

PERTINACITY

2025 ANNUAL REPORT



KOREY STRINGER INSTITUTE

UNIVERSITY OF CONNECTICUT

THE MISSION OF THE KOREY STRINGER INSTITUTE IS TO PROVIDE RESEARCH, EDUCATION, ADVOCACY, AND CONSULTATION TO MAXIMIZE PERFORMANCE, OPTIMIZE SAFETY, AND PREVENT SUDDEN DEATH FOR THE ATHLETE, WARFIGHTER, AND LABORER.

ON THE COVER: On Nov. 12, 2025, UConn and KSI officials cut the ceremonial ribbon at the official opening of the National Laboratory for Occupational Heat Safety at UConn's Korey Stringer Institute. Powered by Magid and Mission. Pictured from left are UConn, KSI, and corporate partners Amy Gorin, Amy Yancey, Kumar Venkitanarayanan, Kelci Stringer, Radenka Maric, Doug Casa, Gary Cohen, Jocelyn Thornton, and Laurie Devaney.



A YEAR OF MILESTONES AND UNPRECEDENTED GROWTH

First, in August, we marked the official launch of KSI's first satellite facility at the University of North Florida (UNF) in Jacksonville. For more than a decade, I knew that for KSI to continue to lead in research around exercise, labor, and performance in extreme heat, we needed a sustained presence where these conditions are a daily reality. Laborers, athletes, and warfighters working in extreme heat face significant long-term health risks. To fully understand and mitigate them, KSI needed to be embedded within that environment. This vision began to take shape over four years ago, and leadership at UNF and UConn made this partnership possible. Together, we created a setting that allows KSI to push even further to save lives across the globe.

The second milestone in 2025 was the grand opening in November of the National Laboratory for Occupational Heat Safety at UConn's Korey Stringer Institute, powered by Magid and Mission (the ribbon cutting is pictured on the cover). This state-of-the-art laboratory is a true game changer for KSI's research and service capabilities and positions KSI as a global leader in research directly impacting performance and safety issues for

those performing physical activity in these extreme conditions. The facility can replicate extreme environmental stressors, including temperatures exceeding 100°F, relative humidity above 80%, radiant heat exposure, variable wind speeds, and — uniquely — adjustable oxygen levels simulating altitudes up to 12,000 feet. We extend sincere thanks to Magid and Mission for their support and naming partnership, as well as to UConn leadership, whose persistence and creativity ensured that financial and space challenges did not compromise the final vision.

The third milestone occurred in December, with the finalization of a team of partners to support KSI in developing a large-scale coaching education program. This initiative, nearly a decade in the making, emerged from a critical realization: Despite efforts to improve health and safety for youth athletes, there was no comprehensive, interactive, and modern education curriculum addressing common emergencies in sport. KSI aims to fill this gap with the planned 2027 launch of a multi-level, multifaceted coaching

education program designed for youth, high school, and collegiate coaches, advancing knowledge and preparedness nationwide.

Each of these milestones was only possible because the leadership at UConn shared the belief that KSI can have an even greater societal impact when supported by a strong institutional home. For 15 years, this has allowed KSI to achieve extraordinary growth and reach. The vision of Kelci Stringer to create a lasting legacy for her fallen husband, Korey, combined with the support of our founding partners — UConn, the NFL, and Gatorade and all of our corporate partners — has resulted in an institute that stands as a point of pride and purpose for all involved, with new and exciting milestones still on the horizon.

Douglas J. Casa, Ph.D., ATC
CEO, Korey Stringer Institute
Board of Trustees Distinguished Professor





Kelci Stringer and her daughter, True

CARRYING OUT KOREY'S LEGACY

In June 2025, I stood on stage at the National Athletic Trainers' Association (NATA) national meeting in Orlando, Florida, humbled to receive the Jack Weakley Award. This honor is deeply personal, but more importantly, it represents the collective progress we've made toward a mission that began with tragedy and has grown into a movement for change.

The Jack Weakley Award is not just a recognition of individual effort — it symbolizes the tireless work of the Korey Stringer Institute (KSI) and its partners to make physical activity safer for all. When KSI was founded, our vision extended beyond athletes to include anyone whose life and livelihood depend on physical exertion. Over the years, we have championed initiatives that save lives, from advancing heat illness prevention to shaping policies that protect millions of young athletes.

One of the most impactful efforts has been the Team Up for Sports Safety (TUFSS) initiative, launched in partnership with NATA and the NFL. Through TUFSS, we've worked state by state to promote comprehensive safety policies in high school athletics. Today, more than 500 lifesaving policies have been adopted across the country,

creating safer environments for over 8 million student-athletes. These changes didn't happen overnight — they are the result of collaboration, advocacy, and a shared commitment to evidence-based practices.

Receiving this award reminds me that progress is possible when we unite around a common goal: preventing catastrophic injuries and deaths in sport and physical activity. It is a testament to the power of research, education, and advocacy — and to the incredible team at KSI who make this work possible every day.

As we look ahead, our mission remains clear: to lead the way in athlete health and safety, to influence policy, and to ensure that no family experiences the loss that started this journey. Together, we will continue to carry out Korey's legacy to change lives, and in doing so, save lives.

Kelci Stringer

Founder and Spokesperson,
Korey Stringer Institute

► **Korey's Story**

In August 2001, Korey Stringer, a Minnesota Vikings offensive lineman, passed away from exertional heat stroke. Since the time of Korey's death, his widow, Kelci, and his agent, James Gould, have worked tirelessly to develop an institute to honor Korey's legacy. Together with Douglas Casa from the Department of Kinesiology at the University of Connecticut, the Korey Stringer Institute was founded in April 2010.

KSI PILLARS

► RESEARCH

Our research spans the continuum from basic to applied science, extending through clinical and educational sciences. UConn's Korey Stringer Institute is home to two state-of-the-art heat laboratories where advanced environmental chambers enable us to examine the effects of heat stress during physical exertion. Beyond controlled laboratory studies, our team conducts field research across sports environments, occupational settings, and military contexts to better understand heat's impact on performance, health, and safety.

► EDUCATION

KSI programs and educational guides equip coaches, athletic trainers, military leaders, safety officers, and other key personnel with the knowledge and skills to prevent sudden death in physically active populations. They provide clear strategies for recognizing and treating heat-related illnesses, optimizing performance in hot environments, and developing comprehensive emergency action plans and heat-stress management protocols.

► ADVOCACY AND POLICY CHANGES

KSI collaborates with sport organizations, military agencies, state medical boards, and national legislative bodies to champion the development and enhancement of policies that prevent sudden death in sport, occupational settings, and military training. We advocate for evidence-based standards that reduce catastrophic injuries in athletics and military environments, safeguard laborers and warfighters from heat stress, and ensure that every high school has access to a qualified athletic trainer.

► CONSULTATION

Our experts provide guidance to personnel at every level of athletic competition, military activity, and across industries to help ensure the highest standards of safety. We also partner with manufacturers and companies to evaluate and validate wearable sensors and physiological monitoring technologies.

► OUTREACH

We share critical guidance on keeping athletes, warfighters, and laborers safe by reaching the public through a wide range of communication channels, including traditional media, public service announcements, webinars, podcasts, conferences, and social media. KSI ensures that the insights gained from our research reach the individuals and communities who rely on them most through our cornerstone programs.

FOUNDING PARTNERS



- Sponsorship of two laborer task force meetings
- Coaching Education Initiative support
- Support of consensus statement on hydration in the laborer sector

UConn

- Continued support of KSI mission
- Support of new heat lab
- Continued administrative and communications support from the College of Agriculture, Health and Natural Resources and University Communications to amplify KSI's work



- Extended support of TUFSS contract
- Continuation of Smart Heart Sports Coalition

CORPORATE PARTNERS

We would like to thank our corporate partners for their ongoing efforts to ensure the mission of the Korey Stringer Institute continues to thrive. Some highlights of our collaborations are listed below.



- Naming rights to new laborer heat lab opened in November 2025
- Continued support of laborer division
- Collaboration on laborer efforts with Delta
- KSI and Mission appeared at UPS Innovation Festival in July 2025



- Continued support of TUFSS both financially and at state meetings
- Support of ATLAS program



- Dinner at industrial hygienist meeting
- Provides devices for HSPC visits
- Support of innovATe
- Outfitting new lab with WBGT devices and iPad
- Donation of state-of-the-art Kestrel MET6000 Professional Weather Station for use on campus



- Ongoing feedback for expansion of products into laborer space



- Naming rights to new laborer heat lab opened in November 2025
- Continued support of laborer division
- Invited KSI to present at Magid Safety Summit
- Magid now features a line of cooling PPE known as Magid Cool Powered by Mission



- Provided an AED to be donated at each TUFSS meeting
- Support of HEARTS Act
- Support of innovATe

2025

BY THE NUMBERS

PERSONNEL

31

PAID STAFF

.....

