

UIS names new trainer, assistant

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The University of Illinois at Springfield has named a new head athletic trainer and an assistant trainer, UIS athletic director Dr. Rodger Jehlicka announced Tuesday.

Les Mitkos, who spent the last two years as a graduate assistant trainer at the University of Illinois at Champaign, has been named the head trainer, while Debra Fitzl, who spent the last two years as an interim assistant athletic trainer at Indiana, will serve as the assistant. They will begin their duties July 16.

"Les brings a wealth of knowledge and experience to UIS," Jehlicka said. "He will be a great asset to our student-athletes and coaches as we move into NCAA Division II. We are very happy that Les will be a member of the Prairie Star athletic department."

Mitkos is replacing Ryan Tosh, who resigned to pursue private business.

While with the Fighting Illini, Mitkos worked extensively with the men's and women's cross country and men's track and field squads. He also worked on the training staff as Illinois hosted to the 2008 Big Ten Outdoor Track and Field Championships.

During his time as an undergraduate assistant at Illinois, Mitkos worked with the Illini volleyball, baseball, football, wrestling and gymnastics programs and worked on the training staff as Illinois hosted the 2005 Big Ten Baseball Tournament.

Fitzl worked with the Indiana football program, and she spent last January as the trainer for the USA Under-21 Field Hockey Team as it participated in the Australian Youth Olympic Festival in Sydney.

She also worked for two years as a graduate assistant athletic trainer at Southern Illinois, where she worked with the football team, the men's and women's basketball teams and the spirit squads. As an undergraduate, Fitzl spent four years as a student assistant at Northern Iowa.

"We are pleased that Debra will be joining the UIS athletic family," Jehlicka said. "Debra brings a great amount of experience working with student-athletes in the college setting, and that will provide immediate benefits as we move into NCAA Division II."

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