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**FOR IMMEDIATE RELEASE**

**MIKE BRAID RECEIVES  
“DISTINGUISHED ATHLETIC TRAINER” AWARD**

Muskegon, MI, May 17, 2006 –Hackley Hospital Sports Medicine Coordinator, Mike Braid has received the “*2006 Distinguished Athletic Trainer Award*” in recognition of his exceptional and unique contributions to the profession of athletic training. He is one of two individuals to receive this prestigious award from the Michigan Athletic Trainers Society. Braid, a certified athletic trainer, leads the Athletic Training and Community Outreach Program at Hackley Hospital.

Most recently, Braid introduced the new Sportsmetric™ program to the region -- the first and only training program proven to decrease knee injuries in female athletes. This six-week program consists of a sports injury test to evaluate strength, function, flexibility and body mechanics and also warm-up, jump drills, strength training and flexibility exercises. The program is being used with athletic teams at area high schools.

As a volunteer, he has demonstrated active participation in the education and advancement of athletic training and sports medicine throughout the State of Michigan. Braid is an instructor in the Athletic Trainer Education Program at Grand Valley State University and is the Athletic Trainer for its Laker football program. Previously, he was the athletic trainer off the U.S. Men’s National Volleyball team at the 2000 Olympic Games in Sydney, Australia. He holds a Master of Science Degree from Northern Illinois University and has been with Hackley Hospital for twelve years.

Founded in 1902, Hackley Hospital is an acute care, community not-for-profit hospital providing a wide array of medical services including the lakeshore’s only comprehensive Cancer Center, a renowned Emergency Department, an inpatient Psychiatric Unit and Muskegon’s largest Occupational Health Center. Hackley Hospital is a member of the Hackley Health System which consists of the region’s largest Primary Care network, Visiting Nurse Services and Hospice, Hackley Lakeshore Hospital of Shelby, Child & Family Services, Hackley Pharmacies, Hackley Healthcare Equipment, Hackley Health Management, Hackley Hearing Center and Hackley Orthotics and Prosthetics.

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