

## Alfred University alumna credited with helping save stricken high school athlete

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Hana Gross, '13. (Photo by Peter Carr, courtesy of The Journal News, lohud.com)

IRVINGTON, NY Hana Gross, a 2013 Alfred University graduate working as an athletic trainer in Westchester County, is credited with helping save the life of a high school basketball player who went into cardiac arrest during a game.

Gross, who earned a BS degree in athletic training from Alfred University in 2013, works at Symmetry Physical Therapy in Pelham, NY, in Westchester County, and is also contracted to work as an athletic trainer at Irvington High School, located in nearby Irvington, NY.

According to a [story](#) published in February on lohud.com, the on-line version of The Journal News, Gross was filling in for a colleague, working as athletic trainer on Dec. 27 at a boys& basketball game at Pelham Memorial High School. A player from visiting Blind Brook High School, Jordan Schoen, collapsed in the middle of the game and went into cardiac arrest.

“When I first saw the player go down, I immediately thought that maybe he just fainted from not eating breakfast before the afternoon game. My first concern was that he hit his head on the court and that there might be a skull or spinal injury,” Gross explained. “When I got out there, he was having a seizure. As I was checking his vitals, his pulse became very weak and eventually I lost his pulse completely.”

Gross, two Pelham police officers at the game, and Blind Brook parent who is a doctor (and did not want to be identified) went to the youth&s aid, administering cardiopulmonary resuscitation. The doctor performed chest compressions, the police officers hooked up an automated external defibrillator, and Gross tended to the boy&s airway.

CPR likely saved Schoen&s life, according to an athletic trainer quoted in the story. “CPR being delivered is what prevented this athlete&s death. I would bet money that if there were not professional rescuers on scene, he would not have lived,” said Yorktown athletic trainer Dave Byrnes, president of the Section I Athletic Trainer&s Society. Westchester County schools are in Section I of the New York State Public High School Athletics Association.

Gross credited her training with helping her keep a cool head and delivering the care needed to help the fallen youth.

"Without my training as an athletic trainer, I would not have been able to help save this basketball player's life," she said. "All the hours that were spent in the classroom, throughout clinical rotations, and as a certified trainer helped to prepare me for this moment."

Gross said there wasn't much time to think about what was happening. Rather, because of her training, she was able to react and tend to the youngster.

"Once it was starting to become serious, your training and knowledge kind of just take over. It is like auto-pilot turned on and you just do whatever you have to do to get him breathing again. Seeing his body regain color and hearing him inhale his first breath, was the best feeling ever. It wasn't until he left the gym on the stretcher that I snapped back into reality and realized what just happened."

Gross was a standout member of the softball team at Alfred University, playing as a freshman on the 2010 team that went to the NCAA tournament and earning First Team Empire 8 All-Conference recognition as a junior in 2012.

After graduation from Alfred, she served as a graduate assistant athletic trainer at Nyack College in Rockland County, NY. She has been at Symmetry Physical Therapy since July 2015 and is working toward her while working toward a master's degree in organizational leadership from Nyack College.

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