

WEBVTT

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Kara Snyder: Change mine, so it had my name on them. This meeting is being recorded. No, you're fine. You're fine, because I will really just use the audio so no worries at all. Is that recording on your end? Yes, yeah, All right. Well, we'll go ahead and get started. Then

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00:00:16.370 --> 00:00:31.710

Kara Snyder: hello, and welcome to the podcast a podcast produced by the College of Applied Science and Technology at Illinois State University. I'm. Your host, Kara Snyder, and I serve as the assistant Dean of marketing communications and constituent relations for the college.

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00:00:31.720 --> 00:00:50.990

Kara Snyder: Each episode we're sitting down with an alum of the college, and today we have a chance to talk to Nick Frangella. Nick is an assistant athletic trainer for the Chicago Cubs, and an athletic training alum from the School of Kinesiology and recreation welcome and thank you for being here. Thank you so much for having me. It's a pleasure.

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00:00:51.190 --> 00:00:56.440

Kara Snyder: Well, let's start at the beginning. Why did you choose? Isu what brought you here.

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00:00:56.770 --> 00:01:15.350

Nick: So I actually started at Illinois. Wesleyan. Um. I was there to play football and was pre-med and being around the athletic trainer. There, bill cow um. I started to kind of recognize that that might be a career path that I may want to pursue.

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00:01:15.360 --> 00:01:31.090

Nick: And so I started in my first two years. Um, just kind of gathering some of the prerequisites and like basic classes that I I thought I would need to take for athletic training, and it was around the same time that

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00:01:31.100 --> 00:01:48.140

Nick: our profession went through a big change, making it a requirement to go through an accredited program for athletic training. So. Um. Unfortunately, Illinois State did not have it, but fortunately Illinois State did so. I made the transfer in two thousand and one, one, two, three,

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00:01:48.150 --> 00:01:58.099

Nick: to attend the accredited program through Illinois State, and to get get that Major there. And again it was. It was

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00:01:58.520 --> 00:02:19.710

Nick: shadowing. And seeing Bill Kauf and seeing the work that he did in the relationships that he made, and just how much he enjoyed the profession. In addition to you know, kind of having an athletic trainer in high school, and seeing how much they enjoyed working with the student athletes, and and it just sat with me and realized that that was something I would want to pursue.

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00:02:20.580 --> 00:02:34.480

Kara Snyder: That's so cool. I love to hear about how people find their passion in that way. Tell me about your time on campus, So you transfer to Illinois State what what stands out to you about your time here? What do you miss the most?

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00:02:35.730 --> 00:02:44.310

Nick: Oh, man uh showing up at Horton Field House every day for classes and for our um lab

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00:02:44.400 --> 00:02:46.740

Nick: classes that we would have, and just kind of

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00:02:46.750 --> 00:03:14.290

Nick: people would come from all over campus. I lived off campus, and so i'd be coming in from from there. Kids would be coming in from their dorms. We would all meet up for class, and then just just the experience in the classmates like we again class we get over. We might go grab lunch together somewhere um, or have similar assignments with the the sports that we are working, and the probably the biggest thing that I miss from being there is just the the classmates and and some of the instructors and teachers that we had.

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00:03:14.300 --> 00:03:18.970

Nick: But I still remember, like walking into Horton Field House. There'd be, you know,

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00:03:19.000 --> 00:03:23.870

Nick: gymnastics practice going on in and baseball on one corner

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00:03:24.230 --> 00:03:30.109

Nick: like high jump. Different track athletes going, and we're just kind of walking through different

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00:03:30.120 --> 00:03:49.869

Nick: division. One athletes is going into our classrooms and going into the labs, and, like that, always kind of stood out that we were like amongst all the athletes, and and all knew each other, so they would not only see us in class, but they would also see us. You know we're on the sidelines and working with their sport and just kind of interactions that you make connections that you make along the way.

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00:03:50.920 --> 00:04:06.210

Kara Snyder: That sounds really special, just you know, having that environment with that energy with those connections. I am curious, you know, as an athletic training student was baseball Always the goal Was that always your favorite?

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00:04:07.370 --> 00:04:22.550

Nick: I always felt like I would end up in baseball or hockey. Um! There was not hockey at Isu, and for some reason, when I kind of reached out and networked and talked to some people about wanting to work in baseball. A lot of people

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00:04:23.100 --> 00:04:30.589

Nick: kind of led me away from working college baseball at the time, which I kind of disagree with at this point

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00:04:30.900 --> 00:04:36.950

Nick: early on, I was told, like college baseball would be so much different than professional baseball.

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00:04:37.150 --> 00:04:43.430

Nick: And so I worked. Every other sport, I think, at isu outside of baseball,

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00:04:43.560 --> 00:04:44.880

Nick: and

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00:04:45.420 --> 00:04:58.220

Nick: got a great, you know. Ah experiences with all all the different sports to kind of see what I liked and didn't like. I also, I guess, to note is I was a the home major with student Ah, with education

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00:04:58.230 --> 00:05:11.530

Nick: mit

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00:05:11.770 --> 00:05:28.379

Nick: didn't really believe that there was a path to work in professional baseball. It was just kind of a dream at that point, and so kind of taking on, you know, as a second major taking on the athletic training classes having a a job on the side of all of that.

