

Mary “Sam” Laingen, MS, AT-Ret

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Education

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| May 2004 | SYRACUSE UNIVERSITY | Syracuse, NY |
| ● Masters of Science in Exercise Science | | |
| December 2001 | UNIVERSITY OF CINCINNATI | Cincinnati, OH |
| ● Bachelor of Science in Health Promotion and Education with an emphasis in Athletic Training | | |

Professional Experience

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| August 2019 – Present | EASTERN ILLINOIS UNIVERSITY | Charleston, IL |
| <i>University Pre-Health Professions Advisor</i> | | |
| <ul style="list-style-type: none">● Provide advising to students from all majors interested in pursuing careers in healthcare.● Counsel Biological Sciences majors on required coursework to progress towards degree and matriculate to professional health programs.● Support and advise Alpha Epsilon Delta AED (health professions honor society).● Research, write and edit brochures and handouts.● Maintain Pre-Health Advising D2L class and Facebook page.● Maintain and establish relationships with health profession schools.● Maintain and expand affiliation agreements between EIU and regional/national health professional schools, hospitals and health care providers. | | |
| October 2012 – August 2019 | UNIVERSITY OF ILLINOIS | Urbana-Champaign, IL |
| <i>Associate Athletic Trainer</i> | | |
| <ul style="list-style-type: none">● Provide comprehensive athletic training services for the women’s basketball team:<ul style="list-style-type: none">● Evaluate and treat acute and chronic injuries sustained by student-athletes.● Design and implement injury prevention and rehabilitation programs for student-athletes.● Deliver modality and manual therapies to complement injury prevention and rehabilitation in student-athletes.● Coordinate with team physicians to provide complete medical care to student-athletes.● Complete medical and insurance documentation for all injuries and related care of the student-athletes.● Work closely with strength and conditioning coach to develop and adapt student-athlete training programs to address injury, mobility, and strength deficit issues.● Communicate with student-athletes, parents, coaches, strength and conditioning coaches, sports dietitian and physicians regarding plan of care and participation status of student-athletes.● Assist the Director of Sports Medicine with assigned administrative duties including:<ul style="list-style-type: none">● Oversight of the daily operations of the Sports Medicine Department.● Development and continual review and revision of sports medicine policies, procedures and guidelines.● Coordination of annual sports medicine staff development and continuing education seminars.● Sports Medicine liaison to Academic Services Department.● Development, implementation and supervision of the Athletic Training Aide Program.● Manage and update content of Sports Medicine web page.● Collaborate with Life Skills Coordinator, Title IX Director, mental health professionals and DIA administrators in the development of programming for student-athletes and staff.● Sports Medicine Representative on I-Perform Committee to foster collaboration between wellness departments within the Division of Intercollegiate Athletics.● Hiring of athletic training, strength & conditioning, sports nutrition, and coaching personnel including developing job posting with Human Resources, review of applications, communication with candidates, coordination of interviews and hiring. | | |

Head Athletic Trainer

- Oversee the daily operations, organization, planning and growth of the Athletic Training Department.
 - Supervise the Athletic Training Department comprised of 5 full-time and 3 graduate assistant athletic trainers providing medical coverage to 21 sports.
- Primary Coverage of women's basketball with oversight coverage of the tennis, swim, and cheer teams.
 - Provide and manage complete care of student athletes.
 - Specific duties include traveling, game coverage, practice coverage, evaluation and treatment of injuries and illnesses, development and implementation of surgical and non-surgical rehabilitation programs, and prophylactic and protective taping and bracing.
 - Organize medical, insurance and rehabilitation records utilizing an electronic medical record.
- Administrative Tasks
 - Develop, review, and revise Athletic Training Department Policies and Procedures annually.
 - Create new policies and procedures as required by NCAA legislation.
 - Arrange general medical care with Head Team Physician and other providers through Student Health Services.
 - Coordinate referrals to Team Orthopedic Surgeon.
 - Direct annual pre-participation physical exams for all EIU athletes.
 - Manage Athletic Training Department annual budget and supply purchases.
 - Coordinate EIU Varsity Insurance Plan coverage of athletic-related injuries.
 - Institutional Drug Testing Site Coordinator
 - Assist the Director of Athletics with development and implementation of substance abuse policies.
 - Implement institutional testing program.
 - Schedule and organize NCAA drug testing and education programs.

Ohio Valley Conference Sports Medicine Committee Chair – Fall 2012

- Aid Assistant Commissioner in managing conference meetings and passing proposals for legislation related to the health and safety of the student athletes.

