, division 2 athletics, community college athletics, high school athletics, rehabilitation sites, industrial sites, professional sports, and the arts. They found that our clinical coordinator has everyone organized, informed and in compliance with the mission of the Program in Athletic Training.

The site visitors also remarked that the clinical sites and ACIs foster an atmosphere of learning and are doing an exceptional job of not using the students as a "workforce".
See "Accreditation" - pg 2

What is SATO?

SATO is the Student Athletic Trainers' Organization of your Knights! We are a club devoted to a common interest. Each member of our organization has a passion for the field of athletic training and strives to advance his/her knowledge and experience through related opportunities. The more exposure to our future career we can get, the better!

As a club, we dedicate our time to assisting other organizations with their athletic training and sports medicine needs. Some of these organizations include local high schools, rehabilitation clinics and events like the Mountain Dew Action Sports Tour and the Walt Disney World Marathon. These opportunities allow us to improve our understanding and familiarity of our field and are invaluable to our education. In addition to our outreach activities, we also hold monthly meetings with invited guest speakers. They present about their favorite athletic training topics. Some of our most notable guest speakers have been from the NFL and NASCAR!

See "SATO" - pg 4

ACI of the Issue

Jennifer Scallin Perez & Mary Vander Heiden

There is a new sheriff in town.....make that two new sheriffs! For the first issue (in a long time) of the newsletter we would like to spotlight the new head athletic trainers for the University of Central Florida Athletics Association (UCFAA): Jennifer Scallin Perez (photo top right) and Mary Vander Heiden (photo bottom right).

Both women earned their master's degrees from the University of Central Florida. Jenn graduated with her degree in Health Services Administration and Mary graduated with her degree in Exercise Physiology. Jennifer hails from Rhode Island and should be very familiar to all of you since she has been an athletic trainer at UCF since

1996. She worked her way up from GA to assistant to associate to Head Athletic Trainer. She and her husband live in Winter Springs with their two sons.

Mary hails from Wisconsin and should also be very familiar to you. She started at UCF as a GA for football in 1999. Mary has been a steady presence for the football team who has seen three head athletic trainers and 2 head coaches since her arrival. Mary starts the 2007-2008 year as the Head Football Athletic Trainer.

We congratulate both Mary and Jenn on their success! We anticipate that their leadership will do wonderful things for UCFAA and the Program in Athletic Training.



"The UCF Program in Athletic Training was re-accredited in July!"

"Accreditation" (cont)

Not all programs have been successful in changing the attitudes of ACIs who are used to the old way of doing things. This sentiment was reflected through meetings with the ACI, the faculty and the students. We all work together to ensure that the students are engaged in learning experiences and not just out there providing a service.

This week we received word from the CAATE that we were re-accredited!

Thanks to everyone who supported us!

This Program is Accredited by the



Commission on Accreditation of Athletic Training Education

“Our hard work and long hours have proven to be worth more than any of us can explain.”

Football Camp—From a Junior’s Perspective

Fresh out of our first classes, and armed with little more than the basics, the start of football camp came fast...and never slowed down. UCF Football Camp 2007 has been a great learning experience for every junior ATS. The first few days were a haze of confusion. Led solely by our fearless senior classmates, we basically learned to do what we were told and do it fast. With little time to ask why or how, we did what we could, and tried our hardest to stay out of the way. But that feeling of no belonging would very quickly subside. Many of us performed our first treatment on an athlete, while others took on their first rehab exercise. Before long, we all realized just how great of a purpose we all could serve.

The progression from green junior to experienced senior doesn't come easy. Football camp tested us in nearly every category. Through tireless practice and repetition, the days began to pass quickly. In our free time we asked all the questions we could come up with and honed in on our skills with taping and modalities. It was a privilege to work with the skilled staff that UCF has to offer. Not one day passed where we did not learn a new method or skill that we could immediately apply. Like our confidence, our interactions with the athletes also began to grow. What was once a short and cold transaction of words, turned into meaningful conversations. There is an unexplainable joy that we all experience when any one

of them simply asks our name. Getting to know them as more than a number was worth more than we can explain. Many of us were surprised at just how much the players respected what we do.