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00:05:28.390 --> 00:05:38.300

Nick: It was a pipe dream that just kind of everything, all the dominoes, you know, fell in place, and everything worked out, I guess, to my benefit.

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00:05:38.840 --> 00:05:53.220

Kara Snyder: And now you're living the dream. So I definitely want to hear about how you got from Point A to Point B. But first I have to ask. I didn't realize you were a double major.

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00:05:53.230 --> 00:06:09.569

Kara Snyder: Uh, you know athletic training is a very time-intensive course of study in and of itself, and then to add a second major on top of it. What advice do you have for our students that are trying to manage their time. What is your best advice?

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00:06:11.830 --> 00:06:18.470

Nick: Keeping a schedule, trying to trying to keep, you know, routine

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00:06:18.480 --> 00:06:35.970

Nick: uh sleep times and hours, and and outside of even the double Major, like having time for yourself, is important in anything you do. Um! And I look back at. You know my time at Isu, and like waking up early in the morning, I would always schedule classes early, so that I was up um

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00:06:36.160 --> 00:06:55.149

Nick: and make sure that I was up first thing in the morning. Get some some classes out of the way, maybe get some some work done on something else. Ah block out some time in the afternoon for some of the teaching responsibilities that I had um again, like I said I had. I had a side job as well when I was there working at the Joule Oscoco um,

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00:06:55.160 --> 00:07:02.940

Nick: and just trying to do anything you know to to to make ends meet there. But then, also, having time for myself. So um!

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00:07:03.540 --> 00:07:23.249

Nick: It's It's a lot of just scheduling, making sure you got everything thing lined up, and I feel like the the busier. You are like, The more you stay on top of things like if I have big gaps in my day, I feel like I can kind of get sidetracked or get lost versus like having things to do throughout the day. Kind of kind of make the day work

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00:07:23.910 --> 00:07:26.150

Kara Snyder: that makes perfect sense.

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00:07:26.180 --> 00:07:45.819

Kara Snyder: So tell me, then you are set to graduate with your double majors. What does that job Search look like for you, and especially being a double major? How do you decide what path you're going to pursue, and which area you're going to search for jobs. And where did you? Where did you look after graduation?

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00:07:45.990 --> 00:08:03.030

Nick: So I think my mind was kind of made up that I would student teach at the high School level, and then be an athletic trainer for a a high school, and I started my internship search through the athletic training side, and

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00:08:03.040 --> 00:08:20.700

Nick: you know I had. I had some feelers out there for some physical therapy clinics um different performance places. I i'm from the south side south suburbs of Chicago, and so mostly kind of where I grew up. I was, you know, kind of sending out the resumes kind of seeing what would come back, and

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00:08:21.430 --> 00:08:25.930

Nick: my name out there for the Chicago Cubs internship.

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00:08:25.960 --> 00:08:42.980

Nick: I was very persistent. I reached out to not only the the intern that had served there the season before, but to the staff that had been there. Dr. Mccloda helped out a ton in this process of of reaching out to different people.

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00:08:43.010 --> 00:09:02.379

Nick: But again, like once, even the initial contact was made with the Chicago cubs. It was, it was me being persistent, driving up to Wrigley Field, trying to meet with them any chance I could get, just trying to get my face in front of them. And so it it turned very quickly from my. My plan was to student Teach in the fall,

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00:09:02.430 --> 00:09:13.219

Nick: and then graduate after student teaching and hopefully get a job in the spring to I receive news that I would be the the Chicago Cubs summer intern in

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00:09:13.580 --> 00:09:17.620

Nick: February of of two thousand and four and

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00:09:17.690 --> 00:09:34.209

Nick: part of part of accepting that internship was working through the end of the season, which which goes into October Um. And was not going to allow me to do the student teaching, So I made the decision pretty early on. I could, you know, put the student teaching off until the spring.

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00:09:34.480 --> 00:09:53.580

Nick: I really want to get this internship opportunity. See where it goes. Once you get your foot in the door hopefully, you know good things happen. And so the whole journey started in about February, March of two thousand and four, that the team was in spring training. So once they returned to Chicago to start the regular season,

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00:09:53.590 --> 00:10:06.670

Nick: Um, Dr. McCloda actually allowed me to um go work home games. So I would. I would drive up to Chicago on weekends. And then there was twice, I believe, in the month of April, where I

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00:10:06.680 --> 00:10:28.379

Nick: I didn't miss a couple of days of class to spend time in the clubhouse with the Cubs. So that was kind of where it got started, and then, when that season finished again, I went back into teaching mode like I. I fully expected to do student teaching in the spring, and just go on and be a high school teacher with,

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00:10:28.390 --> 00:10:34.359

Nick: you know the extracurricular athletic training, you know, in the afternoon,

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00:10:34.500 --> 00:10:49.089

Nick: and then it kind of all just kind of came together. I started sending resumes out to all the Major League teams. There were some changes with the Chicago cubs, and fortunately I was able to sign a contract with them to go full time athletic training

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00:10:49.100 --> 00:10:57.169

Nick: for the team. I grew up watching um in the in the fall winter of two thousand and four, and kind of never looked back. Really,

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00:10:57.980 --> 00:11:11.579

Kara Snyder: that is incredible. What an amazing story tell us about what it was like to find out that you got that internship. Was it a letter? Was it a phone call? Did your head explode? Walk us through that moment?