Clinical Instructor

- Daily supervision and instruction of athletic training students in CAATE accredited program.

June 2009 – November 2009***Assistant Athletic Trainer***

- Head Athletic Trainer for the Women's Volleyball and Women's Basketball Teams
- Co-Athletic Trainer for Cheer Squad, Men's and Women's Tennis, and Men's and Women's Swimming Teams

July 2006 – June 2009**THE OHIO STATE UNIVERSITY****Columbus, OH*****Assistant Athletic Trainer***

- Assigned Athletic Trainer for the Men's Soccer and Women's Softball Teams
 - Provide comprehensive medical coverage through direct care and referrals to team affiliated physicians.
 - Assigned activities included game and practice coverage, travel, evaluation and care of injuries and illnesses, and documentation with electronic injury tracking software.
 - Provide and manage clinical care for student athletes in a multi-sport athletic training room.
- Administrative Tasks
 - Education Committee Chair
 - Identify sources of quality continuing education units for the Athletic Training staff.
 - Developed Monthly Athletic Training Journal Club for all Approved Clinical Instructors.
 - Investigate opportunities to enhance individual staff members' areas of expertise.
 - Increase professional involvement at the state, district and national levels.
 - Organize community service projects.
 - Act as a liaison for the Athletic Training Education Program.
 - Athletic Training Club Advisor
 - Conducted custom orthotic fitting and ordering utilizing FootMaxx System.
 - Managed the ordering and distribution of Nike clothing for Athletic Training Department.

Approved Clinical Instructor

- Daily supervision and instruction of athletic training students in CAATE accredited program.
- School of Allied Medical Professions – Instructor, Athletic Training Division
 - AT 530: Experience in Athletic Training IV – Assessment and Evaluation of Head and Spine Injuries
 - AT 531: Experience in Athletic Training V – Application of Therapeutic Modalities
 - AT 560: Emergency Care

May 2004 – July 2006**KANSAS STATE UNIVERSITY****Manhattan, KS*****Assistant Athletic Trainer***

- Head Athletic Trainer for the Wildcat Women's Basketball team and Cheer Squads
 - Provide comprehensive medical coverage through direct care and referrals to team affiliated physicians.
 - Assigned activities included game and practice coverage, travel, evaluation and care of injuries and illnesses, and documentation
- Institutional Drug Testing Site Coordinator
 - Organize and schedule institutional, conference, and NCAA drug testing and education programs.

Clinical Instructor

- Daily supervision and evaluation of student athletic trainers in a CAAHEP accredited program.
- College of Human Ecology – Instructor, Department of Human Nutrition
 - Head instructor of HN 557: Administration of Athletic Training Programs

Professional Activities**August 2019 – Present****CLUB ADVISOR****Eastern Illinois University**

- Alpha Epsilon Delta – Illinois Theta Chapter

2019 – Present

August 2019 – Present**CAMPUS COMMITTEES****Eastern Illinois University**

- College of Nursing Faculty Search Committee
- Health and Counseling Services Advisory Board
- Biology Scholarship Awards Committee
- Campus Advising Network Steering Committee

May - July 2020

2020 - Present

2020 - Present

2019 - Present

August 2009 – Present**COMMUNITY SERVICE****Charleston, IL**

- Girls on the Run – East Central Illinois
 - 5K Steering Committee
 - 5K Race Volunteer
- Charleston Community Early Learning Center
 - Board of Directors
 - Executive Board - Secretary

2011-2016

2011 - 2019

2017 - Present

2018 - Present

2020 - Present

- Charleston City School District Unit 1 Facilities and Planning Committee

August 2019 – Present**PROFESSIONAL AFFILIATIONS****Eastern Illinois University**

- National Association of Advisors for the Health Professions (NAAHP)
- National Academic Advising Association (NACADA)
- Illinois Academic Advising Association (ILACADA)

2019 - Present

2019 - Present

2019 - Present

Certifications and Licensure

- NATA-BOC Certified Athletic Trainer
- Illinois Division of Professional Regulation – Athletic Trainer, Licensed
- CPR / AED for the Professional Rescuer Certification
- Sound Assisted Soft-Tissue Mobilization Level I
- Approved Clinical Instructor for CAATE Accredited Athletic Training Program
- Ohio State University ACI of the Month, January 2007

2002 - Present

2009 - 2020

1998 - Present

2010 - Present

2006 - 2012