73

VOLUNTEERS

PUBLICATIONS

27

BOOK CHAPTERS/
MANUSCRIPTS
(published/in press)

NUMBER OF STATES
THAT INCREASED THEIR
STATE HIGH SCHOOL
SPORTS SAFETY POLICY
SCORE IN 2025

28

NUMBER OF POLICY
CHANGES DOCUMENTED
FOR HIGH SCHOOL
CATASTROPHIC SPORT
INJURY PROTECTIONS
SINCE 2018

500+

SERVICES/ELITE ATHLETE TESTING/
CONSULTATIONS

\$16,398

In its first 15 years, KSI led 150 grants totaling approximately \$34 million in funding. During this period, KSI researchers published more than 300 peer-reviewed papers and delivered hundreds of presentations.

REDUCING BODY
TEMPERATURE IS
KEY TO UNLOCKING
PEAK PERFORMANCE
AND SAFETY.

RESEARCH & ADVOCACY

\$4,050,664

RESEARCH FUNDING

.....

\$208,495

NON-RESEARCH FUNDING

DONATIONS

\$242,417

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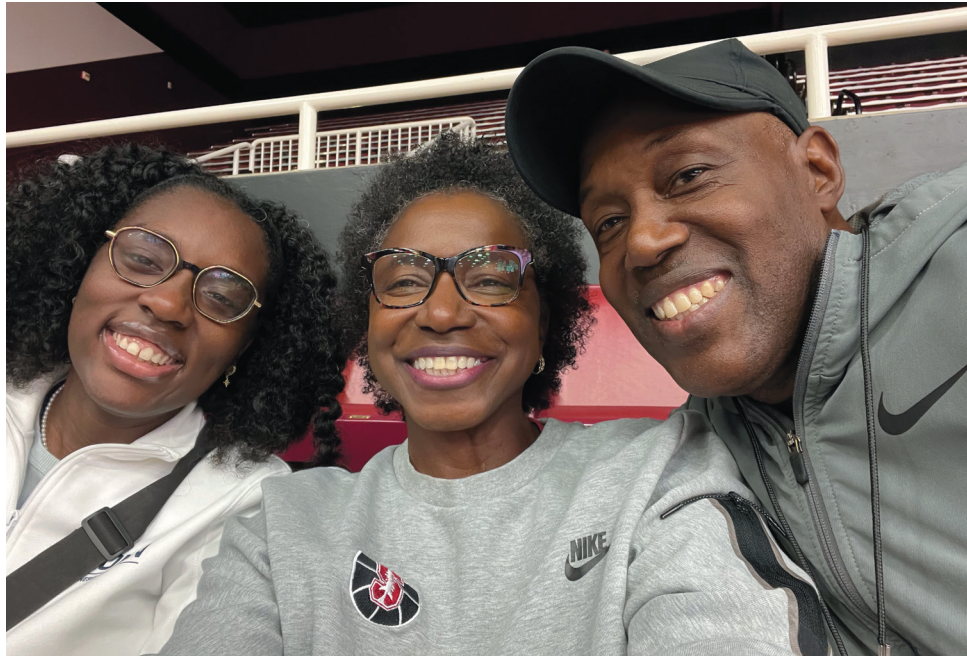
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► BRIEF HIGHLIGHTS



Nia McBride, Jearl Miles Clark, J.J. Clark

STANFORD WOMEN IN SPORTS

In November, the inaugural Female Athlete Research Meeting (FARM) was hosted by the Wu Tsai Human Performance Alliance at Stanford University. The purpose of this alliance is to seek the unknown principles of peak performance so that they can be translated to youth development, athletic excellence, adult resiliency, and long, healthy lifespans. The event was attended by around 400 coaches, athletes, researchers, and clinicians to advance research and collaboration in female athlete health and performance. Highlights included presentations, lightning talks, poster sessions, and networking opportunities with industry leaders such as former Stanford women's basketball coach Tara

VanDerveer and professional runner Mary Cain. Topics ranged from ACL injury prevention and the impact of HIIT versus endurance training on VO₂ max to resilience in sport, RED-S, wearable technology, menstrual cycle physiology, and the value of investing in women's sports. Longtime friends of KSI J.J. Clark, the head track and field coach at Stanford University, and Jearl Miles Clark, a two-time track and field Olympic gold medalist, hosted KSI scientist Nia McBride for the meeting. This experience will benefit KSI's work in supporting athletes by developing evidence-based strategies to enhance performance, reduce injury risk, and promote long-term health among female athletes.



Bre Black, 2025 Fellow

KOREY STRINGER INSTITUTE FELLOWSHIP PROGRAM

This eight-week summer research and advocacy fellowship program is devoted to providing students exposure to high-level research, advocacy, and education initiatives focused on preventing sudden death in sport and physical activity at the local, state, and national level. Individuals are provided full immersion into the daily operations of an active research lab, assisting with field studies, epidemiological investigations, and laboratory protocols. Candidates are selected based on the strength of their application and desire to pursue a career field related to preventing sudden death in sport and the physically active. To apply, email nia.mcbride@uconn.edu.



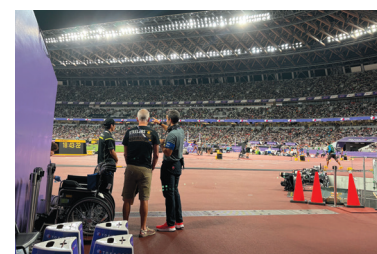
Paolo Emilio Adami, Fumi Asanuma, Yuri Hosokawa, Douglas Casa

KSI AT TRACK AND FIELD WORLD CHAMPIONSHIPS TOKYO 2025

In 2025, Douglas Casa played a key role in supporting World Athletics, the international governing body for track and field, during the World Athletics Championships in Tokyo, Japan. His involvement included contributing to the associated sports medicine conference, where global leaders in performance, health, and athlete care convened to share best practices and emerging research. A meaningful highlight of the experience was the opportunity to reconnect and collaborate with many former KSI colleagues, including Fumi Asanuma, Miwako Suzuki-Yamanaka, Yuri Hosokawa, and Yuki Murata.



Douglas Casa, Miwako Suzuki-Yamanaka, Yuri Hosokawa



Douglas Casa, Paolo Emilio Adami

While in Japan, Casa also extended his impact with a presentation at Waseda University. The presentation provided students with applied insights from elite sport and fostered international academic exchange. In addition, Casa connected with respected leaders in collegiate athletics, including J.J. Clark, head coach of Stanford track and field and former UConn coach, and Mike Whittlesey, Kansas track and field coach and UConn alumnus.

UConn COLLABORATIVE FOR HIGH PERFORMANCE SOLUTIONS

Since February 2025, KSI's Athlete Performance Division has joined forces with the UConn Athletics Sports Medicine and Sports Performance teams along with the Institute for Sports Medicine and the departments of Nutritional Science and Data Analytics to form the UConn Collaborative for High Performance Solutions (UCHPS). Together, this collective has a common interest in the advancement of human health and performance, data analytics, and research. The UCHPS aims to share knowledge, resources, and conduct research to drive the growth of sport performance for UConn student athletes, enhance academic experience for UConn students, and strive to advance the human health and performance field. KSI's president of athlete performance Robert Huggins is serving on the UCHPS, which is under the leadership of Moe Butler, associate athletic director for sports performance. Thanks to the funding acquired by UCHPS committee member Julie Burland, director of research for the Institute for Sports Medicine, the UCHPS hosted a meet and greet to formally launch the collaborative and share its vision with key members of the university including coaches from UConn athletics, strength and conditioning, nutrition, and sports medicine. It is through these unique collaborations that KSI can help drive performance-related research in UConn athletes.



Kayla Perez, Joseph Grubb, Robert Huggins

BECAUSE OF UCONN CAMPAIGN EVENT IN NYC

UConn’s \$1.5 billion fundraising campaign, Because of UConn, was officially launched in April 2025. The UConn Foundation invited KSI to be among the select few to share their work at an October campaign event in New York City hosted by UConn alumna and former ESPN broadcaster Molly Qerim and featuring UConn Board of Trustees Chairman Dan Toscano. Several of the campaign’s focus areas align well with KSI’s mission: putting students first, fostering innovation, and prioritizing health. The KSI team interacted with attendees and shared some of the innovative tools used to track athlete performance and improve occupational health and safety during exercise in the heat.

OCCUPATIONAL HEAT LEGISLATION TO PROTECT WORKERS

In January, Connecticut SB 830 “An Act Establishing Safety Standards to Prevent Heat-Related Illness in Workplaces” was introduced by the Labor and Public Employees Committee. Robert Huggins, KSI president of occupational safety, provided public testimony in support of the bill pending essential modifications and update of best-practices. While the bill did not pass in this cycle, KSI is hopeful that the upcoming legislative session will bring about an improved version of the bill.

► BRIEF HIGHLIGHTS

KSI JOINS 60-PLUS ORGANIZATIONS IN SUPPORTING FEDERAL POLICY AGENDA FOR TACKLING EXTREME HEAT

KSI joined the Federation of American Scientists (FAS) and more than 60 labor, industry, health, housing, environmental, academic, and community associations and organizations in unveiling the 2025 Heat Policy Agenda. This strategy provides specific, actionable policy ideas to tackle the growing threat of extreme heat in the United States — an issue that now affects all 50 states.