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00:11:11.590 --> 00:11:32.789

Nick: So the the the phone call came after. I kind of bugged the heck out of them for a while. Um! And it was there was a new staff here, and so they Ah, initially, it told me. You know we're not really looking to take on an intern. We're new to the staff. We just kind of want to get our our, You know our bearings here, and get to know the people here. Get to know the players and and and get settled,

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00:11:32.800 --> 00:11:47.790

Nick: and I think as many athletic trainers know. I mean there's just so many things that go on in a day, and there's so much work to be done that as spring training was going on in February, they realized they could use the extra hands. And so I got a call.

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00:11:48.000 --> 00:11:58.359

Nick: I just remember thinking like, What could this be about, you know, Like I'd already kind of been told like, hey? We're not really interested. But if something changes we'll let you know, and then I get that call, and

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00:11:58.380 --> 00:12:14.150

Nick: I I think I hung up, and probably just did like a dead sprint, like I remember being at my Parents' house, for for some sort of it might have been like a spring break or something around that time, and I mean I was pumped. I gave it. It was like, There's no way this is happening. And so

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00:12:14.160 --> 00:12:29.419

Nick: I remember the the first day that I worked at the internship I had actually had gone to the game the day before, and, like you know, you're going to start on whatever Friday and the Thursday game I remember going, and just like taking it all in and like,

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00:12:29.430 --> 00:12:45.580

Nick: you know, to like today i'm in the stands tomorrow. I'm going to be down there. I'm gonna you know, Meet these people and and meet, you know, some of the staff. And hopefully, you know, get this this started, and it's really undescrivable, like the feeling you get and wriggly feel just has its own like

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00:12:45.820 --> 00:12:49.530

Nick: It's got its own smell. It's got its own feel, and so like

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00:12:49.680 --> 00:12:57.420

Nick: I still remember walking in my first day of the internship, and just taking all that in like you smell the hot dogs being made the popular morning smell

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00:12:57.590 --> 00:13:03.469

Nick: just everything that that comes into play when you're when you're coming into an old ballpark like this. So

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00:13:03.810 --> 00:13:15.649

Nick: that yeah, that was I. I Still, I could still, you know, remember all of that, and I still come to the field every day, and still, you know, try to take that in as I walk into the ballpark.

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00:13:15.870 --> 00:13:29.910

Kara Snyder: I was gonna say, I think you might win in competition for best office, I mean. Oh, my gosh, talk about a fantastic work environment! And I think you alluded to this a little bit earlier. Have you always been a cubs fan?

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00:13:30.650 --> 00:13:42.849

Nick: Yes, so I don't know why I wasn't so certain with that answer. But I grew up in south suburbs. So everyone's typically a white Sox fan. I would go to White Sox games because of,

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00:13:42.860 --> 00:13:55.990

Nick: you know, you perfect attendance in grade school. They give you tickets, and if there's outings, and there was like um fundraising things we would do where we'd work concessions at White Sox games, and I I did my fair share of time watching the White Sox.

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00:13:56.290 --> 00:14:13.979

Nick: But my first game I ever attended was a cubs game. I was a huge Mark Grace fan. My brother was a huge Ryan Sandberg fan, who later on I eventually worked with him for two years. I still stay close with him, and I just you know. My uncle took me to my first game, and we we

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00:14:13.990 --> 00:14:32.879

Nick: from From that day forward I had a cubs hat. Wanted to get to cubs games. Um! It was a little bit further of a drive not so easy with the parking as everybody knows. Um, but that was always. If I could get to a cubs game once a year like it was. It was a dream, and, you know, coming home from school, watching them on on Tv and and just seeing them every day was like,

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00:14:33.270 --> 00:14:39.039

Nick: then, you know, to walk in here and and be a part of part of all that is just a dream come true. So

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00:14:39.250 --> 00:14:50.850

Nick: yeah, long story short, yes. I grew up a cub fan because of of being at my first game, Huge Mark Grace Fan. And ah! Again I I don't root against anybody but um.

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00:14:51.030 --> 00:14:54.720

Nick: I am working for the team that I grew up, you know. Cheering for

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00:14:55.170 --> 00:15:13.999

Kara Snyder: That's incredible. I love that story just really living the dream. And if little Kid Nick could see you now, how cool would that be? So? Tell us what is a day in the life like for you. What happens when you get to the friendly confines in the morning? What does the day look like?

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00:15:14.470 --> 00:15:27.169

Nick: Um again? I've kind of already touched on like having some time for yourself, so usually there's There's a large group of us that'll that'll get here in the morning. Try to get our own workouts in um.

