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UMC Adds Rinke as Assistant Athletic Trainer



CROOKSTON, Minn. - The University of Minnesota Crookston announced the addition of Megan Rinke as assistant athletic trainer. Rinke will work primarily with the volleyball and baseball teams at Minnesota Crookston and will also help with strength and conditioning efforts for UMC's athletic programs.

"We are thrilled to have Megan joining our athletic training staff," said Head Athletic Trainer [Liam Higginson](#). "We are excited to now have three athletic trainers who are experienced in using strength and conditioning as a means of developing athleticism and preventing injury. We really feel that this is going to help us develop all of our athletes to be fitter and injury-free!"

"I am excited to join the athletic training department at UMC and be able to work alongside Liam and Steven," Rinke said. "I think one of the biggest things Liam and Steven were looking for, and the athletic department as a whole, was someone who had experience in both strength and conditioning and athletic training. One of the main focuses of the department is to use strength and conditioning to help prevent injury. I also did a lot with manual therapy through my Master's program at St. Scholastica and I think is another big thing I can bring to the athletic training department at UMC."

Rinke comes to UMC from the College of St. Scholastica in Duluth, Minn., where she just received her Master of Science in Athletic Training. While at St. Scholastica, Rinke worked with the school's football, women's basketball and baseball teams, facilitating rehabilitation programs and performing injury evaluations. She also helped out with the University of Minnesota Duluth football team, where she designed and executed rehabilitation programs, performed initial evaluations of injuries and assisted in sideline prevention and therapy. She has also applied therapeutic modalities and manual therapy at all of her stops as an athletic trainer. During the Spring of 2015, Rinke also worked with baseball, softball and track and field programs at the University of Wisconsin-Superior.

In addition to her work at the college level, Rinke has helped out at Marshall High School and Hermnatown High School and also performed clinical experience with Essential Health East Region and St. Luke's Hospital.

Prior to pursuing a graduate degree at the College of St. Scholastica, Rinke, a Beldenville, Wis. native, spent four years at the University of Wisconsin-River Falls, where she earned her degree in health and human performance with a minor in coaching and an interdisciplinary program with athletic training. She was also a student-athlete at Wisconsin-River Falls, competing on the indoor and outdoor track and field teams. While with the Falcons, Rinke was a scholar-athlete and earned Athlete of the Week honors. She also did two study abroad trips, going to Belize in 2010 and Costa Rica in 2011.

Rinke resides in Crookston, Minn. She joins a training staff that consists of Higginson, who is in his third year at UMC and Assistant Athletic Trainer [Steven Krouse](#), who is in his second year at UMC. Krouse is also a product of the College of St. Scholastica athletic training program.

For more information, visit the Golden Eagle Athletics website at www.goldeneaglesports.com.

Follow the Golden Eagles on Facebook at Golden Eagle Sports and on Twitter at @UMCAthletics.

The University of Minnesota Crookston is a NCAA Division II university located in the Red River Valley of Northwest Minnesota. UMC sponsors 11 intercollegiate athletic teams with membership in the Northern Sun Intercollegiate conference (NSIC) and the Intercollegiate Horse Show Association (IHSA). The NSIC is a 16-team conference with schools situated in Minnesota, Iowa, North Dakota, South Dakota and Nebraska.

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