“The agenda is an honest assessment of the multitude of issues that need to be addressed to position the American public and companies for the necessary health and safety considerations and potential economic opportunities that will result from unique needs of a rapidly warming planet,” says Douglas Casa.

Rollout of the Heat Policy Agenda came as the National Oceanic and Atmospheric Administration (NOAA) confirmed 2024 as the hottest year on record, continuing a sustained trend. The 10 warmest years in modern history have all occurred during the past decade. The release of the agenda also came as catastrophic wildfires around Los Angeles provided a stark reminder of the lingering effects of extreme heat and the interconnected nature of climate effects.

The Heat Policy Agenda presents clear and specific actions the federal government can take to protect people, places, and the economy from the effects of extreme heat.



► FEATURE STORIES

In late 2025, the University began highlighting the story of Douglas Casa and the Korey Stringer Institute as part of its multi-year national brand campaign through television spots, print and digital ads, billboards, and a feature on blue.uconn.edu.



“EVERY SINGLE DAY, I’M TRYING TO FIGURE OUT WHAT CAN WE LEARN ABOUT THE PREVENTION, RECOGNITION, AND TREATMENT OF EXERTIONAL HEAT STROKE.”

ONE COLLAPSE, COUNTLESS SAVES

With half a lap left in the 10k race, Douglas Casa collapsed.

The 16-year-old had dreamed of competing in New York’s Empire State Games since he was 12. He made the cut that June, finishing in the top two of his qualifying event, and then trained for weeks with fellow elite runners on Long Island. And on the day of the race, August 8, 1985, during a heat wave with the midday sun beating down on the track in Buffalo, Casa went down.

“I was running the best race I’d probably run in my life at that point. I was competing for a third-place position and collapsed with 200 meters to go,” Casa recalls. “I got up, ran the turn, and collapsed with 80 meters to go.”

An athletic trainer working at the event recognized quickly that Casa was suffering from exertional heat stroke and began cooling Casa immediately. When Casa arrived at the hospital, the emergency room doctor was familiar with the condition as well and put the unconscious runner into a cold-water immersion tub, which was not a standard protocol in 1985.

After being transferred out of the intensive care unit, Casa awoke that evening in his hospital room to see a story about his collapse on the local news — and soon decided on his life’s purpose.

“The benefit of having a near-death experience as a 16-year-old is I never had to worry about what my job or my career was going to be,” says Casa, UConn Board of Trustees Distinguished Professor of Kinesiology. “I knew literally within a couple days of that taking place that I wanted to pursue this area of study.”

Today, 40 years after suffering that exertional heat stroke, Casa leads a team of staff and undergraduate student volunteers as chief executive officer of the Korey Stringer Institute (KSI) in UConn’s College of Agriculture, Health and Natural Resources.

“Every single day, I’m trying to figure out what can we learn about the prevention, recognition, and treatment of exertional heat stroke,” says Casa. “Can we prevent families having to suffer tragedies of their kids dying

from a heat stroke, or a spouse losing a loved one who is a laborer or war fighter who suffers a heat stroke or struggles in the heat?”

Casa has devoted his career to this quest to save lives through basic medical care and inexpensive equipment. Quick recognition and simple steps such as taking an accurate temperature and putting the person into an ice bath until they are sufficiently cooled make all the difference.

KSI pushes for protocols and policies that increase the odds of recovery for an athlete suffering heat stroke. Having a licensed athletic trainer, a rectal thermometer, and a \$150 tub filled with water and ice at sporting events are among the relatively simple and inexpensive things that can save a life. Today, every NFL team and nearly every high school and college football team has a cold-water immersion tub beside the field, says Casa.

“That’s the kind of progress we’ve made at KSI over the last 15 years. We’ve changed the landscape of that acute care for exertional heat stroke to really optimize the chance that they will have a good outcome.”



National Laboratory for Occupational Heat Safety



“WE ARE THRILLED TO EXPAND OUR PARTNERSHIP WITH BOTH **MISSION** AND **MAGID**.”



Gillian Frey, Rebecca Stearns

► FEATURE STORIES

UConn's KOREY STRINGER INSTITUTE OPENS NEW OCCUPATIONAL HEAT SAFETY LAB WITH INDUSTRY PARTNER SUPPORT

This year, UConn's Korey Stringer Institute unveiled a new state-of-the-art facility to support their growing work on occupational heat safety. The National Laboratory for Occupational Heat Safety at UConn's Korey Stringer Institute Powered by Magid & Mission officially opened in November 2025 with a ribbon cutting ceremony at the 750-square-foot site in Gampel Pavilion. KSI has a close relationship with both Mission and Magid to evaluate the effectiveness and impact of their products through KSI's robust scientific testing and research capabilities.

“We are thrilled to expand our partnership with both Mission and Magid,” says Douglas Casa, KSI CEO and Board of Trustees Distinguished Professor in Kinesiology. “Our collaboration does so much to improve safety for laborers and athletes around the world. It provides credibility for the effectiveness of innovative products, and KSI has even more experience working with these populations in real-life conditions in the best facilities possible.”

The National Lab for Occupational Heat Safety is KSI's second state-of-the-art facility on UConn's campus to conduct its heat safety research, the first being the Mission Heat Lab, which opened in 2017.

“Mission is proud to partner with KSI on our second Heat Lab at UConn. Through innovative solutions like cooling, we're dedicated to improving heat safety for both laborers and athletes in all conditions. We're excited to continue this journey together and look forward to the accomplishments we'll achieve at the new Occupational Heat Safety Lab,” says Mission CEO Jocelyn Thornton.

Founded in 2009 by a group of world-class athletes, including Serena Williams, Dwyane Wade, and Drew Brees, Mission is a leader in head-to-toe cooling and heat-relief

product innovations designed to improve safety and performance for anyone who works, plays, or lives in the heat. With a strong commitment to addressing heat-related risks, Mission has established its Heat Health & Safety division, focused on providing comprehensive solutions that enhance employee safety in high-temperature environments.

“We're proud to partner with KSI, an organization that shares our commitment to protecting workers from preventable injuries. Together, we're combining innovation and expertise to advance heat safety solutions that keep people safe where it matters most — on the job,” says Gary Cohen, family owner and senior director of global product strategy and quality at Magid.

Founded in 1946, Magid is a fourth-generation and family-owned leader in the safety industry using in-house manufacturing and a worldwide network of suppliers to create personal protective equipment innovations.

Adding to KSI's current capabilities in research on the impact of heat, humidity, sun, and wind, the new facility will allow KSI researchers to expand their work to altitude up to 12,000 feet. The facility contains equipment that can remove oxygen from the air, mimicking high-altitude conditions. This is important as workers and warfighters are sometimes battling not just extreme heat, but altitude as well.

“Heat is an ever-present risk in an ever-warming climate, and it's likely going to continue increasing at an exponential pace,” Casa says. “Each ensuing year will likely have greater risk than the year before.”



Jonathan XV, UConn's canine mascot



Maryna Yanovich

KSI TEAMS RACE FOR A CAUSE

2025 TCS NYC Marathon Team

The TCS NYC Marathon is one of the largest, oldest, and most prestigious marathons in the world. KSI has been a charity partner with the TCS New York City Marathon since 2019. The race was held on November 2, 2025, and KSI had five charity runners complete the race:

Ben Klau, Kara Kochanski-Vendola, Jillian Stipak, Timm Vedder (who also earned his sixth star, completing the six World Marathon Majors!), and **Maryna Yanovich**.

AMOUNT RAISED: \$16,000

2025 BMW Berlin Marathon Team

The BMW Berlin-Marathon inspires with records, diversity, and a unique energy that radiates throughout the city. It is one of the largest marathons in the world. Berlin is one of the few major marathons that allows personal water bottle drops along the course, so runners can hydrate like the pros and fully leverage an individualized plan. This was a game-changer at the 2025 Berlin Marathon, where warmer-than-normal temps meant hydration strategy was key to success.

The KSI Marathon Team gets more than guaranteed entry — our runners gain access to elite-level prep. They receive VO₂ max testing and a personalized hydration plan in our lab to optimize race-day performance. The race was held on September 21, 2025, and KSI had six charity runners complete the race:

David Austin, Lennon Bates, Kyle Costello, Maggie Daniel, Patrick Daly, and Alex Venuto.

AMOUNT RAISED: \$18,000



Timothy Vedder



Timothy Vedder

Since the inception of the marathon charity program in 2019, a total of over \$125,000 has been raised for KSI. In 2026, KSI will expand to include the Tokyo and Honolulu marathons.

► To become a part of the next charity running team, contact **Rebecca Stearns** at rebecca.stearns@uconn.edu.

DR. JOHN JARDINE CELEBRATES 25 YEARS AS THE MEDICAL DIRECTOR OF THE FALMOUTH ROAD RACE

Dr. John Jardine, KSI chief medical officer, celebrated 25 years as medical director of the Falmouth Road Race in 2026. Under his dedicated leadership, a medical team of 250 volunteers and professionals have treated thousands of medical cases, including nearly 500 cases of life-threatening exertional heat stroke, and ensured 25 consecutive safe and fatality-free race days.