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00:15:27.260 --> 00:15:47.230

Nick: We, before players show up like we try to take advantage of all the same things that that they're using, so like I may come in in the morning, get a get a workout in, jump in the sauna something like that, and just take time for myself. Um! And then we'll have a staff meeting with with the other athletic trainers. Our physical therapists



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00:15:47.240 --> 00:16:03.270

Nick: um our massage therapist, our strength conditioning coaches, and Ah Dietitian, and we'll get together in the morning. Kind of go over a game plan. Kind of talk about the night before. If there was any anything that kind of happened in the game or players that might be one hundred

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00:16:03.280 --> 00:16:14.090

Nick: coming in with soreness or coming in with an injury. And so we just all get on the same page, so that you know we have a plan going into the day, and then our players have one

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00:16:14.100 --> 00:16:24.210

Nick: mit Ctl. And their own. You know They're all individual schedules, and some guys like to come in early and work out some work out after games, some like right before the game. And so one hundred and one.

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00:16:24.260 --> 00:16:51.830

Nick: The group of players that that i'll typically work with. I might have one or two come in, you know, pretty early in the morning, and and just need some work to get prepared for maybe their workout, or to go do some drills. And so i'll typically see a couple guys pretty early. Get them prep to do some corrective exercise type work, whether it's just working on range of motion, or you know, some stretches things like that to get them ready to go either into the gym or out onto the field for practice.

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00:16:51.840 --> 00:17:04.110

Nick: Um! And then again, like we're checking in with players. So whether we saw something the night before or something's been nagging a player as a staff, you know. We'll go in and check in with all those players,

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00:17:04.290 --> 00:17:10.570

Nick: you know. Encourage them to, you know. Stay on top of of their their health

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00:17:11.520 --> 00:17:32.979

Nick: typically go out for a little while watching, like the pitchers do they they're throwing some bullpens batting practice throughout the day. Um, after all that there's usually about an hour prior to the game, and that's that's like the you know. Let's get these guys ready for the game. Let's get make sure they're ready to play today, and so that's anything between again like activating.

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00:17:32.990 --> 00:17:44.899

Nick: Ah, certain areas of the body doing stretches, taping things that need to be taped, bracing um, basically getting the player's minds right to to get out on the field to perform,

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00:17:45.010 --> 00:17:57.690

Nick: and then from there you know it's a three hour game or so. Um! A lot of times i'll i'll be doing the bench coverage, and so if there's an injury on Field I'm. I'm there for that

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00:17:57.720 --> 00:18:13.720

Nick: summertime in Chicago like it's really big priority to keep these players hydrated. So we Do you know a lot of that? All we on the bench, and just taking care of little things, whether it's, you know, scrapes and cuts, but just taking care of the players once they come onto the bench

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00:18:13.730 --> 00:18:26.350

Nick: uh from the field, and just being there for them throughout the game and then post game again. It's just like treating them Once the game's over checking in. If there's something we saw during a game that might not have looked right

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00:18:26.360 --> 00:18:42.319

Nick: Um! Just to make sure that there is nothing we can do to help them. Be prepared for the next day. A lot of recovery, modalities and things just to help them be ready for the next day. Baseball is so much different than a lot of other sports, because they play every day,

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00:18:42.330 --> 00:18:59.520

Nick: and we play one hundred and sixty-two games, with very few off days, usually one a month, sometimes two, but typically about one day off a month a lot of travel. So even when there's off days, your your body doesn't fully recover. So a lot of the work that we do is preparing the players

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00:18:59.530 --> 00:19:05.259

Nick: to be ready to go for the game, and also to recover afterwards to have them ready for the next day.

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00:19:06.490 --> 00:19:24.179

Kara Snyder: Well, thank you so much That sounds so interesting, and one thing that you said that stood out to me both now and when you were talking about your time management while you were in college is really creating that time and space to take care of yourself. You know. I think that's something that a lot of people end up

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00:19:24.190 --> 00:19:37.400

Kara Snyder: learning the hard way. You know they graduate they go all in a hundred percent to their career and then realize later. Hey, I have to. I have to put my own oxygen mask on first, so to speak.

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00:19:37.450 --> 00:19:49.820

Kara Snyder: So tell us a little bit about um. How do you do that? Do you block time on the calendar? How do you prioritize that. Ah, were you always a morning person? Is this easy for you?

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00:19:49.990 --> 00:20:00.899

Nick: Um. Well, we're fortunate to have a lot of day games, and so like when we're at home at Wrigley we'll play a lot of one hundred and twenty games, especially on the weekends, and so

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00:20:01.060 --> 00:20:20.030

Nick: we all kind of joke with each other. Everyone who works here that we have about as close to a nine to five job as anyone would ever have in our professions. Um! And so you know we'll get here between seven or eight am. And if it's a one hundred and twenty game, I can be home like six Pm. And have a normal dinner, and so

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00:20:20.430 --> 00:20:27.949

Nick: prioritizing time, you know, to get your workouts in to, you know. Have time yourself, spend time with family.

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00:20:28.410 --> 00:20:44.609

Nick: It's our our schedule makes it easier. And speaking with, you know, friends and and counterparts with other teams, it's not as easy for them when you you constantly play night games, and you get home after midnight. It's not easy to wake up at, you know. Six, seven A. M.

