Parnell chosen executive of the year

Todd Parnell, a 1988 graduate of Messiah College and the Department of Health and Human Performance, was recently named the Eastern League 2004 Executive of the Year. The 2004 season marked Todd's third year as general manager of the Altoona Curve, a Double-A minor league baseball franchise in Altoona, Pa. Under his leadership, the Curve set a fifth consecutive single-season attendance record. He was also instrumental in the Altoona Curve’s winning of the prestigious Larry MacPhail Trophy for having the top promotion effort, both on and off the field, in all of minor league baseball.

Prior to joining the Curve, Parnell was the vice president and general manager of the Single-A Kannapolis (NC) Intimidators (formerly the Piedmont Boll Weevils) in the South Atlantic League from 1997 to the 2001 season. During his tenure in Kannapolis, the club set attendance records (either overall or average) in each of his first four seasons. For his efforts, Parnell was named the 1999 South Atlantic League (SAL) General Manager of the Year.

In November 2000, owners Larry Hedrick, Bruton Smith, and Dale Earnhardt changed the team name from the Piedmont Boll Weevils to the Kannapolis Intimidators and switched their major league affiliation from the Philadelphia Phillies to the Chicago White Sox. In the club’s first season with its new image, the Intimidators again set franchise records in both single-season and per-game attendance, while becoming one of minor league baseball’s top merchandise sellers. For example with the help of Dale Earnhardt Jr., the team hosted a live, two-hour “For the Race Fans Only” QVC network broadcast during a home game on May 25th. Following the season Parnell was named SAL General Manager of the Year for the second time in his career.

Parnell began his minor league baseball career during the 1990 season when he joined the Eastern League’s Reading Phillies as the club’s director of sales and marketing. He was later promoted to assistant general manager, a position he held through the 1996 season. During his tenure with the Reading Phillies he was instrumental in turning the club into one of the most successful minor league baseball franchises in the country and was part of a Reading staff that took home the prestigious Freitas Award in 1994.

Todd has been a major contributor to the success of the sport management concentration at Messiah College by contacting potential internship sites for current students and serving as a reference for graduates vying for positions in the sports industry. In November 2000, owners Larry Hedrick, Bruton Smith, and Dale Earnhardt changed the team name from the Piedmont Boll Weevils to the Kannapolis Intimidators and switched their major league affiliation from the Philadelphia Phillies to the Chicago White Sox. In the club’s first season with its new image, the Intimidators again set franchise records in both single-season and per-game attendance, while becoming one of minor league baseball’s top merchandise sellers. For example with the help of Dale Earnhardt Jr., the team hosted a live, two-hour “For the Race Fans Only” QVC network broadcast during a home game on May 25th. Following the season Parnell was named SAL General Manager of the Year for the second time in his career.

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Todd and his wife Kelly are proud parents of two daughters, Lindsay and Samantha.
Arcadia University and Messiah College develop DPT articulation agreement

Messiah College and Arcadia University entered into an agreement of an articulated program in an effort to better serve students intending to pursue a profession in physical therapy. This agreement is founded upon a mutual respect for the integrity of parallel academic programs. Initial discussion commenced during November 2003 when a representative of Arcadia’s doctorate of physical therapy program approached the Department of Health and Human Performance due to the success of previous Messiah students at Arcadia. College officials from both institutions endorsed the agreement in December 2004, and the agreement is effective for this year's junior class.

The following describe a few key aspects of the agreement:
- To attract qualified students to Messiah College and to the DPT program at Arcadia University.
- To facilitate an efficient transition of qualified students from Messiah College to the DPT program at Arcadia University.
- To be eligible for the terms of the agreement, students must minimally be matriculated full-time at Messiah College for their final four semesters in one of the following majors: bachelor of arts in sport and exercise science with a concentration in pre-physical therapy or a bachelor of science in biology.
- Arcadia University will grant assured admission each year into the doctorate of physical therapy program for up to five qualified Messiah College students who successfully complete the requirements and procedures for admission.

Arcadia University’s doctorate of physical therapy program is ranked in the top ten nationally, making this agreement a great recruitment tool for Messiah College in attracting prospective students interested in physical therapy.

Aaron Thrush and Steve King selected for achievement awards

Aaron Thrush and Steve King were recipients of the Department of Health and Human Performance’s Academic Achievement Awards announced at the annual department “Kick-Off Celebration” in September. The award is based on strength of academic record, maturity of Christian faith and character, and contributions to service, leadership, and reconciliation. Amy Murray ’04 received the Senior Academic Achievement Award during Baccalaureate Services last May.

