



Introducing: Jacob Habermehl, Assistant Athletic Trainer at SUNY Buffalo, and NYSATA Region 7 Representative

Jacob Habermehl is the assistant athletic trainer at SUNY Buffalo, the assistant instructor at Sports Medicine Concepts, and the region 7 representative for the New York State Athletic Trainers' Association. In his role at University at Buffalo, Jake works primarily with the cross country and track & field teams. Prior to his time at UB, he worked at Buffalo State College as an assistant athletic trainer working with football, men's and women's basketball, and softball. Jake is a 2018 Graduate of Daemen College where he earned his Master's in Athletic Training.

As Region 7 Representative for NYSATA, Habermehl collaborates with the executive council on projects and initiatives and shares information with athletic trainers in Orleans, Cattaraugus, Genesee, Wyoming, Erie, Niagara, Allegany, and Chautauqua counties. Jacob was a part of NYSATA activities even before becoming the Region 7 rep. He, along with other AT students, entered the Athletic Training Program Student Video Contest put on by NYSATA each year (2013-2017) to promote National Athletic Training Month in March.

"Jake has been a great asset to our NYSATA leadership. As the representative for region 7, Jake has stepped up and really engaged with his region," said Arturo Flores, NYSATA president. "As a young professional, he has been able to incorporate traditional networking practices as well as initiate more social media outlets to the Buffalo area. I see bright things ahead for Jake and his AT volunteerism!"

Jacob has been an athletic trainer for four years and decided to become an AT as it combined his passion for helping others with his love of sports. He likes that each day is different than the last and that you need to continue to adapt and learn as a professional to provide the best care to your patients. His favorite part of being an athletic trainer is similar. He says, "There is no better feeling than providing care for an athlete immediately when an injury occurs and helping them all the way up until they return to their sport."

Lastly, when we asked Jacob for advice he'd give aspiring athletic trainers, he said, "Don't hesitate to step out of your comfort zone and never stop learning."