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00:20:44.620 --> 00:20:56.780

Nick: It. It's always been important to me, and we, You know we stress that with our younger staff and our our new staff, and our minorly guys and and and

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00:20:56.800 --> 00:21:12.920

Nick: it's it's just important, like the the healthier you feel, the the better. You're going to serve our players and and prepare them. And we also stress it to the players, you know, like when they get home, like to try to do something to separate. So some of the things I do again, like we'll, we'll have

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00:21:12.930 --> 00:21:18.120

Nick: groups of us like we'll work out in the mornings. We

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00:21:18.450 --> 00:21:31.170

Nick: we'll try to golf on the road, which, if we we play night games, we'll bring their bring clubs and try to get out, you know, once every month or so, and just try and get out in the open air and and play golf

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00:21:31.720 --> 00:21:49.749

Nick: for me. I I love good dinners. And so if we have day games like I'm, always trying to, especially at home, like trying all the different restaurants in the city, Chicago, and then on the road, if it's, you know, if it's a night game just getting up in the morning and and exploring, I mean, we're We're lucky enough to go travel around the country,

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00:21:49.930 --> 00:22:04.640

Nick: see different places, and you know, when we go to New York I just I just walk around and you go see all the do, all the sights thing that you can do. San Francisco, you know, from one end of the country to the other, like we we get out and and explore, and and just just

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00:22:04.650 --> 00:22:21.650

Nick: I know when this is all over for me to to to go back and say that I explored all these cities. It's an opportunity that a lot of people will never have, and so I I never take that for granted, and try to experience as many things as I can, and see as many places as I can,

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00:22:21.690 --> 00:22:30.820

Nick: and then, as far as trying to schedule some of that out, some, Sometimes it's out of our control. We play extra innings, we rain delays. We have makeup games.

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00:22:30.830 --> 00:22:47.920

Nick: But yeah, always trying to. You know, block time with family block time with my wife, But have dinners do different things. Ah! To to keep the sanity, because these are long days, and it's a long season from February through October hopefully. November here very soon. Um!

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00:22:47.930 --> 00:22:52.580

Nick: And and just making time for yourself, allows you to be a better.

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00:22:53.270 --> 00:23:00.519

Nick: Ah, worker for the players and and and help keep them on the field and help to put a better product on the field as well.

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00:23:01.180 --> 00:23:19.190

Kara Snyder: Yeah, I love your approach to that, and I think It's so important for everyone to remember, but especially those in fields like athletic training. When you feel like you're constantly giving so much of yourself to other people to really fill your cup up first, so that you have more to give. I love that perspective.

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00:23:19.810 --> 00:23:30.650

Kara Snyder: So tell me, I think you said you may work with some additional redbirds. Tell me what it's like to have a piece of isu with you at Wrigley Field.

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00:23:31.030 --> 00:23:45.380

Nick: They think that there's like some kind of like inside conspiracy theory that people are not red. So it all came together. Um, our physical therapist, Nate Whitney. He's a local to Bloomington. Normal.

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00:23:45.450 --> 00:24:04.330

Nick: He grew up in Bloomington normal, and we we started the process of interviewing for for Pts and i'll never forget seeing the phone number like there was a three o nine phone number, and I'm like, Oh, Central Illinois. And as we started started talking and going through the interview process like he was there already. At this point. Finalists, like

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00:24:04.340 --> 00:24:17.890

Nick: the the candidate Pool, had been, you know, drawn out a lot of people when there's jobs with the Chicago cubs, as you could imagine, like we get flooded with with resumes, and Nate was a finalist

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00:24:17.900 --> 00:24:25.430

Nick: again, like as we started talking. Then we realized we were both at Illinois State. At the same time he played baseball there and then.

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00:24:25.440 --> 00:24:40.919

Nick: Um actually signed with the San Diego Padres played professionally, and then went back to Pt. School. And so we have a lot of connections that have a lot of ah similar connections and friends that that went to Isu. And then

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00:24:41.010 --> 00:24:57.130

Nick: um going to this past year we were hiring a massage therapist, and again it comes down to like, We interview all these people, and as you, as I met Aaron wits. He also was a Illinois State alum. I think he was a political science, major,

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00:24:57.140 --> 00:25:14.870

Nick: so I never crossed path with him. He's a little bit younger. So our massage therapist, our physical therapist, and myself. And then this year we had a player that we signed internationally from Japan and bring um as part as part of coming over here,

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00:25:14.880 --> 00:25:24.349

Nick: brought as an athletic trainer with him, and when I saw the resume and saw the name like I dropped like it was unreal. So Satoshi

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00:25:24.370 --> 00:25:42.970

Nick: Kaziyama went to Illinois State, went to grad school, there, worked with the baseball team there, and went home to Japan and worked for the professional team that just so happened the one of his players signs here and brought him with because he liked him so much. So there's four on our immediate staff

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00:25:42.980 --> 00:25:50.799

Nick: and our Aaa athletic trainer that works out of Iowa is Logan Saverson, who is also an Illinois State alum.