Jardine has been a board-certified emergency medicine physician since 2000 and currently practices at Kent Hospital in Warwick, Rhode Island. A nationally recognized leader in the treatment of exertional heat illness, his expertise has shaped medical best practices at major endurance events across the country. Over his career, he has co-authored more than 35 peer-reviewed publications advancing the science of exertional heat illness prevention and treatment.

Jardine’s decades-long tenure as medical director started in the early 2000s. After attending medical school in New York, he had completed his residency in Providence, Rhode Island, where he met his wife. They later moved to Falmouth, Massachusetts, and his career launched from the emergency department at Falmouth Hospital in 2000.

His supervisor at the time encouraged him to volunteer at the race with the medical team, where he served under the direction of Regina Reed, the Medical Volunteer of the Year in 2023. He worked closely with colleague Dr. Robert Davis and Chris Troyanos, medical program coordinator, to ensure a smooth and safe race day.

Jardine’s continued collaboration with KSI has allowed the organizations to advance the field of event medicine.

“Around 2007, I met Doug Casa from the University of Connecticut, who started bringing his athletic training students [to Falmouth] to learn about exertional heat illnesses. There’s been a lot of opportunity for research because of the race,” says Jardine. “We’ve had our share of emergencies, but one of the things we see is life-threatening exertional heat stroke. There could have been some bad outcomes and possible fatalities if not for the prompt medical care guided by our research.”



John Jardine

Being a challenging road race in the heat of August, race day conditions can result in exertional heat stroke if runners don’t follow tips recommended by experts like Jardine: stay well-hydrated, run wisely, and listen to their bodies for signs to slow down.

KSI has partnered with the race to study heat stroke and publish research articles over the past decade since discovering that the best treatment is cold water immersion. The medical tents come prepared with tubs for ice baths for that very reason, and Jardine says “we see 90% of our patients going home from the tent” thanks to the dedication of the volunteer team.

(continued)

“IT’S A REWARDING THING TO KEEP PAYING IT FORWARD TO THESE NEW VOLUNTEERS AND RESEARCHERS AND PASSING IT ON TO FUTURE GENERATIONS. I PLAN TO KEEP DOING THIS AS LONG AS I CAN.”



John Jardine, Michael Szymanski, and Timothy Gilgallon at the Falmouth in the Fall race event held in November

(continued from page 17)

“It’s a great team effort and I think last year around 60% of the medical volunteers were first timers,” says Jardine. “It’s so fun to watch our volunteers learning. We welcome physicians, nurses, physical therapists, EMTs, and people who have no medical training at all. We have all levels of training, and we welcome everyone who is interested in race medicine.”

One of the returning volunteers is his daughter, who was born in Falmouth. “She started volunteering with me at the race when she was young and is now, at 24, an EMT like I was,” says Jardine. “I love having her right there with me, and it’s fun for her to help out and be a part of it all.”

He has watched many families grow up with the race, just like his own. “When I started this race it was run by two families, the Carrolls and the Shermans, and it’s been amazing to see what they developed and what it’s turned into.

“It’s a rewarding thing to keep paying it forward to these new volunteers and researchers and passing it on to future generations. I plan to keep doing this as long as I can.”

JOHN JARDINE RECEIVES INTERNATIONAL HONOR

This year, KSI CMO Dr. John Jardine was appointed to the Expert and Advisory Board for the World Academy for Endurance Medicine. This is one of the highest honors in the field of athlete safety and endurance event medicine.

The World Academy for Endurance Medicine, established in 2022 through a collaboration between World Athletics and the International Institute for Race Medicine, serves as the global leader in endurance and race emergency medicine. The Academy provides

education, training, and medical leadership for health care professionals supporting mass-participation endurance events worldwide.

Jardine’s appointment to the Academy recognizes not only his individual contributions but also the impact of KSI’s mission to enhance athlete health and safety through evidence-based practice, research, and education. His leadership continues to elevate our work and the broader field of endurance medicine.



Christopher Troyanos, John Jardine



**A LEGACY OF LEADERSHIP:
KSI’S ENDURING IMPACT ON NATIONAL
STANDARDS IN ATHLETIC TRAINING**

In June 2025, Christianne “Christy” Eason, KSI president of sport safety and education, began her tenure as chair of the NATA Research and Education Foundation Pronouncements Committee. While the appointment alone is a professional honor, it also reflects a unique and powerful continuity: Eason is the third individual connected to KSI to serve in this role, following in the footsteps of KSI’s CEO Douglas Casa and Susan Yeargin, a KSI alumna and current Medical & Science Advisory Board member.

The Pronouncements Committee, operating under the NATA Foundation, holds a critical responsibility: to develop, review, and oversee the publication of position statements that guide best practices in athletic training. These documents are written by subject matter experts, peer-reviewed, and grounded in the best available scientific evidence.

Each statement serves not only as a roadmap for clinical excellence but also as a large portion of the foundation for standard of care, commonly used in legal proceedings. In matters of negligence, wrongful death, or other litigation involving athletic injuries, these position statements are often cited to determine whether appropriate action was taken. They are a vital bridge between research, clinical implementation, and the protection of both athletes and practitioners.

As chair, Eason sees her role as a steward of this process, helping to ensure that each position statement is methodologically sound, timely, and reflective of the evolving needs of the profession. Her vision includes increasing awareness of the documents, improving accessibility and clarity for clinicians, and ensuring that author groups are both topically qualified and diverse in background and perspective.

Eason’s appointment represents the continuation of a legacy established by her KSI colleagues, each of whom brought their own priorities and innovations to the committee, with such accomplishments as laying the foundation for the committee’s future, building operational structure, and establishing stronger internal clarity around the committee’s mission and the production of statements.

Eason’s leadership on the committee aligns seamlessly with her day-to-day work. As director of the innovATe Project, she oversees efforts to increase access to athletic trainers in under-resourced secondary schools. Through her role with the TUFSS initiative, she works to promote adoption of evidence-based safety policies in high school sports. In every context, she brings the same values: a reliance on data, a drive for equitable implementation, and a deep respect for the profession’s evolving body of knowledge.

Looking ahead, Eason is particularly passionate about ensuring that best practices don’t remain confined to peer-reviewed journals but are translated into real-world clinical settings.

“Position statements are only as powerful as our ability to use them,” she often says. Promoting clinician awareness, increasing transparency about how these documents are created, and encouraging engagement from diverse author groups are central to her goals.



Mei Zhao, Dean, Brooks College of Health, UNF; Rebecca Stearns; Michelle Boling, Associate Dean, Brooks College of Health, UNF; Michael Szymanski; Gabrielle Brewer

GRAND OPENING OF KSI SATELLITE LAB AT UNF

Partnering with Perry Weather, KSI announced the future opening of a state-of-the-art satellite heat exercise laboratory at the University of North Florida's Brooks College of Health. The lab will support and provide KSI with unique capabilities in sustained heat and will enable student and faculty research with athletes, military personnel, and laborers in Jacksonville and Northeast Florida.

"We are thrilled to partner with UNF and Perry Weather to expand the work we are doing at UConn into North Florida," says KSI CEO Douglas Casa. "The academic leadership of the Brooks College of Health Associate Dean Michelle Boling, the Brooks College of Health Dean Mei Zhao, and UNF President Moez Limayem made this partnership possible. We are also grateful to UConn President Radenka Maric and Interim Provost Pamir Alpay, as well as Mike Ryan and Jeff Ferguson, past and current head athletic trainers for the Jacksonville Jaguars, whose support helped bring this concept to life."

Through this partnership, Perry Weather will provide critical infrastructure for the lab, deploying advanced heat monitoring instrumentation and software to



deliver real-time environmental data that will support research initiatives. Perry Weather's monitoring technology will enable KSI to correlate environmental conditions with physiological responses, creating evidence-based recommendations for work-to-rest ratios and heat mitigation strategies for athletes and laborers who are at high risk for exertional heat stress. Beyond research, the partners will provide on-site service evaluations to companies and policy makers to assess heat mitigation strategies, evaluate policies, and suggest best practices.

Two faculty members have been hired onto the KSI at UNF team from the founding KSI site at UConn: Michael Szymanski as director and assistant professor and Gabrielle Brewer as the associate director and postdoctoral research associate.

"We're incredibly proud to partner with the Korey Stringer Institute and the University of North Florida to help advance the science of heat safety," says Colin Perry, Perry Weather CEO. "This is an important investment in the future of athlete and worker safety, supporting critical research that will shape how schools and organizations nationwide combat heat stress."



