



THE WOODLANDS HIGH SCHOOL HIGHLANDER SPORTS MEDICINE DEPARTMENT



Dear Prospective Student Athletic Trainers and Parents,

We are pleased 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 basic First Aid and treatments for all freshmen, sophomore, junior varsity and varsity athletic teams. Our Student Athletic Trainers also attend home/away games, practices, and scrimmages. Much of our work is after school with some team travel involved.

Athletic Training is a great way to get involved with 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 Mr. Tagliaferro at the TWHS-9th Grade Campus; Mrs. LaVerne or Mr. Dean at the Main Campus; your campus counselor; or to your Campus Athletic Coordinator. Please turn in your application ASAP. We will schedule an interview soon thereafter, as well as let you try out some practices. If you have any questions or would like more information please contact us using the information below. 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 the athlete in gaining and maintaining maximum physical conditioning.
- This includes 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, and biomechanics.

What are the duties of the student trainers?

- Assist the Licensed Athletic Trainers at TWHS-Main Campus & TWHS-Branch Crossing Campus
- Student duties primarily consist of “setting-up” for practice as well as games.
- Including taping, preparing water and insuring that all the applicable equipment is at the appropriate site.

Will I receive academic credit as a student athletic trainer?

- Yes, the class counts as a physical education/athletic credit (1/2 credit per semester block).

Will I be required to stay after school?

- Student athletic trainers work approximately 10 hours per week.
- Expect to work an average of 2 or 3 days per week.
- Some events that require staffing occur on Saturdays and school holidays.

What sports are covered?

- **Fall Sports*** - Cross Country, Football, 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 these seasons.

What will I learn in class?

- Student athletic trainers learn skills such as basic first-aid, taping, bandaging, medical terminology, anatomy, physiology, and CPR.

How am I graded?

- Grades are determined by class work, attendance and participation.

Can I do this in College?

- Yes. Some student athletic trainers receive scholarship and positions in College Sports Medicine Programs.

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.

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

- Strong academics.
- Strong work ethic.
- Exceptional attendance.
- Self-Discipline.
- Desire to help others.
- Responsibility.
- Total commitment to the program.

Parental Concerns**Who will supervise my child?**

- The Licensed Athletic Trainers on staff will be at all home games as well as practices.
- A Woodlands High School Coach will supervise the students on all road trips.
- Licensed Athletic Trainers are available at most away schools that our students visit.

Are all events held on the 9th Grade Campus?

- Most events are held at the 10th-12th grade campus, commonly referred to as TWH.
- Transportation to and from road trips will be provided by CISD.
- Transportation to and from the school is the responsibility of the parent.

Will this cost anything?

- Yes. Due to the magnitude of the staff, students are required to purchase a practice shirt/shorts and a game shirt each year. Typically, the cost for these items is around \$80.00.
- Student Athletic Trainers must also have a good pair of blue jeans, black wind pants, and tennis shoes.
- Other clothing will be available for purchase – and while not required – these items are encouraged due to elemental exposure.