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00:25:50.890 --> 00:26:08.589

Nick: So they're everywhere, and we have a couple of players uh Ben Heck as a player, and so we'll We'll see each other when we're out in Arizona, and we'll kind of make like a hand gesture of a bird like fine flying the bird. Um, we always, you know, Say, redbirds, you know, fly together, and

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00:26:08.600 --> 00:26:19.780

Nick: things like that, so they're everywhere, and people in baseball think that there's like some kind of collusion going on. This is a very good school. We put out a lot of

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00:26:19.790 --> 00:26:37.270

Nick: of good athletic trainers and and in every profession. But I mean they're everywhere. They're with other teams. I've had multiple interns in the past that have gone on to do different professions, whether it's medical sales or working in just different areas of athletic training. And

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00:26:37.280 --> 00:26:51.900

Nick: you know he can't get away from it Everywhere you go. It's uh action side side story. One of our players I saw the other night, and his wife went to Illinois State, and so we were laughing. Um! Just the the different connections that you see everywhere

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00:26:52.150 --> 00:27:08.950

Kara Snyder: that's so great. I mean, you know, I know we always tell our perspective students that it's a big campus that feels small. You know it's a small world here. You make a lot of connections, but I love. When I talk to alumni that say, Hey, we are actually still seeing these connections

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00:27:08.960 --> 00:27:15.120

Kara Snyder: in the real world, and I love that. It's just that shared history that really brings people together

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00:27:15.590 --> 00:27:17.300

Nick: absolutely. Yeah,

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00:27:17.500 --> 00:27:25.660

Kara Snyder: And I know we have talked. You're living the dream. What if you had to pick one thing? What is the favorite part of your job?

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00:27:27.010 --> 00:27:31.369

Nick: It probably has to be just the people in relationships.

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00:27:31.400 --> 00:27:34.059

Nick: I've met so many people um

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00:27:34.430 --> 00:27:41.259

Nick: players, coworkers, fans just I mean people everywhere, and um

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00:27:41.710 --> 00:27:47.730

Nick: just being kind of more of an outgoing person like introducing myself to people and just making connections.

129

00:27:47.780 --> 00:28:07.389

Nick: Um, you know, if you were to say what's the a specific favorite part of the job. I mean any athletic trainer is going to tell you. It's, you know, working with an injured athlete getting them healthy and watching them perform. You know that. Guess um absolutely. Um. But I mean I I have connections going back almost twenty years now from from Illinois State

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00:28:07.400 --> 00:28:08.400

Nick: that

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00:28:08.760 --> 00:28:11.559

I still, if i'm traveling around the country I make

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00:28:11.800 --> 00:28:20.780

Nick: to the best of my ability, making time to to meet up with them, have coffee grab grabbed lunch, you know before I go to the ballpark. So you know,

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00:28:20.790 --> 00:28:38.230

Nick: I love the fact that i'm i'm Mobile and I get to to move around. I get to see former colleagues, whether it was the only way State colleagues, or whether it was former Cubs colleagues, or you know people I've met throughout baseball but relationships don't go anywhere, and so you know

134

00:28:38.240 --> 00:28:50.630

Nick: you. You meet all these people. You make the connections, and it's it's. It's always going to be there. It's always going to be in the back of my head that you know, between my time at Isu and the time I've spent with the Cubs

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00:28:50.660 --> 00:28:51.800

Nick: I've made

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00:28:51.910 --> 00:28:57.799

Nick: thousands of connections, and and that'll always stay with me. So

137

00:28:58.480 --> 00:29:06.140

Nick: you know that travel. I could see a lot of the really cool things, but I would say number one is relationships

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00:29:07.160 --> 00:29:22.129

Kara Snyder: that's great. And in regards to the travel I did have to ask you what it is the your favorite place that you've ever seen a cubs game, you know, not including Wrigley Field, which I understand is amazing. Um, what's your second favorite place?

139

00:29:22.750 --> 00:29:42.119

Nick: I'm going to give you a couple. Alright, So we we played in the little League, classic in two thousand and nineteen. So we played a at a little league field in Williamsport. Um, Awesome experience. Tons of little League players were there, and

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00:29:42.130 --> 00:29:55.580

Nick: um got to spend time with some kids. Got to see see the ballpark, I mean, that's like a a big televised event where you get to see the interactions between Major League baseball players and little league players. The whole experience of that day

141

00:29:55.590 --> 00:30:09.960

Nick: this past season we played in the field of dreams game, and so we were able to tour the you know, the movie set of field of dreams playing with the cornfield out in the background. Five thousand

142

00:30:09.970 --> 00:30:28.129

Nick: a person stadium I mean. Everything about that day was was amazing. Just driving through Dyersville um through Iowa and just seeing how excited the local fans were, and and for the most part they're almost all Cub fans in Iowa. So that was really cool.

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00:30:28.140 --> 00:30:47.780

Nick: But I will say i'm probably most looking forward to next season. We're We're playing the London series so it'll be my first time in Europe. I think the stadium holds like eighty thousand people, and so I I will say like is as much fun as I had in the smaller ballpark like I can't wait to see what London brings.

144

00:30:47.870 --> 00:30:58.619

Nick: Oh, that sounds incredible. I'll have to keep an eye out for that on the schedule that's going to be really interesting. Yeah, I believe that's an end of June coming up. So

145

00:30:58.690 --> 00:31:18.180

Nick: if yeah, that I I don't even know what to expect, but can't wait um. And if I you know, as far as like Ballpark's throughout the League. I love going to Pittsburgh, like not many ballpark can beat the the skyline and the backdrop of the the stadium in Pittsburgh, and kind of the same for San Francisco. Um,

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00:31:18.190 --> 00:31:34.380



Nick: just just having the water in the background, just all all the the the signs and memorability, like everything that's out in the outfield out there in San Fran. Um, I guess, as as far as like the domestic side, and in in a standard season.

