



## WELCOME FROM DAVID PERRIN

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Dear Alumni and Friends,

I am thrilled to have the opportunity to welcome you to this issue of the ATEP/GSSM Alumni Newsletter as a certified athletic trainer and the new Dean of the College of Health at the University of Utah. One of the attractions of this position for me is the outstanding academic and clinical programs in sports medicine and athletic training offered by the University of Utah and the College of Health. The Athletic Training Education Program and Graduate Studies in Sports Medicine are inextricably linked to my vision for the College of Health. This vision includes taking a leading role in the transformation of health care in America through discovery, implementation of new knowledge, and delivery of evidence-based clinical services. I would love to hear about your experience at the University of Utah and welcome your feedback and suggestions. I can be reached at [david.perrin@health.utah.edu](mailto:david.perrin@health.utah.edu).

## FEATURE STORY



## AN INTERVIEW WITH ERIC YOCHER, HEAD ATHLETIC TRAINER FOR FOOTBALL

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Melissa Linstrom conducted an interview with the University of Utah Head Athletic Trainer for football, Eric Yochem, to discuss the new Spence and Cleone Eccles Football Center. The Spence and Cleone Eccles Football Center is a project that spans over 120,000 square feet and is equipped with offices for coaches and other staff, cafeteria and fueling stations, player locker room and lounge, and other terrific amenities. As an athletic trainer, the most impressive area is the 13,000 square foot sports medicine complex.

**ML: "Tell us about the facility."**

EY: "The new facility is about three times as large as the Smith Athletic Training Room and has been a huge upgrade for the football program as well as the other sport programs. The wet room is equipped with an in-ground, cold and hot tub along with two Hydroworx 2000. We have used this a lot more than we anticipated. We also have brand new cardio equipment including an Alter-G treadmill. The new treatment tables and tape decks are all custom designed. Nothing is off the shelf in this facility and no stone was left unturned when considering attention to detail. The layout was designed by Trevor Jameson and Paul Silvestri, whom put a great amount of time into developing a floor plan that created great flow for football and all other sports utilizing the facility."

**ML: "How does this facility affect sports medicine education?"**

EY: "The easy answer is that new meeting rooms allow us to close doors and have in-services with staff and students. The hydrotherapy area provides the newest opportunities for teaching points."

**ML: "What else is new and great?"**

EY: "Everything. Equipment upgrades alone were \$80,000. That includes new modalities and cardio equipment. The Alter-G treadmill is definitely our new favorite toy, which was only possible because of the generous donation from Zane Beadles. The whole room that is new and great."



## AN INTERVIEW WITH ERI YOCHEM (continued from page 1)

### ML: "Do you miss anything from the Smith?"

EY: "Oddly enough, there are days when we miss the Smith. When you do not have the amenities we do now, it makes you be more creative. We hope to keep the creativity alive, but it is much easier to be creative when you do not have as much at your disposal."

### ML: "How is the new facility an asset?"

EY: "Clinically speaking it has created a multitude of opportunities. It has improved care for our student athletes and gives more opportunities for our undergraduate athletic training students to observe and participate in providing quality care. It is all well and good to have new space and new equipment, but the whole idea is to create new opportunities for our student athletes and athletic training students."

### ML: "Is there anything else you would like to say about the new Spence and Cleone Eccles Football Center?"

EY: "Just that it is great to have the new building, but we are fully aware of the time and energy spent making it all possible. We are forever grateful for those who came before us. They were the advocates in acquiring the space. Bill Bean, who was the Head Athletic Trainer and the Director of Sports Medicine for football, laid the foundation that made this possible. Trevor Jameson, still on staff at the university, brings support from administration and is responsible for the layout of the new facility. It took a lot to get here, and sitting in it, we are very aware and thankful to those that made it all possible."

*Melissa Linstrom is a senior student in the Athletic Training Education Program at the University of Utah. She is currently working with the football program but has also worked with the University's softball team and at a local high school. She was born in Los Angeles, CA and moved to Utah for college. Her goal is to attend graduate school and receive a master's degree in Athletic Training or related field while filling a graduate assistant position.*

## STUDENT SPOTLIGHTS

### GSSM STUDENT: REED OMDAL



**Reed Omdal** is a student in the Graduate Studies in Sports Medicine Program. Reed graduated with a bachelor's degree from Washington State University, and is currently assigned as the Head Athletic Trainer at Corner Canyon High School in Draper, UT for his Graduate Assistantship. After completing his Master's degree in the spring, Reed is planning on pursuing a position as a full-time ATC at the collegiate level. This summer, Reed was awarded a NATA Research and Education Foundation grant for his Master's Thesis research study titled "Effects of Plyometric and Functional Training on Cervical Muscle Strength and Activation in Female High School Soccer Players."

### RECENT ATEP STUDENT: ANDREW CHERRINGTON



I am currently pursuing a Master's degree at Auburn in their Warrior Athletic Training program and working as a graduate assistant for a high school until the school year finishes. I will then move back to working at Ft. Benning with the basic training recruits. I will graduate with a MEd at the end of July, next year. I hope to eventually work in a collegiate or high school setting where I can also be involved with sports medicine education. I accomplished a great deal at the University of Utah including being awarded the ESS outstanding undergrad AT student, NASPE Major of the year, American Kinesiology Association Undergraduate Scholar award, I served as the Athletic Training Student Association secretary/treasurer, and I completed research with Dr. Hicks-Little and earned the Undergraduate Research Scholar Designation. The greatest reward however was graduating with a great group that I can call friends. During my time in the U of U ATEP program, I learned that the best thing for me was to get involved and make the program my own. It seemed that the more I did, the more I loved what I was doing. This has prepared me for where I am now and will be a part of my plans to forward my career. If I were to give one recommendation to students in the program now, I would say, make this something you love. There will be things that are difficult and you may not do well at first, but keep at it and if this is something you love, you'll overcome the hard things.

