



Dear Prospective Student Athletic Trainers and Parents,

We are pleased to hear that you are interested in the Highlander Sports Medicine Program. The program currently consists of approximately 30 Student Athletic Trainers between the two campuses. We provide medical coverage and treatments for all freshmen, sophomore, junior varsity and varsity athletic teams. This includes basic first aid, rehabilitation from injury, as well as prevention to injuries. Our Student Athletic Trainers attend home/away games, practices, and scrimmages for our athletics. This is an extracurricular activity as the majority of the events take place outside of regular school hours, including weekends and some holidays.

Athletic Training is a great way to get involved with other students, coaches, and even some area physicians. Student Athletic Trainers can earn physical education credits, a varsity letter jacket, and possibly college scholarships for their hard work. The Highlander Sports Medicine program is a great way to gain valuable medical experience that looks great on résumés and college applications.

If you are interested in joining the Highlander Student Athletic Trainer Program, please complete an application and return it to one of the Staff Athletic Trainers below; your campus counselor; or to your Campus Athletic Coordinator. Please turn in your application ASAP. We will schedule an interview soon thereafter, and will have a set time in April/May for you to come to a high school football practice. If you have any questions or would like more information please contact us. Thank you for your interest in the Highlander Sports Medicine program!

Sincerely,

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## FREQUENTLY ASKED QUESTIONS

### What is Athletic Training/Sports Medicine?

- Athletic Training is the *prevention, recognition, evaluation, and rehabilitation* of athletic injuries.

### Injury Prevention

- This may be the primary goal of athletic training. It consists of the implementation of conditioning programs that assist athletes in gaining and maintaining maximal physical conditioning.
- This includes, but is not limited to, the application of protective devices such as athletic tape, orthotics, and braces.

### Injury Recognition and Evaluation

- Licensed Athletic Trainers have a thorough knowledge of human anatomy, physiology, kinesiology, biomechanics, and tests designed to determine the magnitude of injuries.

### What are the duties of the student trainers?

- Assist the Licensed Athletic Trainers at TWHS-Main Campus & TWHS 9<sup>th</sup> Grade Campus
- Student duties primarily consist of “setting-up” for games and practices, which include:
  - Taping athletes, preparing water and ice coolers, as well as insuring that all the applicable equipment is at the appropriate site.
    - Equipment includes coolers, water bottles, ice bags, medical kits, an AED and other emergency equipment.

### Will I receive academic credit as a student athletic trainer?

- Yes, the class counts as the students’ physical education credit (1/2 credit per semester block)

### Will I be required to stay after school?

- Student athletic trainers work 2-3 days per week, or approximately 10 hours per week outside school hours.
- Some events that require staffing occur on Saturdays and school holidays.
- The majority of the grading for the course is participation based, meaning that the student is responsible for their own success

### What sports are covered?

- We have 14 UIL sponsored athletic teams that we provide coverage for:
- **Fall Sports** - Football\*, Cross Country, and Volleyball (August through November)
- **Winter Sports** –Basketball, Soccer, and Wrestling (November through March)
- **Spring Sports** - Baseball, Softball, Tennis, and Track (January through April) □ **Late Spring** – Football\* (April through May) □ \* All student athletic trainers cover football.

### What will I learn in class?

- Student athletic trainers learn skills such as basic first-aid, CPR, taping, bandaging, medical terminology, anatomy, as well as some sports-related injuries.
- Students have a semester project following the football season about a sports-related injury that they may have seen during the fall

### Can I do this in College?

- Yes. The majority of colleges have athletic training programs. Many programs will offer scholarships for students to attend their university

### How do I Apply?

- Ask a Staff Athletic Trainer; your Counselor; or your Campus Athletic Coordinator for an application. Return the completed form to a Staff Athletic Trainer or your Campus Athletic Coordinator so an interview can be scheduled.

### What qualities do you look for in a prospective student trainer?

- **Strong academics**- in order to participate, you must be passing at all times
- **Strong work ethic**- just as in sports, the sports medicine program is a team, and a strong work ethic will help carry the team
- **Exceptional attendance**- Missing events can result in failure of the course
- **Self-Discipline**- managing your school work, social commitments, and requirements of the program will be key in long-term success
- **Desire to help others**- Assisting athletes, classmates, and staff members without being asked will aide in your ability to grow as a student athletic trainer
- **Responsibility**- attending events on-time, dressing properly, managing your classwork, and keeping your parents informed is important, especially in high school
- **Total commitment to the program**- You will be a part of a special team, one that builds life-long relationships. Caring for the program will be of the utmost importance

## **Parental Concerns**

### Who will supervise my child?

- A Licensed Athletic Trainer will be at all home events that the students are in attendance for.
- The vast majority of schools we travel to will also have a Licensed Athletic Trainer.
- When traveling, a coach from The Woodlands High School will be with the students at all times.

### Are all events held on the Ninth Grade Campus?

- The majority of events are held on the Main Campus. However, football practices during the students' freshmen year take place at the 9<sup>th</sup> grade campus
- Transportation to and from away events will be provided by CISD
- Transportation to and from the school is the responsibility of the student/parent **Will this cost anything?**
- Yes. The incoming freshmen students are required to purchase a clothing package (~\$90). This includes:
  - A Game polo, game shorts, a red, grey, and a green practice shirt, and practice shorts ○ There are additional items such as hoodies, black wind pants, and other items for colder weather.
- The students must also have a good pair of jeans, black wind pants, tennis shoes, and a plethora of hair ties