Aaron, selected for the junior award, has mentored various students throughout his years at Messiah College and has been involved in a children’s ministry at a local church. He is a member of Pi Phi Epsilon, served as coordinator of the World Christian Fellowship Committee, participated in cross country and track and field, and tutored a Sudanese boy through the Messiah College Agapé Center. Majoring in sport and exercise science with a concentration in Pre-Physical Therapy, Aaron plans to eventually pursue a doctorate degree in physical therapy after spending a year after graduation teaching school age children in Kenya or Ethiopia.

Steve, majoring in sport and exercise science with a concentration in sport management, was the recipient of the sophomore award. He is a tremendous ambassador for the Messiah College community and the Department of Health and Human Performance, demonstrated by his role as department diplomat at open houses for prospective high school students. Steve is a member of the men’s basketball team, participates on the Student–Athlete Advisory Committee and is the student–athlete representative to the Middle Atlantic States Conference. He is also involved with the Hoops for Hope 3-on-3 Basketball Tournament benefiting New Hope Ministries.
Ever wonder what it’s like to attend an annual meeting of an organization that boasts of over 20,000 members? Well, come along for a whirlwind tour of a recent weekend in Indiana with two professors and a graduate. The car ride itself would have been worth the money as we get caught up with details of our lives that rarely have time to surface in the classrooms or hallways at Messiah. For the profs it was 20 hours (round trip) of dreaming what a “real” human performance lab would look like and what it might take to see it become a reality at Messiah. For the graduate, John Cuddy, in this case, it meant reflecting on the past four years and wondering what adventures might lurk ahead as he begins his graduate work at the University of Montana.

Upon arrival, it quickly became apparent that the American College of Sports Medicine (ACSM) is no small-time operation. In addition to the plethora of tutorials, featured lectures, panel discussions, symposiums, and colloquia that were offered, there were an amazing 1,680 abstracts (from 45 different countries) presented during this three-day weekend. That’s enough to make even the most hardened academician’s head spin! Personal highlights included the following:

- Getting caught up with a former college roommate who is now a private physician specializing in sports medicine
- Finishing a respectable 12th place out of 281 runners in the 5K run at 6:30 a.m. and discovering that there is someone who can actually run under 15:00 at that time in the morning (in this case, Phileo Saunders of Australia)
- Running into Messiah graduate Jonathan Peterson and chatting about his research on the effects of exercise training on skeletal muscle uncoupling protein 3. He is pursuing this research at West Virginia University and was presenting it at the conference.
- Attending the ACSM Christian Fellowship breakfast and hearing stirring testimony of God’s presence in the lives of colleagues around the country
- Taking morning jaunts around the beautiful parks, athletic facilities, and waterways of downtown Indianapolis
- Presenting our own research on the effects of supervision on hamstring flexibility improvement
- Hanging out with my good friend and colleague Scott Kieffer, and continuing discussions long after the sessions had ended
- Absorbing one stimulating lecture after another, with topics including:
  - The current fitness vs. activity debate (Which should we most encourage for the public?)
  - Hyponatremia (which can occur from being hyperhydrated, dehydrated, or normally hydrated)
  - Beta-endorphins (They’re probably not the reason we feel good after a long run!)
  - Elite athletic training (Kenyans excel in running economy, not necessarily Max VO2.)
  - Putting “play” back in youth sports (California Little Leagues now use radar guns on pitchers.)

That is just a taste of what I experienced at ACSM this year and helps to explain the reasons I attend professional meetings. It’s a sport and exercise science smorgasbord, and there’s plenty of room at the table!
As a child growing up in Boston during the 1980s, I was a spoiled sports fan. I was in a city synonymous with successful sports teams and learned to “expect” success from “my teams.” The Bruins, Patriots, Red Sox, and Celtics had all been at the minimum, playoff-caliber teams, but most made it to their sport’s championship game. One team actually won their World Champion title in 1981, 1984, and 1986: the Boston Celtics. I’m proud to say I am the strength and conditioning coach for this National Basketball Association (NBA) team and consider myself lucky to be part of a franchise with such a “storied tradition.”

Our season officially starts on October first and, if we play well, goes until June. My season never ends. I’m responsible for any player involved with the Boston Celtics, including potential free agents, draft picks, and current players.