Left to right, Michelle Drinks, UNF Foundation; Evan Benet, Perry Weather; Michael Szymanski, KSI at UNF; Gabrielle Brewer, KSI at UNF; Spencer Patton, Perry Weather; Michelle Boling, UNF; Jeff Wood, Perry Weather; and Teresa Nichols, UNF

KEEPING U.S. WARFIGHTERS SAFE

Douglas Casa and Elaine Choung-Hee Lee have received a multimillion-dollar grant from the U.S. Department of Defense to study the heat stress and acclimation responses of men and women using a network physiology and multi-omics approach to characterizing acclimation progress and stress tolerance by individuals and various subgroups.

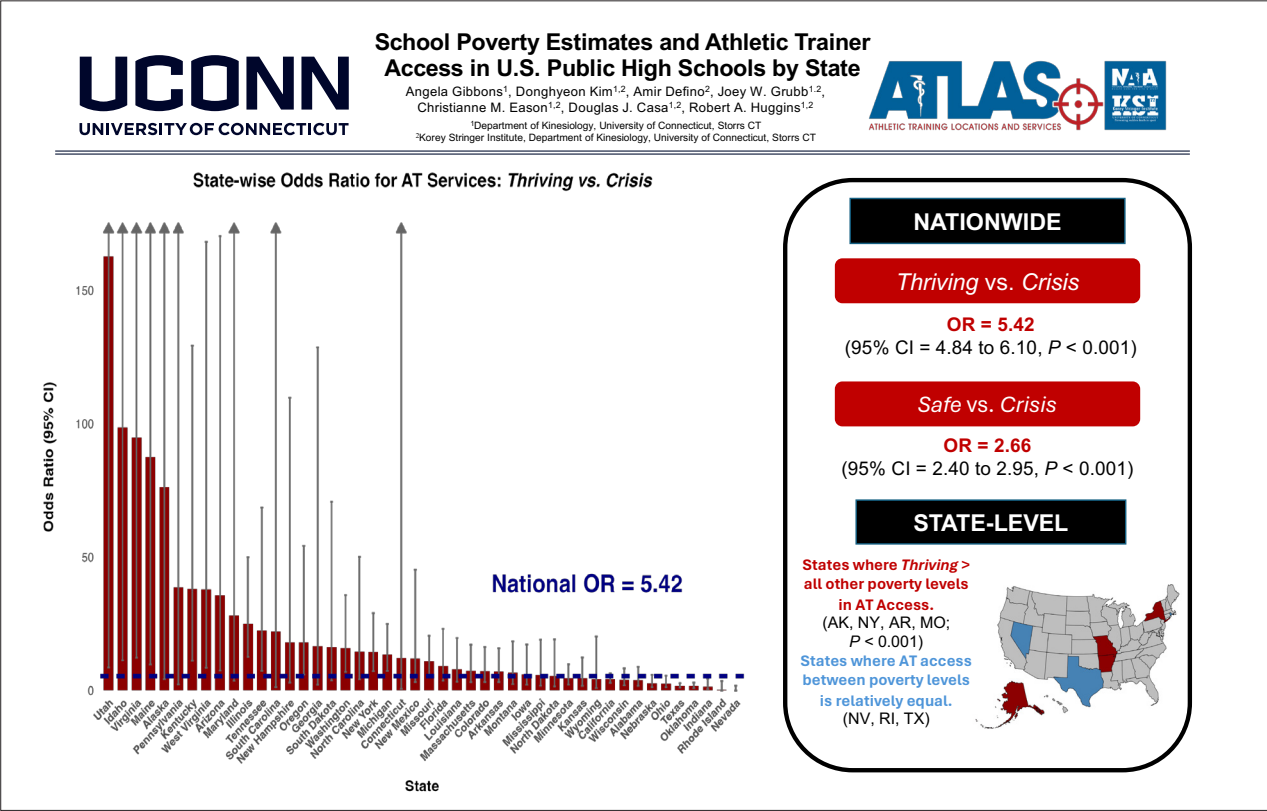
The broad aim of the project is to enhance lethality by increasing female warfighter resiliency to heat stress. The team plans to design and validate customized heat acclimation protocols for maximal benefit prior to training and mission deployment. Data for this project have been collected by the research team from the Department of Kinesiology, E.C. Lee Lab, and KSI for the last five years.

An optimal heat acclimation protocol does not exist in the current literature. External factors such as exercise intensity and duration, length and frequency of heat exposures, recovery period, and environmental conditions and internal factors such as thermal loads, anthropometric characteristics, fitness levels, and genes expression may impact the magnitude of heat acclimation adaptations. These factors make it very difficult to have a one-size-

fits-all protocol. In the last two years, the project has focused on unique heat acclimation protocols that attempt to reduce the total number of days required and introduce rest days without sacrificing adaptation process. By looking at various protocols, it may be possible to determine one that is best suited for certain populations.

There is a growing need for wearable devices to monitor physiological variables that may increase safety for warfighters during combat. For example, having an officer watch heart rate, core temperature, and fall notifications for a group of soldiers could be lifesaving. As part of the project, KSI researchers have also been testing various wearable devices for reliability and validity of these variables.

The information that comes from this project has the potential to shift the current literature to better accommodate different populations when heat acclimation is needed. In addition, with the added research on wearable technology, the research team believes devices can be further developed to improve safety to give a tactical advantage to our military.



10 YEARS OF ATLAS

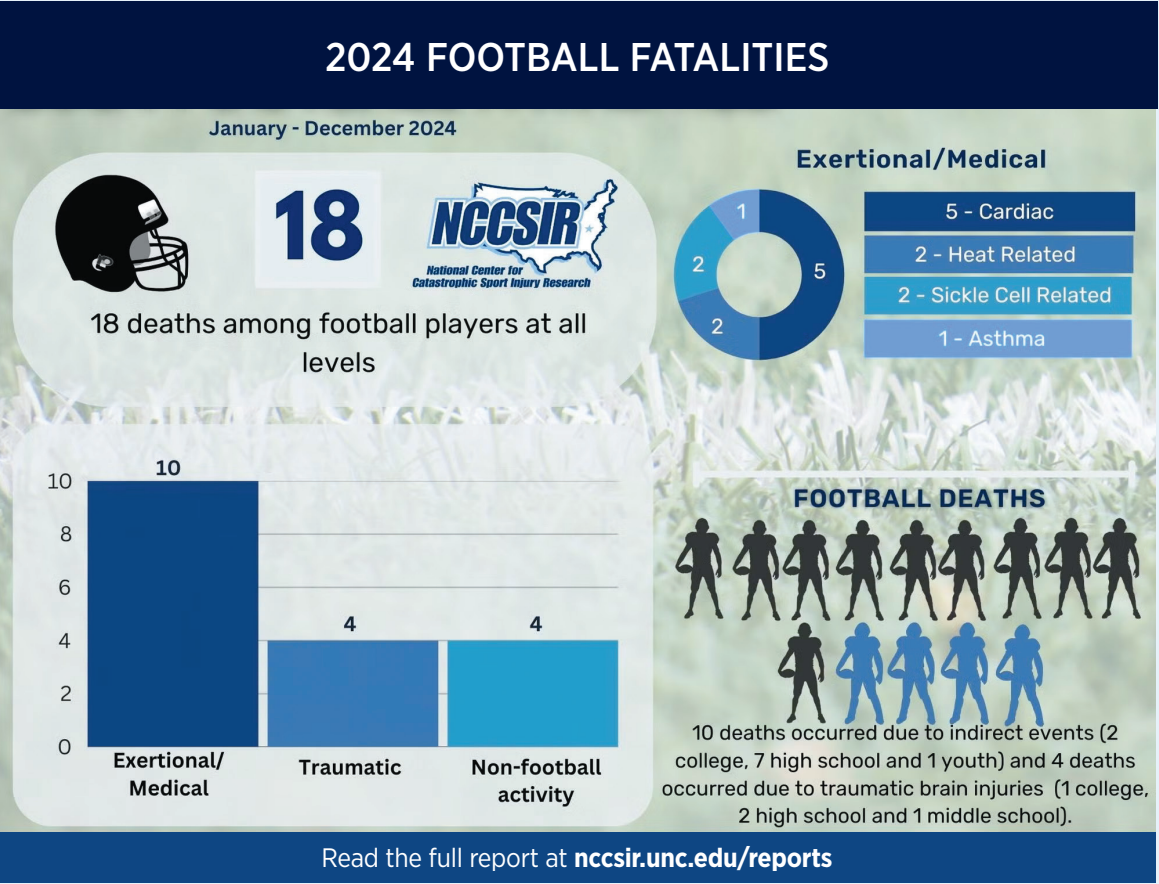
The ATLAS project marked 10 years in 2025, with many unique impacts made since its inception. Recently, assistant director Don Kim and director Robert Huggins published an article examining athletic training services trends over the five-year period from 2018 to 2023 in public and private high schools with athletics. Key findings revealed that:

