

Influential Women: Kaitlin Niemiec serves as head athletic trainer at Spalding University in Louisville, Kentucky.

LOUISVILLE, KY, UNITED STATES, June 8, 2026 /EINPresswire.com/ -- Advancing Student-Athlete Care, Sports Medicine Education, and Leadership Development in Collegiate Athletics

Kaitlin Niemiec is the Head Athletic Trainer at Spalding University in Louisville, Kentucky, where she has served for more than five years leading the university's sports medicine and athletic health programs. In her role, she oversees injury prevention, evaluation, treatment, and rehabilitation for student-athletes, while also managing return-to-play decisions and supporting athletic practices and competitions across multiple sports.



Beyond her clinical responsibilities, Kaitlin is deeply committed to education and mentorship. She plays an active role in Spalding University's academic programs by teaching and guiding future athletic trainers. As a clinical preceptor, she provides hands-on training and supervision for students pursuing careers in sports medicine, ensuring they develop both technical skills and professional confidence in real-world athletic environments.

With 13 years of experience in athletic training, Kaitlin's career spans collegiate athletics, clinical practice, and higher education. She began her professional journey as a graduate assistant athletic trainer at Tulane University before moving into a full-time athletic training role at Campbellsville University. Her strong performance and leadership eventually led her to Spalding University, where she advanced into her current position as Head Athletic Trainer.

Throughout her career, Kaitlin has earned recognition for her dedication to both student

development and athletic care. Her honors include the Spalding University Clinical Preceptor Award and Faculty of the Year recognition, both of which reflect her commitment to excellence in education, mentorship, and athlete wellness.

Kaitlin earned her Bachelor of Science in Athletic Training from the University of Texas at Austin and later completed a Master's Degree in Liberal Arts at Tulane University. She is currently pursuing a Doctorate in Educational Leadership from Spalding University, with research interests focused on gender disparities in sports medicine, mentorship development, and leadership pathways in athletics and education.

Kaitlin is an active member of the National Athletic Trainers' Association and the Kentucky Athletic Trainers Society. Her professional mission centers on improving athlete health outcomes while also strengthening the pipeline of future athletic training professionals through education, advocacy, and mentorship.

Kaitlin encourages young women entering the athletic training field to pursue leadership opportunities, even when they may feel underqualified. She emphasizes the importance of stepping into decision-making spaces and actively working to increase female representation in leadership positions within sports medicine and athletics.

Kaitlin also advises early-career professionals to apply for opportunities even if they do not meet every listed qualification, noting that confidence is developed through action rather than waiting for perfection. She stresses the importance of surrounding oneself with supportive female leaders who provide guidance, encouragement, and perspective, while also taking time to recognize and take ownership of personal accomplishments.

One of the most significant challenges in her profession is the lack of public understanding about the role of athletic trainers. Kaitlin notes that many people are unaware of the full scope of responsibilities involved in athletic training, from injury prevention to emergency care and rehabilitation. Additionally, the profession faces a nationwide shortage of athletic trainers, particularly in larger metropolitan areas, which often leads to demanding schedules that include evenings, weekends, and holidays. Balancing clinical duties with academic and administrative responsibilities further adds to the complexity of the role.

Despite these challenges, Kaitlin sees significant opportunity in the growing visibility of athletic training as a profession. Increased awareness of sports-related injuries—especially at the professional and collegiate levels—has helped elevate recognition of the field and its importance in athlete health and safety. She also highlights expanding opportunities in education, advocacy, and leadership, as well as the growing presence of athletic trainers in non-traditional settings such as corporate wellness, performing arts, and community health.

Through her leadership at Spalding University, Kaitlin Niemiec continues to advance the field of athletic training by combining high-level clinical care with a strong commitment to education,

mentorship, and professional development for the next generation of sports medicine professionals.

Learn More about Kaitlin Niemiec:

Through her Influential Women profile, <https://influentialwomen.com/connect/Kaitlin-Niemiec>, or through her profile on Spalding University, <https://spaldingathletics.com/staff-directory/kaitlin-niemiec/37>

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