The following depicts a typical year:

**JUNE**
Evaluation and testing of potential draft picks (50–100 players over two weeks)

**JULY**
Start to visit “current roster players” at their homes and implement workout plans; evaluation of free agents, conducting kids’ camp at facility; bring new draft picks and other players in for testing and workouts; continue to visit players

**AUGUST**
Communication with players, execute workout programs for players, train and travel to summer leagues

**SEPTEMBER**
Free agents, rookies, and current players — training for upcoming season

**OCTOBER**
Training camp 10–12 days with two or three sessions per day; season starts

**OCTOBER–APRIL**
Three–five games per week, including travel to various cities

**APRIL–MAY**
Playoffs

Being an NBA strength coach is an exciting job with many “perks,” but it is physically and emotionally draining. For instance, we travel by private jet to other cities and stay at amazing hotels, but some days we leave at midnight and arrive at 4:00 a.m. One day last year we sat in a plane on a runway for twelve hours trying to get to Denver for a game.

We all ended up going home and had to be back on the plane the next morning to play that night in Denver. When I’m on the road with the players, meals will suddenly be free, concerts and shows will always have extra tickets, and all these other “doors” open up. This can draw you in to a different world and can create problems in many ways.

As a Christian, I find myself appreciating things and making stands on my beliefs all the time with the players. Some players look down at you and think that you are judging them, but I tend to let them know where I stand and that I care about them no matter what. You would be surprised how hard it is for them to accept that you actually care about them as people and not only as players. God placed me in an amazing situation. During one of my first days, while talking with a player, he asked if I was a “believer.” I told him “yes,” and he replied with “Amen, because we are few and far between.” This allowed us to have another person to be accountable to for our actions each day and while we’re on the road. I am human and will make mistakes, but having someone else to help me through those has been a huge blessing from God. We started doing Bible studies on the road and praying together after games. The NBA also holds chapel services prior to each game for approximately 15 minutes, so you have a chance to meet believers from other teams. We have actually started a “Boston–based” pro athlete Bible study that involves players from the Patriots, Red Sox, and Celtics, which meets every other week. I am not sure of God’s plan for my future with professional sports, but I am doing what I can to keep the glory on Him.

I have found that my biggest goal with players is to change their mindset from “playing will get me better” to “working on my body will allow me to get better” I have been in a great, but challenging situation where the players’ ages range from 18–36. This has allowed me to teach the young players “how to train hard,” since they really are coming from a place of no training. Last year one of our players lost 50 pounds of fat, dropped 12 percent body fat, and increased his vertical jump by six inches. Coming out directly from high school and taking the year to get in shape has really changed his outlook on himself and his future. Some players have come from various other teams, so you are constantly trying to find a way to implement your training style and beliefs with them without losing their trust. Players have rituals and “things that got them there” beliefs, so there is a fine line on how you approach them.

Working in the NBA is very different from the work I did with the National Hockey League (NHL), but it is very enjoyable. I have been able to create some great relationships and have had some amazing times. If you ask anyone that knew me in college, he or she would say that sports were one of my passions and that I was born to work in sports. With my job I have been flexible with what I believe about training sometimes, but one thing I never am asked to do is deny my faith and beliefs. This is something that I take pride in and love about my job.
Michael Huxford ’96, who received his undergraduate degree in athletic training, was the first ATC hired by the Children’s Memorial Hospital in Chicago, Illinois, this past August. His primary responsibility is to aid in the development of the newly formed Institute for Sports Medicine.

The Sports Medicine Institute at Children’s Hospital provides comprehensive sports medicine care for young competitive athletes and for all physically active children and adolescents. A multidisciplinary team of sports medicine specialists including physicians, surgeons, certified athletic trainers, physical therapists, radiologists, nutritionists, and psychologists work closely with the athlete’s pediatrician to ensure a safe and efficient return to activity. Special training and experience in pediatric sports medicine provide these specialists with the expert skills and knowledge required to treat the unique sports-related medical needs of children and teens.

The institute is an educational resource for schools, community athletic organizations, pediatricians, coaches, parents, and individual athletes. It will generate state-of-the-art research in the areas of health, fitness, and safety in youth sports, and will eventually provide an accredited fellowship training program in primary care sports medicine.