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00:31:34.560 --> 00:31:38.509

Kara Snyder: Yeah, talk about a Perk of the job that's for sure.

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00:31:39.020 --> 00:31:43.870

Kara Snyder: So tell us on the flip side what is the most challenging part of your job

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00:31:45.530 --> 00:31:51.990

Nick: so at the level that we're at there's always a sense of urgency, and so

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00:31:52.130 --> 00:32:02.080

Nick: something that you know. Possibly when I was working in the minor leagues, that I might have a couple of days to determine how severe an injury is

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00:32:02.320 --> 00:32:21.140

Nick: Every day counts where we're at. So if a player is injured, or you know they're so that the timeline to determine if they're going to play that day or not. Um or how severe the injury is like all of that. There's a huge microscope on what we do, and so

152

00:32:21.250 --> 00:32:33.500

Nick: every game matters, every win matters. And so I get the the number. One thing would probably be the sense of urgency that comes with this. So there's not a lot of waste of time there's, you know. Ah, if you were to ask,

153

00:32:33.510 --> 00:32:45.459

Nick: and most athletic trainers, you know, especially if you're at a clinic you spend some time with with a patient, and you see them. In two days we may treat the same athlete for five hours straight, one hundred and fifty,

154

00:32:45.470 --> 00:32:58.909

Nick: if it's somebody that we we need to play that day or that night, and it may be, you know, multiple days in a row. And so you know, the the spotlight really comes on, and the microscope on everything we're doing,

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00:32:59.170 --> 00:33:16.580

Nick: because these wins matter, and and as much as you. You hate to say it, I mean it is a business as well. And so you're You're trying to keep the athletes on the field. You're trying to win games. There's also the human side of it, and your You have relationships with the players, and you. You

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00:33:16.630 --> 00:33:29.789

Nick: truly just want to see them feel better, and so and get them better faster, so that they're able to play and perform. So the the challenging part is just keeping a roster on the field

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00:33:29.900 --> 00:33:34.269

Nick: and making some of the decisions some days

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00:33:34.450 --> 00:33:53.979

Nick: feel impossible. But you get through it, and then it as much as all of us love the travel, I would say. Another challenge is the travel. So we spent half the year away from home, between spring training and traveling, you know, once a week out to all the other cities. So

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00:33:53.990 --> 00:33:54.940

Nick: um,

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00:33:55.260 --> 00:34:06.900

Nick: you know, just having having a personal life and having things like that challenging when half the time you're not here. So making that work and

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00:34:07.920 --> 00:34:25.029

Nick: uh pick picking your times when when you can be away and things like that. So? Um, yeah, you know It's a challenging profession for anybody. Um. But at at the level we're at, I think it just has that little bit of extra, you know emphasis on it

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00:34:25.159 --> 00:34:40.809

Kara Snyder: that makes perfect sense. Thank you for sharing, and we will finish with a speed round. So I have some questions for you. I just want you to go with your first instinct, and we'll just continue to get to know you a little bit better. What's your preference, texting or talking

163

00:34:41.199 --> 00:34:42.529

Nick: texting.

164

00:34:42.960 --> 00:34:50.390

Kara Snyder: I'm with you. You know it's like. Why is the phone ringing? Because I talk too much.

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00:34:50.420 --> 00:34:52.719

What's your favorite day of the week?

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00:34:53.780 --> 00:35:08.129

Nick: Kind of a trick question here, so I would say in season, I would say Friday, Saturday, because nothing beats a day game at Wrigley Field when the

sun's out, and looking forward to just the whole atmosphere of Wrigley on a weekend

167

00:35:08.140 --> 00:35:18.329

Nick: um, and then again having having the night to go, grab a nice dinner off season. Nothing beats Sundays waking up, having a brunch and watching football all day.

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00:35:18.690 --> 00:35:22.919

Kara Snyder: It makes perfect sense. Morning person or night owl

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00:35:23.840 --> 00:35:39.319

Nick: uh morning person, however, depending on the schedule. If it's in season, there's there's times where it's a night game night game. You become a night owl, and uh, but off season and love waking up, getting some things done and having the whole day in front of you,

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00:35:40.020 --> 00:35:41.920

Kara Snyder: cake or pi

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00:35:42.880 --> 00:35:47.659

Nick: chips. Okay, Salty, I got it.

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00:35:47.820 --> 00:35:50.130

Kara Snyder: Favorite thing to have for breakfast.

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00:35:50.650 --> 00:35:51.709

Nick: Who

174

00:35:52.180 --> 00:35:54.379

Nick: omelette? Um,

175

00:35:54.590 --> 00:36:01.340

Nick: Yeah. Anything eggs. Just throw anything left over into a bunch of eggs, and i'm happy. Nice

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00:36:01.430 --> 00:36:09.319

best trip you've ever taken, and i'm super curious for your answer on this to hear if it's baseball related or otherwise,

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00:36:09.520 --> 00:36:19.069

Nick: I've been to a lot of places, I would say. Last year I went to the Maldives in an over water bungalow, and I don't know that anything will ever beat that.

