

LACEY TROTH: A Passion for Athletic Training

Major:	Athletic Training
Favorite Class:	Therapeutic Exercise with Dr. Jeff Sullivan
Dream Job:	Head athletic trainer for the Los Angeles Lakers
Can't Live Without:	Her family
On Her iPod:	Anything country
On Her Tivo:	<i>Scrubs, So You Think You Can Dance, and ESPN SportsCenter</i>



PHOTO: J. WINGERT

by Katrina Sinift (08)

Lacey Troth originally planned to be a Spanish teacher, wanting to follow in the footsteps of her inspirational junior high Spanish teacher. But having come to Point Loma to play soccer, Lacey was introduced to the kinesiology department and the athletic training program. While her introduction to athletic training came through an unfortunate injury, Lacey was fascinated by the ensuing treatment she received and found her calling in the process.

After talking with faculty members, Lacey decided to apply to PLNU's Athletic Training Education Program (ATEP). The ATEP prepares students to become certified athletic trainers, healthcare professionals who prevent, evaluate, and rehabilitate injuries that result from physical activity. That athletic training has proven to be a perfect fit isn't surprising, considering that it marries two of Lacey's passions: sports and helping people.

"I don't think I could ever get away from sports," she said. "Sports are my life. And with athletic training, I get to be around sports and help people return to doing what they love. It's a perfect mixture of the two."

One way that athletic trainers help people is by developing rehabilitation programs. Lacey's becoming quite the expert in this arena. For the past two years, Lacey has researched a new approach called functional rehabilitation.

"In the clinic, we start with the idea that all an athlete needs for successful rehab is to perform exercises that mimic the movements they will need during competition. And they need nothing else besides their own body weight to drive these movements. This is the beauty of functional rehab," explained Lacey.

After presenting on the topic last year at a meeting for the Far West Athletic Trainers' Association (FWATA), Lacey teamed with fellow ATEP

senior Jennifer Wingert for an honors project on functional rehab. They presented their findings in April at this year's FWATA meeting as part of a student presentation contest. They received a perfect score and won the "Experimental Research" category.

Lacey's post-graduation plans include possibly attending an athletic training fellowship program and eventually getting her master's and Ph.D. She hopes that she can dive deeper into researching functional rehabilitation in the future. Ultimately, Lacey would like to be a certified athletic trainer, as well as a professor.

As she looks toward the future, Lacey knows she has been well-prepared for a career in athletic training. The only regret she has is leaving her ATEP family behind.

"There are nine other senior athletic training majors," she said. "I don't know what I'm going to do next year. They are my closest friends – my family. We've been around each other almost constantly for the past four years."

And Lacey will be missed by the kinesiology department.

"Lacey is the model of what we hope for in our graduates: a Christian professional who is passionate about restoring function to patients after injury while loving them and offering encouragement in the process," said Dr. Jeff Sullivan, ATEP director and chair of the kinesiology department.

While immersed in studying athletic training, Lacey has managed to stay very involved in sports at Point Loma. She competed on the women's soccer team her freshman year and since then has been involved in intramural soccer, volleyball, and softball. ⊕