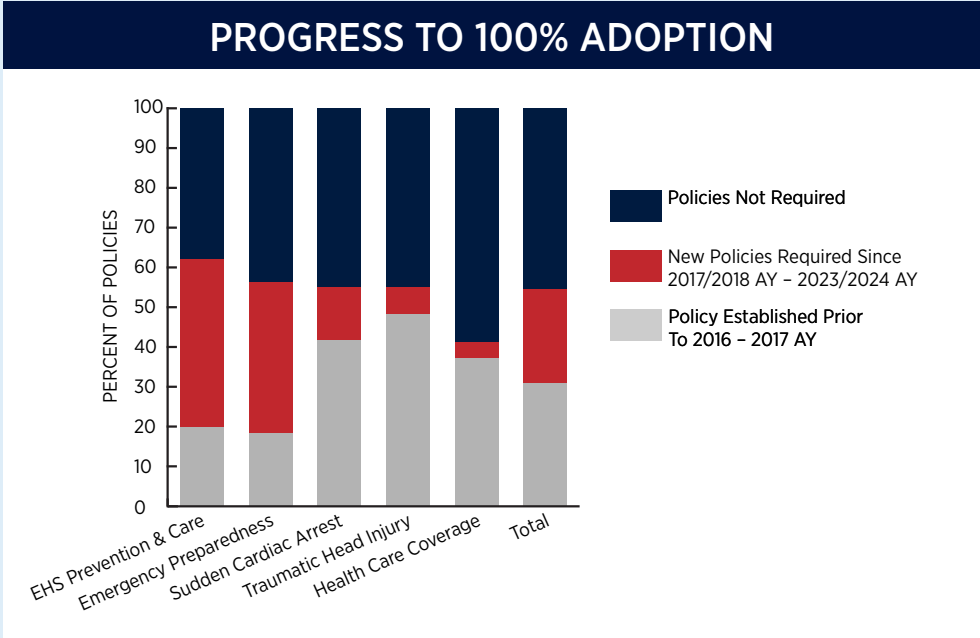
- 1 both public and private school sectors experienced changes in athletic training services trends over five years,
- 2 full-time athletic trainers increased and part-time athletic trainers decreased in both sectors, and
- 3 public schools had more student-athletes and sports per athletic trainer, whereas private schools provided more athletic training service hours per student-athlete and sport.

These findings are critical for the profession of athletic training as well as to the understanding of the changing safety climate and provision of health care to the student-athlete.

The ATLAS Project also presented novel findings at the 76th NATA Clinical Symposia and Expo in Orlando, Florida. Topics related to the presence of emergency equipment, sudden cardiac arrest preparedness, five-year changes in services, and the influence of small area income poverty on access to AT services.

ATLAS continues to provide high school athletic trainers with valuable data and insights related to factors driving access to health care, like socioeconomic and structural inequities, budgetary restraints, and geographical disparities. To highlight one recent example, the KSI ATLAS team determined that higher poverty rates were associated with lower access to athletic training services in U.S. high schools, most prominently for the schools with “thriving” communities versus those communities listed as “in-crisis.” This data will be presented at the NATA Clinical Symposia and Expo in the summer of 2026. (See figure.)





TUFSS ACCELERATES POLICY ADOPTION

As we approach the final year of initial state visits, TUFSS has made significant progress in advancing athletic safety across the country. To date, the initiative has reached 49 of 50 states, plus the District of Columbia. The core mission of TUFSS is to accelerate the adoption of evidence-based policies that reduce the risk of catastrophic sport injuries among secondary school athletes.

Since its launch, TUFSS has facilitated the enactment of 463 new health and safety policies nationwide. These policies are the result of strategic, state-specific meetings that bring together key stakeholders, like representatives from state athletic/activities associations, Sports Medicine Advisory Committees, school administrators, legislators, athletic trainers, coaches, and medical professionals. These collaborative sessions are designed to identify actionable items that improve athletic health care and safety for high school students.

A major focus of policy change has been in the areas of Environmental Health and Safety (EHS) and Emergency Preparedness (EP). Together, these two categories account for 81% of all new adoptions, or 377 policies. In 2018, EHS and EP had the lowest adoption rates among all categories. By 2025, they now lead with adoption rates of 62% and 56%, respectively. Additionally, the proportion of policies that are mandated has increased from 31% in 2018 to 54% in 2025, reflecting a growing commitment to enforceable standards. Notably, while no individual topic area had more than 50% adoption in 2018, four categories have now surpassed that threshold.

TUFSS continues to thrive through the support of the NFL Foundation, the National Athletic Trainers' Association, and numerous private donors. Their contributions have been instrumental in sustaining and expanding athletic safety initiatives across the U.S.



EXPANDING ACCESS TO ATHLETIC TRAINING IN UNDER-RESOURCED SCHOOLS

KSI's innovATe project continues to advance its mission of improving access to athletic training services in under-resourced secondary schools. Across the country, many student-athletes still lack access to the health care they need to participate safely in sport. InnovATe provides funding, mentorship, and strategic support to help school districts hire and sustain athletic trainers (ATs), ensuring student-athletes receive high-quality care where it matters most.

Demand continues to exceed available resources, with communities across the nation demonstrating both critical need and strong commitment to sustaining services beyond the grant period.

Beyond the numbers, it has elevated the conversation about health equity in school athletics, highlighted the essential role of athletic trainers, and offered a replicable model of how partnerships can transform community health. Its legacy is clear: Every student-athlete deserves access to the medical care they need, no matter their ZIP code.



Jesse Brinks, Marshall Public Schools Athletic Director (Michigan), with Douglas Casa

InnovATe STATS

By embedding ATs in these schools, innovATe helps close dangerous gaps in care, reduce injuries, and support students' academic and athletic success.

48
SCHOOLS

5,300
STUDENTS

1,450
STUDENT-ATHLETES

12%
AVERAGE innovATe
YOUTH POVERTY RATE

9%
AVERAGE innovATe
UNINSURED RATE

11 MINUTES
AVERAGE EMERGENCY
RESPONSE TIME

17 MILES
AVERAGE DISTANCE
FROM A TRAUMA
CENTER

SAFETY YOU CAN TRUST.
RESULTS YOU CAN MEASURE.

THE OCCUPATIONAL SAFETY DIVISION OF THE KOREY STRINGER INSTITUTE (KSI) PROVIDES SERVICES, RESEARCH, RESOURCES, AND RECOMMENDATIONS TO MAKE WORKPLACES SAFER, HEALTHIER, AND MORE PRODUCTIVE IN HOT ENVIRONMENTS.

Every day workers are seriously injured or die from heat stress, nearly all of which can be prevented. Heat safety strategies are effective and easy to implement, yet they are grossly underutilized within many occupational settings. The occupational safety division of KSI is a unique trifecta of experts, scientists, and product developers providing comprehensive heat safety solutions for organizations and their employees. KSI believes, and science proves, that implementing heat-safety standards not only keeps workers safe but drives efficiency and productivity in the workplace. KSI helps businesses enhance their safety programs to ensure that every employee returns home safely to their families.

KSI's occupational safety division is composed of thermal physiologists and athletic trainers, supported by cooling-gear developer Mission and personal protective equipment manufacturer Magid. This multidisciplinary team works collaboratively to protect indoor and outdoor laborers from thermal stress through research, education, and applied interventions.

Since 2020, the division has partnered with organizations including Delta Air Lines, United Parcel Service (UPS), Perrigo, the New York Fire Department, and VigilLife to advance heat-stress research, foster industry dialogue, and deliver on-site safety services.

At Delta Air Lines, the team focused extensively on protecting below-wing workers. From June through August 2025, the team conducted heat safety assessments at eight major airport stations. These assessments aimed to strengthen comprehensive heat safety plans across **“The Big 8” focus areas:**

- 1 Heat hygiene
- 2 Hydration
- 3 Body cooling
- 4 Heat acclimatization
- 5 Emergency plans and procedures
- 6 Environmental monitoring
- 7 Physiological monitoring
- 8 Textiles and protective equipment

At each station, the team monitored environmental conditions across multiple work areas, observed existing heat-mitigation strategies, and collaborated with station leadership to provide targeted, actionable feedback. These visits expanded upon the successful four-station pilot program conducted during the summer of 2024.

Last year, the occupational safety division maintained a strong presence, participating in major professional conferences across the U.S. These included the National Safety Council (NSC) Safety Congress and Expo, the American Industrial Hygiene Association (AIHA) Connect Conference, and the American Society of

Safety Professionals (ASSP) Conference. Educational sessions titled “Physiological and Environmental Monitoring: Predicting and Responding to Heat Stress,” presented by Maggie Morrissey-Basler, senior advisor of occupational safety, and Gabrielle Brewer, associate director of KSI's satellite lab at the University of North Florida, were well attended and positively received. In addition, the team led an eight-hour, virtual pre-conference professional development course for the AIHA Connect Conference called “Managing Heat Stress Through Evidence-Based Prevention Strategies.”

In July 2025, KSI and Mission participated in the UPS Innovation Festival in Atlanta, Georgia, where they educated workers on body-cooling solutions and other heat-mitigation strategies. Additionally, the team partnered with UPS in Phoenix, Arizona, to conduct a comprehensive heat safety assessment of package cars.

Building on a partnership established in 2022, KSI continued its collaboration with Perrigo in 2025 by providing feedback on wearable technology and delivering an in-person educational session in Eau Claire, Wisconsin, in October 2025.



