



### **Introducing: Ivan Mak, M.S., ATC, Athletic Trainer at Queensborough Community College**

Ivan Mak is an athletic trainer at Queensborough Community College in Bayside, New York. He manages the prevention, treatment, and rehabilitation of injuries for all 13 college teams and assists the Athletic Director in management of the Athletics Department. Throughout the pandemic, Mak also took on the role of contact tracer and data analyzer for all COVID related cases throughout the campus community.

Additionally, Ivan sits on the New York State Athletic Trainers' Association Diversity and Inclusion Committee and has since its inception in 2016. "We serve to advocate and promote the advancement of diversity and inclusion in the athletic training profession," said Mak. "We do a lot of community outreach to educate and mentor both diverse students that are interested in athletic training and those already in the profession."

The notion of building strength through diversity is growing in popularity and Mak believes college athletics is no different. He joined the D&I committee because of his desire to spread awareness of diversity and inclusion in the field of athletic training and his belief that turning to diversity can help form stronger bonds with one another, rather than letting our differences tear us apart. He encourages all current and aspiring athletic trainers to get involved as well. "Whether it's at the local, state, or national level, we need to be represented by athletic trainers of all levels, of all settings, and of all social categories that includes but is not limited to ethnic, cultural backgrounds, gender, identity, sexual orientation, age, and nationality. This is the only way to create the change we want to see in Athletic Training. Get out there and be heard!"

As a graduate with his Bachelor of Science in Athletic Training from Stony Brook University, Mak has been an athletic trainer for 10 years and is proud of his alma mater. He was introduced to the profession through a sports medicine elective class in high school and was immediately intrigued by the combination of medicine and athletics.

"My favorite part of being an Athletic Trainer is the ability to see an athlete progress through their recovery process," said Mak. "Being there every step of the way, from the initial mechanism of injury, through the first goal or touchdown they score after recovery, is a truly rewarding experience. To be there for an athlete not only for the physical recovery of the injury but the mental recovery of being injured is what drives me to go to work every day."

Mak loves what he does as an athletic trainer and when asked to give advice to future ATs his message was the same, "Love what you do. If you love what you do, you will excel in Athletic Training. When you love what you do, you will find the balance we strive for. Positivity is the key to success in our field, as well as the key to taking the Athletic Training profession to the next level."