

# Getting Right to Work

## CHHS senior employed as athletic trainer

Thursday, May 17, 2018



Abbey Raiche '18 experienced none of the job search anxiety some seniors in college face. That's because she has known since fall 2017 that she'd be working at [Marsh Brook Center for Athletes](#) in Somersworth, New Hampshire, where she's been employed for a while. Come May 19, she'll be doing so with the credentials that come with a bachelor's degree in [athletic training](#).

"Basically, we use athletic training skills combined with strength coaching to serve as a gateway for patients coming out of physical therapy trying to get back to work or sports," Raiche says.

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“We get to see a lot of people return back to their job or sport in a safe way that minimizes risk for re-injury, and it’s awesome to see them get back to where they used to be and to hear them talk about how much better and stronger they feel.”

**"Definitely take advantage of all the resources we have here."**

Raiche brings a cache of clinical experience to her role, having logged hours at Berwick Academy, in South Berwick, Maine, Dover High School, in Dover, New Hampshire; and Oyster River High School in Durham, New Hampshire, as well as working with UNH’s football team and women’s soccer team during her sophomore year.

Still, the Dover resident says, “It was a huge relief, knowing I already had a job.”

She speaks highly of the professors in her major, singling out Ben Towne who serves as clinical coordinator for the athletic training program. “I went to him whenever needed advice, he was a big help – all the professors were really helpful.”

Raiche offers this advice to incoming freshman: “Definitely take advantage of all the resources we have here. People are here just for you, to help you figure out what you want to do and help get you where you want to go. Get out there — you never know where connections are going to lead you.”

**Interested in a degree in athletic training? Visit UNH this summer and learn more.**

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