Nia McBride

SOME OF THE ORGANIZATIONS WE HAVE ASSISTED

Delta Air Lines • UPS • Perrigo Nutritionals • City of New York Fire Department • Whirlpool
• U.S. Customs and Border Protection • National Association of Letter Carriers

PARTNERS

Mission • Magid

OCCUPATIONAL HEAT SAFETY SERVICES

Education & Training

- Development of custom heat safety training programs
- Worker and supervisor education on heat illness recognition and prevention
- Hydration, cooling, and acclimatization strategies
- Integration into new employee onboarding and annual safety training

Heat Safety Policies & Prevention Programs

- Evaluation of existing Heat Illness Prevention Plans
- Identification of program gaps and improvement opportunities
- Development of comprehensive heat safety policies
- Alignment with industry standards and regulatory guidance

Emergency Action Planning

- Development and review of heat illness emergency procedures
- Integration with workplace Emergency Action Plans
- Guidance on rapid recognition and treatment protocols
- Coordination with local emergency medical services

Environmental Monitoring & Heat Risk Management

- Implementation of heat monitoring strategies
- Work-rest cycle recommendations
- Hydration and heat alert protocols
- Guidance on heat monitoring equipment and best practices

Return-to-Work & Heat Acclimatization

- Structured return-to-work protocols after heat illness
- Gradual acclimatization plans for new and returning workers
- Monitoring strategies to ensure safe reintegration

Wearable Technology Evaluation

Guidance on selecting and implementing physiological monitoring technologies, including devices that measure:

- Core body temperature estimation
- Heart rate
- Skin temperature
- Sweat rate
- Hydration status

Occupational Heat Safety Research

KSI conducts field and laboratory research to evaluate workplace heat mitigation strategies.

Capabilities include:

- On-site occupational heat studies
- Evaluation of cooling strategies and wearable technologies
- Environmental chamber testing simulating extreme heat, humidity, solar load, and altitude
- Testing of PPE, cooling garments, and safety technologies

WHY PARTNER WITH KSI?

- Evidence-based recommendations
- Industry-specific heat safety strategies
- Expertise in worker physiology and environmental stress
- Proven solutions that improve safety, health, and productivity
- Protecting the health and performance of workers in hot environments



Rebecca Lopez, Ph.D., CSCS, FNATA, ATC
Assistant School Director of Faculty Development, School of Physical Therapy & Rehabilitation Sciences; Professor, Athletic Training Program, University of South Florida

CATCHING UP WITH A KSI ALUM: REBECCA LOPEZ

Q: WHAT DO YOU DO?

A: I am a professor in the athletic training program at the University of South Florida (USF). I am also the assistant school director for faculty development of USF's School of Physical Therapy and Rehabilitation Sciences.

Q: WHAT HAVE YOU LEARNED THERE?

A: In the last 15 years at USF, I have learned so much about academia and what it takes to succeed as an athletic training professor. My various experiences with teaching, research, service, and administration have allowed me to grow as an individual and continue to succeed in my various roles.

Q: WHAT IS YOUR FAVORITE THING ABOUT YOUR JOB?

A: There are so many aspects of my job that I really love. First and foremost, I really enjoy teaching the athletic training students. Over the years at USF, I have taught in an undergraduate AT program, a post-professional advanced AT program,

and the current graduate professional AT program. I love to see where our students end up in terms of their career goals and how our program helps get them where they want to be. I have also had some great research collaborations within our department, across other disciplines at USF, and the ability to collaborate with colleagues (and friends) at other universities.

Q: WHAT IMPACTFUL PROJECTS, RESEARCH, AND PRESENTATIONS HAVE YOU DONE?

A: I have been able to lead some significant research projects related to heat illness and preventing sudden death in sport that I hope have been impactful. I believe my most valuable work is the number of students and clinicians I have helped teach and prepare in terms of emergency care and how to prevent, recognize, and treat exertional heat stroke.

Over the years since graduating from UConn, I have taught and presented to athletic trainers and other clinicians in the community on the recognition and management of

exertional heat stroke. I think this is truly the most impactful work solely due to the number of heat stroke patients my former students and the athletic trainers who attended my presentations have been able to save. My favorite is receiving a text or email from someone who has taken my classes or attended my presentations, telling me how they successfully recognized and treated a heat stroke.

Q: HOW DID KSI AND UCONN PREPARE YOU FOR THIS POSITION?

A: UConn allowed me to continue to be a lifelong learner and really prepared me to be an athletic training faculty member. Professor Casa really helped shape who I am as a researcher and leader, and the program at UConn taught me valuable information that has allowed me to be successful in my career.

As for KSI, it was established after I completed my Ph.D. at UConn, but being part of the KSI Medical and Science Advisory Board has been great. I'm happy to continue to be involved in the efforts to improve sport and work safety.

KSI ANNUAL AWARDS CEREMONY 2025

On May 15, 2025, the Korey Stringer Institute held its annual Awards Ceremony at the Branford House at UConn Avery Point.



Robert C. Cantu, M.D.
Robert A. Huggins
Lifesaving Research Award



Tory Lindley
Christianne M. Eason
Lifesaving Education Award



Scott Arceneaux
John Jardine KSI Lifesaving
Service Award



Susan Yeargin
Rebecca L. Stearns KSI
Alumni Award



Rebecca Stearns
Kelci Stringer Founders
Award



Falmouth Road Race
Rachael Oats Service
to KSI Award



Charlotte Digiovanni
Christy Le
Julia Hill
Annarita Lynch
KSI Undergraduate
Impact Awards



KSI MEMBER HONORS AND AWARDS

UConn AMERICAN ASSOCIATION OF UNIVERSITY PROFESSORS AWARD

Douglas Casa

The UConn chapter of the AAUP considers any faculty member with over six years of experience at UConn for its Career Award for Outstanding Research and Creativity. This award recognizes scholarship with a national and international reputation, outstanding service in promoting scholarship at UConn, and long-term impact on UConn scholarship.



NATA AWARDS

Rebecca Stearns

NATA Fellow status recognizes members of the association who have demonstrated outstanding professional scholarly achievement in combination with leadership in advancing research and scholarly endeavors in the profession, including the education and scholarly development of trainees. Only the most accomplished scholars contributing to the athletic training profession earn this honor.



Jim Thornton

The Eve Becker-Doyle Leadership Award is the highest honor given to NATA members specifically for outstanding leadership and volunteerism within NATA. This award is presented to an athletic trainer who exemplifies the leadership and dedication demonstrated by Eve Becker-Doyle during her time as executive director of NATA.



Kelci Stringer

The Jack Weakley Award of Distinction honors one non-athletic trainer each year for a lifetime of outstanding contributions that directly impact health care in the area of athletics, athletic training, or sports medicine and are of major and lasting importance. It fosters joint recognition among members of the NATA and other disciplines and serves as a reminder of the important role these groups play in the future of athletic care.



Susan Yeargin and Rebecca Lopez

The Most Distinguished Athletic Trainer award recognizes NATA members who have demonstrated exceptional commitment to leadership, volunteer service, advocacy, and distinguished professional activities as an athletic trainer. MDAT exclusively recognizes NATA members who have been involved in service and leadership activities at the national and district level.

Zachary Kerr

Honorary membership in NATA is awarded to individuals who have shown profound interest in and have made significant contributions to the profession of athletic training. These persons display a dedication to advancing, promoting, and championing the efforts of NATA and its members.



Kevin Miller

The Athletic Trainer Service award recognizes NATA members for their commitment to leadership, volunteer service, advocacy, and professional activities at the local and state levels. ATSA recipients have been involved in professional association, community organizations, grassroots public relations efforts, and service as a volunteer athletic trainer.





