



USA VOLLEYBALL **SPORTS MEDICINE**



Dear FWATA Public Relations Committee,

Highly skilled, dedicated, and driven...Head Athletic Trainer for the USA Women's National Volleyball Team, Jill Wosmek exemplifies what FWATA is looking for when offering the EinAT award.

The Olympic Games. It represents determination, skill, and commitment. Jill Wosmek embodies these characteristics and will be serving in her second Olympic Games in Rio 2016. Jill is a highly educated and committed health care professional with an amazing track record of success and high praise that follows her everywhere she goes. Jill came to USAV in 2009 from Penn State University where, according to the Hall of Fame Women's Volleyball Coach Russ Rose, "definitely had an impact on the team's performance. I'm not sure we win the National Championship in 2007 or 2008 without Jill" he goes on to say. Current Women's National Team Head Coach and volleyball legend Karch Kiraly, says, "Jill is extremely committed to providing a high level of care to our athletes...and it shows on the court. It appeared that Team Captain, Christa Harmotto Dietzen was too injured to play at World Championships this past year. With Jill's typical 100% commitment and exemplary medical care, Christa had an excellent tournament and helped lead us to USA's first World Championships gold medal."

Jill brings pride to the Athletic Training profession. I can't think of a better way to advocate for our profession than simply being an outstanding health care provider. Jill demonstrates her expertise in many ways. First, Jill has vast skill set and knowledge base with a never ending thirst for knowledge. Her approach to individualized care is enhanced by her training in movement screens such as Selective Functional Movement Assessment (SFMA) and her full-body certification in Active Release Technique. She reads countless books, attends many seminars, evaluates medical journal articles, and scours the medical/performance field for any information that can enhance her skills and knowledge...all for the noble cause of improving athlete care and performance. Our inter-disciplinary performance team of Physicians, Physical Therapists, Massage Therapists, Chiropractors, Dieticians, Strength and Conditioning Specialists and others all revere Jill's skills and knowledge, thereby, serving as an impressive representative for the Athletic Training profession

Secondly, Jill's attention to detail shows in everything she does. For example, her meticulously detailed therapy programs are very impressive. She knows that a comprehensive therapy plan gives athletes the best chance for a positive outcome. In addition to traditional rehabilitation programming, her therapy plans have specific instructions for manual therapy, self-care while at home, recovery and regeneration, nutrition, court activities, and even specific volleyball skill technique tips. Jill's thoroughness is also demonstrated in her planning and evaluation of the medical and performance program resulting in a progressive approach always searching to improve. No stone is left unturned as Jill evaluates the past, plans for the future yet at the same time, always understanding how to add value in the present.

Lastly, Jill's strong and professional demeanor is an excellent example for those she mentors. Every summer, Athletic Training Students and young Athletic Training professionals get to observe and learn from her effective style. She leads by example yet takes time to impart her extensive knowledge onto those aspiring to follow in her shoes. Jill's passion for her career and absolute dedication to her team is an exceptional illustration for everyone to see.



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I believe that Jill Wosmek's superb and comprehensive skills, along with her passion and dedication to the Athletic Training profession make her an excellent candidate for FWATA's Excellence in Athletic Training award. Her comprehensive approach enhances the quality of health care for the athletes and improves team performance. Since District 8 is filled with so many high quality Certified Athletic Trainers, I'm sure you have many deserving ATCs to choose from. Recognition is not something Jill seeks yet I want to commend FWATA for offering this award and giving me the opportunity to briefly tell Jill's story. Thank you for considering her nomination and please do not hesitate to contact me with any questions.

Best Regards,

Aaron Brock