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00:36:19.260 --> 00:36:28.079

Kara Snyder: Oh, my gosh! I can picture it in my mind that it looks like paradise. It does it. It was unreal, and next week i'm going to Dubai, so i'll

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00:36:28.620 --> 00:36:34.739

Nick: hopefully that comes close. I was just say that sounds like a contender as well. That's awesome.

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00:36:35.090 --> 00:36:40.289

Kara Snyder: Well, and I have to know of Vantes gondola or pub two cheeseballs

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00:36:41.370 --> 00:36:53.829

Nick: of those two. I would go avanti's, however, for those people who were at Isu at this time nothing beats a prime time. Calzone. Oh, there you go there you go, fair enough.

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00:36:53.930 --> 00:37:02.749

Kara Snyder: So one last question for you. If you could give one piece of advice to a college student that would love to be in your shoes. What would you say?

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00:37:05.350 --> 00:37:22.829

Nick: How much time you got? Can I give a couple of answers to you? No, I won't be long. I just I I think it's important that I mean, there's a couple of basic things that I would tell anybody you know Number One treat people the way you'd want to be treated. Um, and there's many reasons for that. But you never know when you're going to come across somebody again.

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00:37:22.840 --> 00:37:30.140

Nick: You've met networking is huge in any profession, especially our profession.

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00:37:30.400 --> 00:37:43.959

Nick: But for some of the the athletic training students, or, you know, actually assigned students that are working with athletes. Now, you know some of those athletes are going to become coaches. Some of them are going to become athletic directors. They're going to become, you know, uh

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00:37:43.980 --> 00:38:00.100

Nick: business owners different different things. You never know who those athletes are going to become, or anyone you work with, or any of your classmates, and you just never know um, so treat treat them how you would want to be treated, because at some point you never know when you're going to cross paths again, and

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00:38:00.200 --> 00:38:08.109

Nick: still want to be treated the same way. And so I I think big thing is always networking. There's I have

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00:38:08.580 --> 00:38:09.930

Nick: Illinois state

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00:38:10.000 --> 00:38:20.049

Nick: uh classmates that are all over the country that I still keep in touch with from even even after I've gone to school, and I've had students reach out that I still keep in touch with,

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00:38:20.230 --> 00:38:23.860

Nick: and so building your network, and it doesn't it doesn't always

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00:38:23.870 --> 00:38:43.850

Nick: happen at Isu. It happens everywhere when you're working a a meet somewhere, you know, or you're working in an event, and going across the other sideline and meeting the other athletic trainers and branching out. You never know when that's going to come full circle, and and you're going to, you know, be reacquainted. I always tell our new hires

192

00:38:43.900 --> 00:38:46.399

Nick: Be confident

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00:38:46.950 --> 00:39:01.840

Nick: you may not have all the answers, especially coming right out of school. But be confident in what you're You're relaying to an athlete because they trust you, and the more confident you are, the more they're going to listen. And again, if you don't know the answer,

194

00:39:01.920 --> 00:39:21.560

Nick: be confident in what you're telling them that it's It's okay to tell somebody you may not know the answer, but tell them you will find out, and you'll find out soon. Um, because they'll also respect that that you know we don't know everything, and which brings me probably to the one of the most important, is being a lifelong learner. Um!

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00:39:21.570 --> 00:39:28.349

Nick: Our education doesn't end at Illinois State, It continues throughout your career and throughout life.

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00:39:28.360 --> 00:39:47.480

Nick: I'm. Learning something every day of trying to, you know. Stay progressive and and stay up with the Times in both athletic training, and, you know, with with things going on in baseball and things going on just in the profession, with high performance, being being a huge model these days. And so,

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00:39:47.490 --> 00:39:55.130

Nick: you know, you're not going to come out of of your athletic training program, knowing everything,

198

00:39:55.390 --> 00:40:01.710

Nick: continue to learn, continue to seek out new things continue to look for that next edge.

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00:40:02.140 --> 00:40:11.600

Nick: One percent of an edge is going to help a team win who is going to help someone get back sooner is going to help you know someone with their health. So

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00:40:11.970 --> 00:40:18.409

Nick: if I had to summarize those that the two big ones would be networking and treating people the right way, and always learning.

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00:40:19.810 --> 00:40:37.100

Kara Snyder: Well, I think those are fantastic points, you know, treating others how you want to be treated. Be a lifelong learner and be confident. Gosh, that's not specific to students. Right? That's something that we can. All those are things we can all keep in mind every day. So Thank you so much for sharing,

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00:40:37.130 --> 00:40:42.009

Kara Snyder: and thanks so much for being here and taking the time to chat with me. I really appreciate it.

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00:40:42.290 --> 00:40:46.620

Nick: Oh, you're welcome. I enjoyed it. Um again, like a

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00:40:46.750 --> 00:40:59.290

Nick: prior to the pandemic. You know, there were multiple trips down there and was able to kind of interact a lot, and it's It's been a while. So when you, when you reached out, I was really excited to have this opportunity and

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00:40:59.300 --> 00:41:08.689

Nick: mit

206

00:41:08.950 --> 00:41:20.150

Kara Snyder: oh, we really appreciate it. That was Nick Frangella, assistant athletic trainer for the Chicago cups, join us next time on the podcast for more stories from our cast alumni.