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▶ ACTIVE GRANTS CY 2025

GRANTS - RESEARCH			
SPONSOR	TITLE	PROJECT PERIOD	TOTAL AWARD
NFL Concussion Settlement - Education Fund	NFL InnovATe	6/1/20 – 7/31/26	\$3,000,000
NFL Concussion Settlement - Education Fund	NFL InnovATe 2.0	7/1/24 – 6/30/29	\$3,074,368
National Athletic Trainers' Association (NATA)	Team Up For Sports Safety (TUFSS)	4/1/20 – 3/31/26	\$600,000
National Football League (NFL) Foundation	Team Up For Sports Safety (TUFSS)	4/1/22 – 3/31/25	\$1,200,000
National Football League (NFL) Foundation	Team Up For Sports Safety (TUFSS) 1-year continuation	4/1/25 – 3/31/26	\$400.00
Magid Glove & Safety Company	The National Heat Safety Coalition	1/6/24 – 1/5/27	\$413,648
MPUSA, LLC (Mission)	The National Heat Safety Coalition	1/6/24 – 1/5/27	\$413,648
DOD/Army/Army Medical Research Acquisition Activity	Optimizing Customized, Precision Heat Acclimation Protocols to Enhance Performance and Readiness of Female Warfighters (DOD 2)	9/30/22 – 9/29/25	\$3,779,988
National Athletic Trainers' Association (NATA)	Athletic Training Locations and Services (ATLAS) Project	4/2/24 – 4/1/26	\$100,000
Delta Air Lines	Delta Heat Safety Assessment	9/7/23 – 8/31/26	\$118,723
United Parcel Service (UPS)	UPS Heat Safety	10/25/23 – 12/31/26	\$433,043
ColdVentures	ColdVest Falmouth Road Race	4/1/25 – 12/31/25	\$29,886
Perrigo	Perrigo Service and Consulting Project	7/1/24 – 6/30/2025	\$30,000
Genova Diagnostics	Genova Diagnostics Athlete Performance Study	8/23/24 – 8/22/27	\$164,691
University of North Carolina, Chapel Hill	National Center for Catastrophic Sport Injury Research (NCCSIR)	8/1/23 – 8/31/26	\$115,909
Polar Chill Mobile Cryo	Polar Chill	4/1/25 – 12/31/25	\$49,992
Maranda Enterprises	FlexiFreeze Cooling Vest Study	8/22/25 – 5/22/26	\$49,980
Beiersdorf	Heat Stress and Dehydration on Skin Response & Resilience	4/14/25 – 4/30/26	\$225,046
Falmouth Road Race	The Korey Stringer Institute and Falmouth Road Race Research Grant Proposal	4/1/25 – 3/31/28	\$30,000
Liquid I.V.	Liquid I.V.	5/23/25 – 5/22/26	\$299,779
Kestrel Instruments	WBGT and Heat Index On-Site vs. Local Weather Stations Proposal VERSION 2	5/31/25 – 5/30/26	\$9,967
Epicore Biosystems	Epicore: KSI Connected Hydration During Heat Acclimation Study	5/23/25 – 8/31/26	\$49,903
Henry M. Jackson Foundation (BHSAI)	Develop thermoregulatory response models to extreme temperature exposures	2/28/25 – 10/21/25	\$91,421

▶ 2025 PUBLICATIONS

Ky, A.T., Giersch, G.E.W., Sekiguchi, Y., Dunn, L., **Casa, D.J.**, Armstrong, L.E., & Lee, E.C. (2025). Mild Dehydration by 24-h Fluid Restriction Led to Difficulty Falling Sleeping and Increased Sleep Duration. SN Comprehensive Clinical Medicine, 7(1). <https://doi.org/10.1007/s42399-025-01828-0>.

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Sekiguchi Y., Benjamin C.L., **Stearns R.L., Huggins R.A.**, Adams W.M., Hosokawa Y., **Casa D.J.** Customizing Individual Heat Mitigation Strategies to Optimize Performance in Elite Athletes. Frontiers in Physiology Environmental, Aviation and Space Physiology. Apr 2025;(16)1-16.10.3389/fphys.2025.1380645.

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Barletta J.F., Palmieri T.L., Toomey S.A., AlShamsi F., **Stearns R.L.**, Patanwala A.E., Siparsky N.F., Badjatia N., Schultz B., Breighner C.M., Bruno E., Harrod C.G., Trevilian T., Braz de Carvalho L., Houser J., Harahus J.M., Liu Y., Swoboda R., Ruhato Banguti P., Bailey H. Executive Summary: Society of Critical Care Medicine Guidelines for the Treatment of Heat Stroke. Crit Care Med. 2025 Feb 1;53(2):e483-e489. doi: 10.1097/CCM.0000000000006550. Epub 2025 Feb 21. PMID: 39982185.

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► 2025 – 2026 EVENTS

2025

JANUARY

- 10 – 13
- Eastern Athletic Trainers Association Convention, Philadelphia, PA
- 22 – 24
- Gatorade Expert Panel Meeting — Laborer Issues in the Heat, Chicago, IL
- 29 – 30
- Institute of Sport Exercise & Health — Sports & Exercise Medicine Conference, London, England

FEBRUARY

- 4
- NSC Occupational Safety & Health (OSH) Network Meeting, Arlington, VA
- 11
- NSC Western Occupational Safety & Health (WOSH) Network, Anaheim, CA
- 11
- UPS Safety Summit, Seattle, WA
- 15 – 16
- Emergency Care in Sports, University of Georgia/NFL Co-Sponsors, Atlanta, GA
- 24 – 25
- NFL Combine, Indianapolis, IN

MARCH

- 4
- Emergency Planning in Sports Conference, Storrs, CT
- 17
- KSI Exertional Heat Stroke CEU Course, Lynchburg College, Lynchburg, VA
- 26
- Texas TUFSS
- 27
- Occupational Hygiene Association of Ontario Spring Symposium, Virtual

APRIL

- 4
- KSI Exertional Heat Stroke CEU Course, University of South Florida, Tampa, FL
- 8
- Pennsylvania TUFSS
- 11
- Hilliard Discussion Keynote Speaker, Texas A&M University, College Station, TX
- 22
- NEACSM Annual Spring Conference, New Britain, CT
- 23
- KSI's 15th Anniversary, Storrs, CT
- 23 – 25
- AT 100 Conference, Charlotte, NC
- 24 – 27
- American Physiological Summit, Baltimore, MD
- 25
- InnovATe Baltimore City Public Schools, Baltimore, MD

MAY

- 15
- KSI Anniversary & Awards Celebration, UConn Avery Point, Groton, CT
- 16
- American Industrial Hygienists Association Connect Professional Development Course, Virtual
- 19 – 21
- American Industrial Hygienists Association Connect Conference, Kansas City, MI
- 27 – 30
- American College of Sports Medicine Annual Meeting, Atlanta, GA

JUNE

- 2
- Delta Air Lines Safety Day, Atlanta, GA
- 9 – 12
- Sport-Climate Change Working Group, University of Cape Town, Cape Town, South Africa
- 24 – 27
- National Athletic Trainers' Association (NATA) Clinical Symposia & AT Expo, Orlando, FL
- 24
- KSI Medical & Science Advisory Board Meeting, NATA Annual Meeting, Orlando, FL

JULY

- 11 – 12
- KSI Staff Competes at Ragnar Trail Relay Vermont, Ascutney Outdoor Center, West Windsor, VT
- 18
- University of Cincinnati Sports Medicine Conference, Cincinnati, OH
- 22 – 24
- American Society of Safety Professionals Safety Conference, Orlando, FL

AUGUST

- Summer Months
- Delta Air Lines Station Visits at Eight Airports
- 8
- Douglas Casa's 40th Heat Stroke Survival Party, New London, CT
- 13
- Falmouth Road Race Medical Symposium, Falmouth, MA
- 17
- Falmouth Road Race, Falmouth, MA

SEPTEMBER

- 2 – 3
- MAGID Annual Employee Safety Summit, Chicago, IL
- 15 – 17
- National Safety Council Safety Congress and Expo, Denver, CO
- 12 – 21
- World Track and Field Championships Medical Conference, Tokyo, Japan
- 21
- KSI Team Competes at BMW Berlin-Marathon, Berlin, Germany

OCTOBER

- 7
- Oregon TUFSS
- 9
- Alaska TUFSS
- 16 – 17
- New England ACSM Annual Meeting, Springfield, MA
- 16 – 18
- Midwest ACSM Annual Meeting, Grand Rapids, MI

NOVEMBER

- 2
- KSI Team Competes at TCS New York City Marathon, New York City, NY

DECEMBER

- 3
- Wisconsin TUFSS
- 4 – 6
- Cardiac Arrest Survival Summit, Phoenix, AZ

2026

JANUARY

- 9 – 11
- EATA Convention, Boston, MA
- 30 – 31
- NATA Joint Committee Meeting

FEBRUARY

- 23 – 24
- NFL Combine, Indianapolis, IN

MARCH

- 3
- Heat Acclimatization Meeting, UConn, Storrs, CT
- 9
- Preventing Sudden Death in Sport and Physical Activity With a Focus on Exertional Heat Stroke, Old Dominion University, Norfolk, VA
- 20
- Ohio TUFSS
- 25
- Minnesota Athletic Administrators Conference

APRIL

- 24
- New York TUFSS
- 24 – 25
- American Physiological Society, Minneapolis, MN

MAY

- 2 – 3
- Emergency Care in Sport Conference, Los Angeles, CA
- 8
- Western Connecticut State University Research Day Keynote Speaker, Danbury, CT
- 13
- KSI Awards Ceremony, UConn Avery Point, Groton, CT
- 26 – 29
- American College of Sports Medicine, Salt Lake City, UT

JUNE

- 1
- Montana TUFSS
- 3
- Idaho TUFSS
- 12
- Preventing Sudden Death in Sport and Physical Activity With a Focus on Exertional Heat Stroke, Oregon State University, Corvallis, OR

- 29 – July 2
- NATA Clinical Symposia & AT Expo, Philadelphia, PA

AUGUST

- 16
- Falmouth Road Race, Falmouth, MA

SEPTEMBER

- 30
- Hydration Considerations in the Laborer Space — Recent Research and Innovations, Arizona State University, Tempe, AZ

NOVEMBER

- 5 – 6
- NEACSM Annual Conference, Springfield, MA

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