



TEXT BY HALLE PETERSON PHOTOGRAPHY/DESIGN BY JOSH HUISKEN

Each summer, DinoMights students attend **Power Camp**, a week-long program centered on a specific theme with speakers, hands-on activities, projects, and field trips. This year's theme was Sports Medicine, and thanks to TRIA, students explored four different careers through engaging presentations and learning labs led by four amazing speakers. Here's a snapshot of their experience:



Athletic Trainer, Christina Neville, led the students in a day in the life of an Athletic Trainer, specifically highlighting her educational pathway to getting to where she is today. She ended the session with a lab where students learned about splinting for broken bones, and even got to practice putting splints on each other!

Surgical Orthopedic Physician Assistant, Chrystin Skog, shared her day in the life of an Orthopedic Surgeon in both clinic and OR settings. After learning about the various surgical tools, students got to use those tools to perform "surgery" on an orange!

Radiologic Technologist, Molly Kalis, shared her experience in Radiology. She defined various types of imaging and compared it to the positions in hockey, capturing the students attention from the beginning. They were then challenged to assemble and label a skeleton out of the various bones!

Physical Therapist, Briana Molitor, walked students through a day in her life in PT, and what sports teams she gets to work with- not just hockey! From there, students participated in stations where they got to practice rehab for a sprained ankle, motion, strength, balance, and plyometrics!

DINO UPDATE

TRIA Orthopedics Joined DinoMights at Power Camp to Lead Sessions on Sports Health and Performance

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DinoMights had a blast getting to learn about Sports Medicine, and it would not have been possible without the support from TRIA and the wonderful speakers who volunteered their time to be with us. Thank you, TRIA!

