

## Q & A: Who's Behind the Scenes?

# Assistant athletic trainer Kathy Pomichter fixes broken bones through rehabilitation, counseling

by Kate Levinsky Petrikis  
assistant sports editor

Kathy Pomichter has been working at Behrend since August and is currently the assistant athletic trainer, as well as a lecturer.

Previously, she worked at Fredonia State University in New York as the assistant athletic trainer. Pomichter graduated from Mercyhurst College with a sports medicine degree, and then went to graduate school at Edinboro University for counseling.

**Beacon:** What are your duties as the assistant athletic trainer?

**Pomichter:** I take care of athletic injuries, provide first aid, counsel or give advice about injuries and prevention of injuries. I also work with insurance claims, and travel with the athletic teams to away contests.

**Beacon:** Is there a sport you prefer to be involved with?

**Pomichter:** Not really, I like all of the sports. It is not really what sport you like so much as the athletes that you are dealing with. I enjoy working with all of our different athletes. They all seem to have different points of view on their sport.

**Beacon:** What is the most valuable experience you have had?

**Pomichter:** It is when you help rehabilitate an athlete and watch them perform just as well as they did before they got hurt. It is so satisfying to work with very motivated athletes that want to get better. It is even more enjoyable when they appreciate me working with them.

**Beacon:** Do you ever plan to be an athletic trainer for a professional team?

**Pomichter:** I really have no aspirations in working with a professional team. I find the college setting to be most enjoyable and want to stay at that level. I like having diversity and knowing that I do not work with just one sports' team.

**Beacon:** What professional team would be your dream to work for?



PHOTO BY BECKY WEINDORF/ BEHREND BEACON

Kathy Pomichter treats a sports injury and offers a little counseling along the way. Watching athletes perform at their pre-injury level is the most rewarding part of her job, said Pomichter.

**Pomichter:** If I were to choose a professional team I think a women's soccer team. They would be a lot of fun to work with.

**Beacon:** What is the worst injury you have ever treated?

**Pomichter:** There have been a few ugly injuries, but I think the worst would be a nightstick fracture. A young man playing soccer landed wrong on his arm and broke completely through the two bones in his lower arm. He started vomiting as a result of the severe injury.

**Beacon:** What made you decide to become an athletic trainer?

**Pomichter:** I always enjoyed sports, and I played three sports all through high school. I was also very interested in medicine and wanted to find a way to incorporate the two. What better major than athletic training to combine the two.

**Beacon:** What education did your job require?

**Pomichter:** I was in an accredited athletic training curriculum for four years, and had to pass a national exam to become a certified athletic trainer. To work at a college setting, you have to have your masters and I pursued that right after I graduated from Mercyhurst College.

**Beacon:** Did you have a mentor who helped you pick this career?

**Pomichter:** No, I went into it blindly with a lot of misconceptions. It worked out, though, because I really enjoyed it all through college.

**Beacon:** What has made your job at Behrend a good experience?

**Pomichter:** The people. There are so many nice athletes, coaches, and faculty here at Behrend. Everyone was so welcoming when I started here and made me feel accepted. I have a great working relationship with the Head Athletic Trainer Jeff Webster, and we always remember how to have fun with our job.

*Every week, the Beacon will engage in a little "ask and respond" with someone who doesn't make the headlines.*

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