## ALUMNI SPOTLIGHT



**Tyson Pace** attended the University of Utah from 2003 – 2008, where he received a Bachelors and Masters Degree in Exercise and Sport Science. He has been working with Real Salt Lake since the Fall of 2008. Currently in his 7th season with RSL, Tyson has enjoyed working as the Head Athletic Trainer and has definitely enjoyed being part of such an amazing organization and managing the day to day medical needs of players and staff. As a pivotal part of the club's current success, RSL holds the longest active consecutive playoff appearance run in MLS, Tyson has been able to help streamline the medical care of players from their development academy in Casa Grande, Arizona through their soon to be USL semi-pro club Real Monarchs, all the way to the first team. "Being a Head Athletic Trainer at the professional soccer level has been very rewarding for my career and also for the relationships I have been able to build, and they have spanned 10-15 nationalities and countries so far and counting!"

Tyson is a native to Utah and so it is very exciting for us to be able to number him among our very successful and influential alumni. Tyson grew up in Davis County and spent two years in South America, where he became fluent in Spanish. This has obviously been a huge advantage working with players and staff that span the globe. Tyson attributes a lot of his success to his mentors and those individuals that have touched his life in such a positive way. "A huge thank you goes out to those people, teachers, mentors and friends that have been able to guide and influence my path to where I am and where I am going." While at the University of Utah, Tyson was part of the BCS "Busting" football success for 3 years as a student athletic trainer. Then he was able to work as the Head Athletic Trainer for the Baseball team for a period of 2 years, seeing them make it to the Mountain West Championships. After leaving the University of Utah, Tyson joined RSL as their Assistant Athletic Trainer and promoted to the Head Athletic Trainer within two years. During his time with the club, RSL has seen 7 Straight Playoff Appearances, 1 CONCACAF Final Appearance, 2 MLS Cup Final Appearances, 1 MLS Cup Championship, 1 Open Cup Final Appearance, 1 Eastern Conference Championship, 1 Western Conference Championship and was named Athletic Training Staff of the year in MLS in 2013. We are very proud of Tyson and his influence within Athletic Training and the MLS. If you see him around, don't be shy. Say hello and meet one of our great alumni!

## OTHER HIGHLIGHTS

### CHANGES

The Athletic Training Education Program experienced major changes at the end of academic year 2013-2014. Craig Switzler, the Clinical Education Coordinator from 2008-2014, relocated to Southern Oregon University for an Athletic Trainer position. Katie Woods, Visiting Instructor from 2012-2014, moved back to West Virginia to pursue other career interests and to return to the river and outdoor adventure pursuits. During the 2014-2015 academic year, the Department of Exercise & Sport Science and Department of Athletics will begin searching for a new Clinical Education Coordinator to begin working in 2015. In addition, the department will begin a search for a new undergraduate ATEP Director. The loss of so many faculty or staff with teaching responsibilities has had a tremendous impact on the students and the program. These changes have resulted in some positive impacts. This year, many of the courses are being taught by Athletic Trainers who are full-time clinicians in university, private practice, hospital, or athletics settings. In other words, current Athletic Training clinicians are teaching for the program. In addition to faculty and staff changes, ATEP reduced the program fee by \$2000. The program fee was created to cover the additional licensure, accreditation, supplies, and administrative costs of the Athletic Training Education

Program. This fee change will be very positive for both students and the program. We are looking forward to making many more positive changes to the program in the future. You can help us by responding to the upcoming alumni survey (see Coming Soon).

### COMING SOON

Be on the lookout ; an alumni survey will be sent to your email address very soon. Your response will be crucial in assessing the current state of the program, as well as future directions. If you want to be sure ATEP or GSSM has your current contact information, please send an email to [athletictraining@utah.edu](mailto:athletictraining@utah.edu) with alumni in the heading. If you would like to receive publications in the mail, please include your mailing address. To read more about ATEP & GSSM, look for our second ATEP & GSSM annual report. This report is published each year in January and a link can be found on the ATEP website. To see last year's annual report go to: [www.health.utah.edu/ess/athletictraining](http://www.health.utah.edu/ess/athletictraining). ATEP & GSSM will also begin conducting an employer survey at the end of the 2014-2015 academic year. We want to know how others think you are doing in your new career, school, or other endeavor. The results of each of these will be published in the annual report.

## DONATIONS

If you would like to donate to the Athletic Training Education Program or the Graduate Studies in Sports Medicine Development fund(s), please go to the ATEP website: [www.health.utah.edu/ess/athletictraining](http://www.health.utah.edu/ess/athletictraining) and click on the Donate link (top, right side of the page). No donation is too small. All scholarship donations will be exclusively for undergraduate ATEP scholarships. The development funds are used to improve and expand the program(s) as needed. If you have questions or concerns, please contact Josh Larson at 801-585-1820.



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ATHLETIC TRAINING

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IN SPORTS MEDICINE

ALUMNI NEWSLETTER