Programs and services offered by the institute include individualized rehabilitation programs, sports-specific injury prevention programs, fitness testing, sports nutrition, sports psychology, professional guidance to school-based athletic departments and community sports organizations regarding policy development for health and safety in youth sports, and educational seminars and workshops for local schools, sports leagues, and community organizations.

According to Mike, his undergraduate education at Messiah College was beneficial in building a foundation on how the human body works. “I truly believe one of the reasons that I have been successful in athletic training and health care is due to my education at Messiah. My professors at Messiah challenged me to never stop learning, which allowed new mentors and co-workers to build upon the foundation that was built at Messiah. I may not tape an ankle or go through an evaluation as I did at Messiah, but it is because of those skills that I have received this new opportunity at Children’s Memorial Hospital in the Institute for Sports Medicine.”

The following Department of Health and Human Performance students were inducted into the Phi Epsilon Kappa Honor Society during the September “Kick-Off Celebration”:

- Brandis Bolin . . . . . . . . Sport and Exercise Science/Pre-Physical Therapy
- Alison Carney . . . . . . . . Sport and Exercise Science/Health and Fitness
- Eli Cook . . . . . . . . . . Sport and Exercise Science/Pre-Physical Therapy
- Jane Lanphear . . . . . Health and Physical Education
- Emily Nye . . . . . . . . . . Sport and Exercise Science/Pre-Physical Therapy
- Laura Nye . . . . . . . . . . Sport and Exercise Science/Pre-Physical Therapy
- Amy Roman . . . . . . . . Athletic Training

Phi Epsilon Kappa Honor Society inductees

Front row, left to right: Eli Cook, Dave Tanis, Brandis Bolin, Scott Kieffer, Alison Carney, Loren Swivel, Emily Nye, Laura Nye, Tom Billman, Amy Roman, Jane Lanphear; back row, left to right: Doug Miller, Barb Burwell, Jim Gustafson, Spud Wentzell, Jeff Moshier, Jack Cole

Dr. Cynthia LaBella and trainer Mike Huxford ’96 check a young athlete’s alignment.
Want your classmates to know what you are doing? Send your update to jcole@messiah.edu, or send information to Jack Cole, Messiah College, Box 4501, One College Avenue, Grantham, PA 17027.

80s
Cecelia Clippinger ’86 teaches physical education at Eagle View Middle School in the Cumberland Valley School District in Mechanicsburg, Pa.
Anga Strine ’87 is a health and physical education teacher at Northeastern High School in Manchester, Pa. She has also been coaching track & field at Northeastern High School for 16 years.

90s
David Diaz ’91 married Carrie McAndrew on July 5, 2004 in the Bahamas. David is a health & physical education teacher at Southern Lehigh School District in Center Valley, Pa.
Tricia Whitcomb ’92 is training for the U.S. Skeleton team with hopes to attend the 2006 Winter Olympics in Italy. She is currently attending camp at Lake Placid (second Season). Tricia is also working for Gold’s Gym, Inc., in corporate sales in Whitehall, Pa.
Bryan Doo ’95 is the strength coach of the Boston Celtics. He is also owner/president of Optimal Fitness, which offers the following: in-home training and post physical therapy; design and manage corporate fitness sites; and conditioning camps for NHL, collegiate, and high school athletes.
Michael Huxford ’96 was the first ATC ever hired by the Children’s Hospital in Chicago, Ill., effective August 2004. Mike’s responsibility is to aid in the development of the newly formed Institute for Sports Medicine.
Matt ’96 and Becky (Leatherman) Schwartz ’96 welcomed two new Messiah fans into the world, Colton Thomas and Brayden Frederick, on July 16, 2004.
Melissa (Field) Zeager ’99 is married to Christopher Zeager ’99. Melissa is employed by Cottage Pleasures in Mechanicsburg as an assistant to the designer.

2000s
Effie Delios ’01 married Cory Doss on September 27, 2003. Effie works for The Training Room, Inc., in Towson, Md., as an Orthopedic brace specialist. She also received her master’s degree in exercise science in May from McDaniel College.

Summer internship in minor league baseball

Many people dream of making it to the big leagues and experiencing the day-to-day operations of a professional sports franchise. Joshua Solloway, a sophomore majoring in sport and exercise science with a concentration in sport management, experienced the dream by interning during the 2004 summer with the New Hampshire Fisher Cats, an Eastern League Double-A affiliate of the Toronto Blue Jays.

