



Introducing: Kathy Koshansky, ATC, Associate Professor and Chair of the Athletic Training Program, Stony Brook University

Kathy Koshansky is a certified athletic trainer, Chair of the Athletic Training Program, and an Associate Professor at Stony Brook University. She is heavily active in general membership activities in NYSATA and was the organization's president in the year's 2000-2002, treasurer during 1990-1998, and on the nomination/membership committee in 1988-89.

As an athletic trainer for 40 years, Kathy has spent her entire career at Stony Brook University. She began as a dual position, Head Athletic Trainer and Instructor of Physical Education. Over the years she has been promoted on both sides. Academically, first to Assistant Professor and now Associate Professor with tenure. On the athletic side, she was promoted to Assistant Athletic Director for Sports Medicine. For 28 years, Kathy provided healthcare for more than 400 student-athletes before she transitioned completely to the academic side, while keeping her position as Chair of the athletic training program in the School of Health Professions at the university.

"I actually never knew what an athletic trainer was until I was at Cortland studying physical education," said Kathy. "I saw some of my classmates on the football field performing athletic training skills and my interest was piqued. I grew up playing sports and always had an interest in medicine, so athletic training made sense. After being accepted to the AT program, I was lucky enough to be mentored by NYSATA founder and first president, John Sciera. The rest is history!"

Kathy has many favorite parts of the job. "Being an athletic trainer, I've met many wonderful people throughout the years and the everyday challenges always keeps me on my toes! I love being around athletes and creating future athletic trainers on the education side. I am lucky to be able to share my passion for this greAT profession with students and encourage them to get them involved."

Over her career, Kathy has had many memorable moments and she can't name just one. Being an AT has allowed her to save lives, assist patients at their lowest points, form greAT networks of colleagues, win championships, get recognized, mentor students and student-athletes, see former students and student-athletes become success stories each in their own way, and more.

When asked for advice she would give to aspiring ATs, Kathy offered the following words of wisdom, "Be a sponge. There is something to learn from every experience be it positive or negative. It's important to always be prepared and when an opportunity knocks, to open that door and seize it!"