All in all, football camp proved to be more stressful than most of us expected. Yet, through the sweat and the salty electrolyte tears, we have emerged. Our hard work and long hours have proven to be worth more than any of us can explain. Not one person I have spoken to has said that they regret any of this experience. These past few weeks have shown us what this profession is all about. I am proud of how well we performed...but that is just my biased opinion.

- David Krazeise, Junior

SATO Fundraiser

In July, SATO teamed up with Arbonne International, a health and wellness company, to start an ongoing fundraiser. The students receive a check equaling 30% of product sales purchased through the SATO fundraiser website.

The SATO group is raising money to support costs on their annual trip to the SEATA

Athletic Training Student Symposium in Atlanta, GA. Students selling more than \$500 worth in products will also receive paid registration for their educational symposium. In the first month, students raised \$285. The top fundraising student in the month of July was junior Paul Tschida.

To support SATO and your favorite UCF athletic training student, visit fundraiser.myarbonne.com to shop for pure, safe, and beneficial products delivered to your doorstep.



UCF ACI and Faculty Win Awards!

Stephanie Lennon, ATC—won NATA’s Most Distinguished Athletic Trainer Award.

Individuals must be certified for 20 years, display service at the state, regional and national level, and promote the profession of athletic training.

Torrance Williams, ATC— Won the Professional Achievement Award from the UCF Alumni Association.

Individuals must be members of the UCF Alumni Association and display outstanding achievement within their profession.

Kristen Schellhase, ATC— Won the NACADA Outstanding New Advisor Award.

Individuals must have been an advisor for fewer than three years and display outstanding achievement of students.

Mitch Salter, ATC— Was elected as the Central Florida Representative to ATAF.

The Central Florida Representative acts as a liaison between ATAF and the membership in the central Florida counties.

**UCF PROGRAM IN
ATHLETIC TRAINING**

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"SATO" (cont.)

But it's not always hard work and brainpower. We also organize social events for our members to bond as a group with a common interest. Bowling, outdoor activities, movie nights and events like Halloween Horror Nights have been some of our past activities.

For information on how you can support SATO as a speaker or donor, please contact Kristen Schellhase at kschellh@mail.ucf.edu.

Alumni Club Started!

There are so many UCF Program in Athletic Training Alumni that this seemed a great year to start a club! Jud Fann, ATC has been appointed the Program in Athletic Training Alumni club's first president. Judd was a member of the Class of 2003 and was just hired as a UCF Football Assistant Athletic Trainer. An alumni tailgate is planned for the first home game of the season on September 15th. More details will follow via email. Please plan to attend. If the event is successful, we will plan to tailgate for several home games each year. It is a great way to support the Program in Athletic Training and the UCF Knights! Football Team!

Alumni and Friends Gathering — Anaheim

In Anaheim, CA more than thirty Alumni and Friends of the UCF Program in Athletic Training gathered to visit and reflect on the past year or years. At the annual NATA Convention, the overall numbers were down but the camaraderie was up. Thanks to our sponsors Ron Esteban from Orlando Orthopedic Centers and Mike Spears from Henry Schein a fantastic time was had by all.

Want to Support SATO or the Program?

The Student Athletic Trainers Association (SATO) is a student run organization which relies on fundraising. SATO members work hard to raise enough money to attend Student SEATA, have meetings, and a senior banquet for families and friends of the graduates. Please consider making a donation to SATO, participating in the fundraiser

and/or donating your time as a guest speaker at a meeting. You can get information on any of the above by contacting Kristen Schellhase at : kschellh@mail.ucf.edu

The Program in Athletic Training relies on donations to the UCF Foundation in order to put on events such as free CEU seminars, alumni tailgates, and

scholarships for Program in Athletic Training students. Your donation, large or small, would help to meet these needs. The UCF Foundation (foundation.ucf.edu) can give information regarding tax deductions and ways to give. Please be sure to designate to the Program in Athletic Training to ensure your donation gets to the correct place.



Program in Athletic Training students enjoy a BBQ and welcome the class of 2009.