Joshua’s home is in nearby Manchester, N.H. He decided to contact the director of baseball operations and event management of the Fisher Cats last spring to explore the possibility of interning. His goals for the experience were (1) to expand and improve his knowledge and skills at the professional level; (2) to gain a basic understanding of the operations of a professional baseball franchise; and (3) to experience as much as possible on a firsthand basis (i.e., sales, public relations, promotions, stadium operations).

Working a minimum of 40 hours per week at the ball park, Joshua participated in ticket sales, coordinating group outings, concessions, merchandise, public relations, grounds crew duties, to mention only a few of his responsibilities during the summer months. By working many hours per week, Joshua was able to gain a strong understanding of the hard work and dedication that it takes to operate a successful minor league baseball team (the New Hampshire Fisher Cats won the Eastern League championship this year).

According to Joshua, “Working with the Fisher Cats taught me so much about the business of professional sports. I did my best to learn new things everyday. I thank God for the amazing opportunity that He blessed me with this past summer, and I pray that I will use my newly learned skills and abilities for His glory.”

Joshua spent the 2004 fall semester, in Cheltenham, England, completing a few courses and gaining practical experience working with a professional football (soccer) club.
### Graduate/professional school acceptance

#### 2004 Health and Human Performance graduates

<table>
<thead>
<tr>
<th>Name</th>
<th>Major</th>
<th>Accepted to</th>
<th>Decided on</th>
<th>Program</th>
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<tr>
<td>Uma Allimuthu</td>
<td>Sport &amp; Exercise Science</td>
<td>University of Gloucestershire</td>
<td>University of Gloucestershire</td>
<td>Master's degree in Physical Exercise &amp; Health Development</td>
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<tr>
<td>Magda Chacon</td>
<td>Sport &amp; Exercise Science</td>
<td>University of the Sciences in Philadelphia, Physical Therapy Thomas Jefferson University, Doctorate of Physical Therapy</td>
<td>Thomas Jefferson University</td>
<td>Doctorate of Physical Therapy</td>
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<td>John Cuddy</td>
<td>Sport &amp; Exercise Science</td>
<td>Ball State University, Exercise Physiology University of Montana, Exercise Science Texas A&amp;M, Sport Physiology Northern Michigan University, Kinesiology University of Montana</td>
<td>University of Montana</td>
<td>Master's degree in Exercise Science</td>
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<tr>
<td>Lauren D’Aquino</td>
<td>Sport &amp; Exercise Science</td>
<td>University of Medicine and Dentistry of New Jersey, Rutgers</td>
<td>University of Medicine and Dentistry of New Jersey, Rutgers</td>
<td>Master's degree in Physical Therapy</td>
</tr>
<tr>
<td>Anna Feeney</td>
<td>Sport &amp; Exercise Science</td>
<td>University of South Carolina, M.S. Exercise Science San Diego State University, M.S. Exercise Physiology University of Tennessee, M.S. Exercise Science Arizona State University, M.S. Exercise and Wellness</td>
<td>University of South Carolina</td>
<td>Master's degree in Exercise Science</td>
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<tr>
<td>Brandon Kaufman</td>
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<td>Southern Connecticut State University</td>
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<tr>
<td>Jenna Mang</td>
<td>Sport &amp; Exercise Science</td>
<td>Arcadia University, Doctorate of Physical Therapy Temple University, Doctorate of Physical Therapy</td>
<td>Arcadia University</td>
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<tr>
<td>Mindy Miller</td>
<td>Sport &amp; Exercise Science, Health &amp; Physical Education</td>
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<td>Master's degree in Physical Education and Exercise Science</td>
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<tr>
<td>Jessica Unick</td>
<td>Sport &amp; Exercise Science</td>
<td>Ithaca College, Master of Exercise Science Appalachian State University, Master of Exercise Science University of Pittsburgh, Master of Exercise Physiology</td>
<td>Appalachian State University</td>
<td>Master's degree in Exercise Science</td>
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Alumni news & information

The Department of Health and Human Performance would like to include your alumni news in future editions of Strengthening the Core. Please take a few minutes to complete the following form.

NAME

YEAR GRADUATED

STREET

CITY     STATE     ZIP CODE

E-MAIL ADDRESS

News/Information:

Send completed form to: Jack Cole, Messiah College, P.O. Box 4501, One College Avenue, Grantham, PA 17027
E-mail: jcole@messiah.edu