**Nathan Millikan**

[nmillika@indiana.edu](mailto:nmillika@indiana.edu) (765) 524-8173

1105 Fox Hollow Rd New Castle, IN 47362

**EDUCATION**

**Indiana University** – Bloomington, IN

*Bachelor of Science in Athletic Training* (May 2015)

GPA: 3.1/4.0

**ATHLETIC TRAINING EXPERIENCE**

**August 2014 – Present** *Senior Year – Cross Country/Track and Field*

* Mentor younger students to help further their knowledge
* Facilitate discussion through use of previous readings in scholarly journals
* Perform evaluation of athletes to determine extent of injury
* Write daily rehab plans in collaboration with certified Athletic Trainer for athletes
* Direct set up for practice and competitions to allow for optimal care for athletes

**August 2013 – 2014** *Junior Year* – *Football, Wrestling, Women’s Tennis*

* Initiated field set up to prevent heat illness during practice and games
* Implemented taping and bracing techniques to athletes prior to practice and games
* Worked preseason football camp
* Demonstrated ability to perform injury evaluation, therapeutic rehabilitation and modality application
* Provided first aid and emergency care to prevent spread of blood borne illness

**August 2012 – 2013** *Sophomore Year – Bloomington South High School Football, IU Swimming and Diving, Men’s and Women’s Track and Field, Football*

* Taped athletes prior to practice
* Collaborated with fellow students during field set up to prevent heat illness during practice/games
* Exposed to variety of rehabilitation techniques
* Practiced basic evaluations of injured athletes
* Manage wound care of athletes to prevent spread of blood bourne illness

**ADDITIONAL MEDICAL EXPERIENCE**

**August 2013 – November 2013** *Junior Year – Volunteers in Medicine Clinic*

* Interacted with diverse patient population including people from lower income and various ethnic groups
* Volunteered to take vital measurements

**February 2013 – March 2013** *Sophomore Year - Internal Medicine Associates East*

* Observed doctors performing evaluation of general medical issues
* Introduced to use of diagnostic techniques

**ATHLETIC TRAINING VOLUNTEER EXPERIENCE**

**Bloomington High School South Preseason Football** – Bloomington, IN

*Athletic Trainer volunteer* (August 2014)

* Assisted teaching of underclassmen to improve their individual skills
* Performed injury evaluation to determine participation status of injured athletes
* Initiated field set up to prevent heat illness

**Indiana University High School Football Camps** – Bloomington, IN

*Athletic Trainer volunteer* (June 2013 and 2014)

* Performed injury evaluations on injured players to improve diagnosis and recognition of specific injuries
* Integrated basic wound care techniques to prevent possible spread of infection

**IHSAA Wrestling State Regional Tournament** – Bloomington, IN

*Athletic Trainer volunteer* (February 2013 and 2014)

* Performed basic wound care to athletes during wrestling matches to prevent blood bourne illness
* Evaluate injured athletes and made return to play decisions

**Men’s Big Ten Swimming and Diving Championships** – Bloomington, IN

*Athletic Trainer volunteer* (March 2013)

* Collaborated with other volunteers to set up and tear down prior to and after daily events
* Performed recovery massage to athletes who had finished competition

**Indiana University Football** *--*Bloomington, IN

*First Aid Station Volunteer* (October 2012)

* Assisted in wound care treatments of people attending the game by cooperating with other health care professionals in the station
* Collaborated with health care professionals to evaluate injuries of people attending the game

**Indiana University Cross Country** –Bloomington, IN

*Athletic Trainer volunteer* (September 2012)

* Assisted with medical tent set up before the meet
* Performed basic first aid and tended to athlete needs upon finishing their race

**PROFESSIONAL ASSOCIATION MEMBERSHIPS**

* August 2012 – Present Member of the National Athletic Trainers’ Association (NATA)
* August 2012 – Present Member of the Great Lakes Athletic Trainers’ Association (GLATA)
* August 2012 – Present Member of the Indiana Athletic Trainers’ Association (IATA)

**EXTRA CURRICULAR MEMBERSHIP**

* August 2014 – Present Senior Class Representative, Athletic Training Student Council

**LEADERSHIP EXPERIENCE**

* Fall 2014 - Coordinated Athletic Training Student Council involvement in Salvation Army Angle Tree Toy Drive.