



What's the Buzz?

About Waynesburg University Athletic Training

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Athletes in Action

During the fall of 2010, representatives from Athletes in Action came to Waynesburg University to speak about mission opportunities for the athletic training student. Katie Lally, junior, became intrigued and wanted to know more about AIA so she found herself surfing their website and discovering internship opportunities.

Lally applied for the "X-project," an 8 week internship that involves several other college students or graduates that come together in Xenia, OH to gain more practical experience in their various areas of study. Not only do the participants have the opportunity to grow professionally but also spiritually and faithfully.

Lally joined sixteen other interns from all over the country. They each had their own assignment varying from athletic training, journalism and graphic design to name a few. They were paired with host families in the area with whom they stayed and attended church with on Sunday mornings.

Lally was assigned to work with the Xenia Scouts Baseball team based out of the Great Lakes Summer Collegiate League in Ohio. While there, she was able to collaborate with a certified athletic trainer and two other undergraduate interns with a purpose to serve the Scouts baseball team. Through working with so many other

professionals, Lally was able to learn new techniques and discuss thoughts on treatment options for various injuries. She was also able to observe exercise specialists train their professional athletes to the best of their ability through the body, mind and spirit with the foundational attitude of giving it all to God.

A primary project Lally worked on was a DVD that will provide health professionals with a new educational tool while traveling and serving in other countries. She was able to be a part of deciding what common topics would be beneficial to the most people. Each of the main topics will have PDF's and PowerPoint presentations coordinated for more specific education in that area. The DVD will also contain links to various organizations and sponsors. A goal is for the project to be translated it into eight different languages so the education can be spread worldwide.

"This internship was truly an answer to prayer." The X-project not only brought together sixteen students who wanted to pursue excellence in their field of choice but also allowed them to grow closer in their relationship with God and others. "I am extremely blessed for this amazing opportunity to use athletic training to serve the Lord. This was an experience I will never forget, and I encourage others to get involved in Athletes in Action."

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- Katie Lally

