

Introducing: Christine Scuderi, Head Athletic Trainer at SUNY Canton

Christine Scuderi is the head athletic trainer at SUNY Canton and was the Region 4 Representative for NYSATA for many years. Her interest in athletic training began after she suffered several injuries as a collegiate athlete. This exposed her to both physical therapy and athletic training. While she thought initially she would choose physical therapy as a career path, she thrived and loved being a part of the collegiate athletic population. She ultimately chose to become an athletic trainer and feels very fortunate to still be part of a team, even if its from a different perspective.

Now an athletic trainer for more than 26 years, Christine's duties as a head athletic trainer involve everything and anything associated with a student-athlete's health, injuries, and all the administrative work that goes along with it. She jokingly adds that she "is a self-proclaimed, multi-tasking ninja!"

As part of her job being a head athletic trainer, Christine has traveled to Prague, Munich, London, and Disney, mentioning that her travels have been some of the most fun moments related to her career. However, some of her best memories and those that still make her smile are some of the outrageously funny things that athletes have said and done.

Considering those are some of her favorite memories, it makes sense that her favorite part of athletic training has little to do with the job, but that the job provides interaction with the athletes. The conversations that arise because of an injury that bring the athlete into the office daily and that consequently have nothing to do with their injury are her favorite. It is getting to know the athletes likes, dislikes, humor, family, and interesting stories that intrigue her the most and by far are the most rewarding.

When asked about her advice for aspiring athletic trainers who want to work in any of those settings, she said the following, "One of the hardest things I had to do is to learn how to say NO while being fair to myself and my student athletes. Be aware and take care of your own mental health...burnout can come on fast and all AT's have and will continue to experience it. Be fair, be honest, and don't rush to judgement."

Though she cautions against burnout, she adds that she is so thankful to the community of athletic trainers that she has met throughout the years. The stories that are shared, the camaraderie, the assistance they provide one another, the friendships that were built, and all the many laughs that they have shared are priceless.