

# FRENSHIP TIGERS



## SPORTS MEDICINE PROGRAM



Frenship High School Sports Medicine

Nancy Carleton ATC, LAT

Kimber Rodgers MAT, LAT, ATC

Dustin Rush MAT, LAT, ATC

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## Dear Prospective Student Athletic Trainer,

We are pleased you are interested in the Tigers Sports Medicine Program. Our student athletic trainers currently work with 13 sports and 800 athletes on a daily basis throughout the year going from sport to sport.

Athletic Training is a wonderful way to meet and get to know other students, athletes, coaches, administrators, and some are physicians. The Tiger Sports Medicine program is also a great way to gain valuable medical experience if you are interested in the medical field and looks great on résumés and college applications.

Becoming a member of the athletic training staff will make considerable demands of you and your time. The coaches and athletes depend heavily on the athletic training staff. As a student athletic trainer, you will work practices and games- home and away.

If you are interested in becoming a Student Athletic Trainer, please complete the attached application and return the **last four pages along with the attached grade sheet and a school photo** to Nancy Carleton or Kimber Rodgers at the Field House Training Room at Frenship High School. If you have any questions, please feel free to contact either one of us.

Sincerely,

Nancy Carleton

Kimber Rodgers  
FISD Athletic Training Staff

Dustin Rush

## Dear Parent/Guardian,

Your son/daughter has expressed an interest in becoming a Student Athletic Trainer at Frenship High School. This letter, along with the application, has been provided in order to give you some insight into who we are and what we do as Athletic Trainers.

Your son/daughter will be asked to fill out this application which will require the signatures of both you and your child. This will allow us to check everything in his/her accumulative file in the counselor's office.

We are looking for students who enjoy helping others, have good work ethic and study habits, have a positive attitude, are highly motivated, and importantly, will be dedicated to the program. He/she must be willing to work some long and hard hours throughout the week and on some weekends according to the athletic schedules.

If your son/daughter is selected to be a part of our Athletic Training Staff, he/she will be recognized and respected. It is not important that your son/daughter have any knowledge about sports. The important thing is that he/she wants to be a part of a unique group of students on campus- who are there to help others. If he/she is thinking of going into the medical field, this would be an excellent opportunity for him/her to get a head start on the career.

Becoming a Student Athletic Trainer can be a fun and rewarding experience for those that become involved with our program. This program will allow your child to not only grow and mature as a person, but will also help him/her to develop his/her communication skills, to learn about responsibilities, time management, and work ethic.

Please take the time to look over and discuss the application with your child and feel free to contact us if you have any questions or concerns.

Sincerely,

Nancy Carleton

Kimber Rodgers  
FISD Athletic Training Staff

Dustin Rush

## Frequently Asked Questions

### **What is Athletic Training/ Sports Medicine?**

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

### **Injury Prevention, Recognition, Evaluation, and Rehabilitation of the athlete may include:**

- Prevention: gaining and maintaining maximum physical conditioning for the athletes
- Recognition: learning how to recognize different types of injuries
- Evaluation: learning how to evaluate the severity of an injury
- Rehabilitation: learning rehab techniques to help the athlete recover from an injury

### **What are the duties, roles, and responsibilities of the Student Athletic Trainer?**

- Assist the Head Girls Athletic Trainer and the Head Boys Athletic Trainer
- Set up for practices and games
- Assist in all forms of taping, wrapping, first aid, and rehabilitation in the Training Room
- Entering daily treatments on the treatment log
- Stocking supplies in the Training Room and emergency kits

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

- During the fall, it will be every day during the football season (except Sundays and only on Saturday if it is a game day)
- After football season, Student Athletic Trainers will cover practices, games, and tournaments
- Some events require Saturdays and holidays

### **What sports are covered?**

- Fall Sports- Cross Country, Football, and Volleyball (August through December)
- Winter Sports- Basketball (November through March)
- Spring Sports- Baseball, Softball, and Track (January through April)

### **What will I learn in this class?**

- Basic First Aid
- CPR
- Automated External Defibrillator (AED)
- All forms of taping & wrapping
- Medical terminology
- Anatomy

### **How will I be graded?**

- By daily attendance and participation- aide in taking care of the student athletes

- Following a dress code for practices and games
- Maintaining an overall "C" average

### **Can I do this in college?**

- Yes!
- Some colleges and universities assist student athletic trainers with financial aid and scholarships
- You can learn the basics and apply the learned skills and knowledge to prepare for college
- If you want to do this in college, we can assist you into getting into a sports medicine program

### **What qualities do you look for in a prospective Student Athletic Trainer?**

- Highly motivated
- Strong academics/ maintaining passing grades
- Good works and study habits
- Good conduct
- Exceptional attendance
- Self-discipline
- Desire to help others
- Responsible, dependable, honest, and trustworthy
- Ability to get along with others
- Wants to be a part of a unique athletic organization
- Total commitment to the program

### **What are the benefits of being a Student Athletic Trainer?**

- Be introduced at pep rallies and banquets
- Name and picture in the sports programs
- Letter Jacket (after full completion of 2 Varsity sports)
- Friendships that are made with others

### **Will there be a cost?**

- The only cost to the students will be to purchase wind suits, t-shirts, visors, etc.
- Items furnished will be: t-shirts, game polos

### **What happens if I fail a class?**

- Students must maintain at least a 70 or above in any class
  - o If any grade is below a 70, the student must go in for tutoring (Activity Period) for the remainder of the grading period.
  - o If the student fails at the end of the 6 weeks, the student will be placed on probation for the next 3 weeks. (Academic Probation)
  - o If the student fails at the end of the 3 weeks, the student will be removed from the program. (Academic Suspension)
    - Academic Probation: may work practices only, but no games
    - Academic Suspension: released from program
- **IT IS THE STUDENT'S RESPONSIBILITY TO MAINTAIN GOOD GRADES.**
- Grades will be closely monitored.
  - o Grade sheets
  - o Email/phone contact with teacher by full-time staff

Student Athletic Trainer Application

NAME: \_\_\_\_\_  
Last First Middle

ADDRESS: \_\_\_\_\_

CITY: \_\_\_\_\_ ZIP CODE: \_\_\_\_\_ HOME PHONE: ( \_\_\_\_\_ ) \_\_\_\_\_

Please circle one of the following: GRADE: 8 9 10 11 12 SEX: M F

PARENT/GUARDIAN NAMES: \_\_\_\_\_

FATHER'S WORK PHONE: ( \_\_\_\_\_ ) \_\_\_\_\_ MOTHER'S WORK PHONE: ( \_\_\_\_\_ ) \_\_\_\_\_

Email address where you can be reached: \_\_\_\_\_

Current School Attending: \_\_\_\_\_

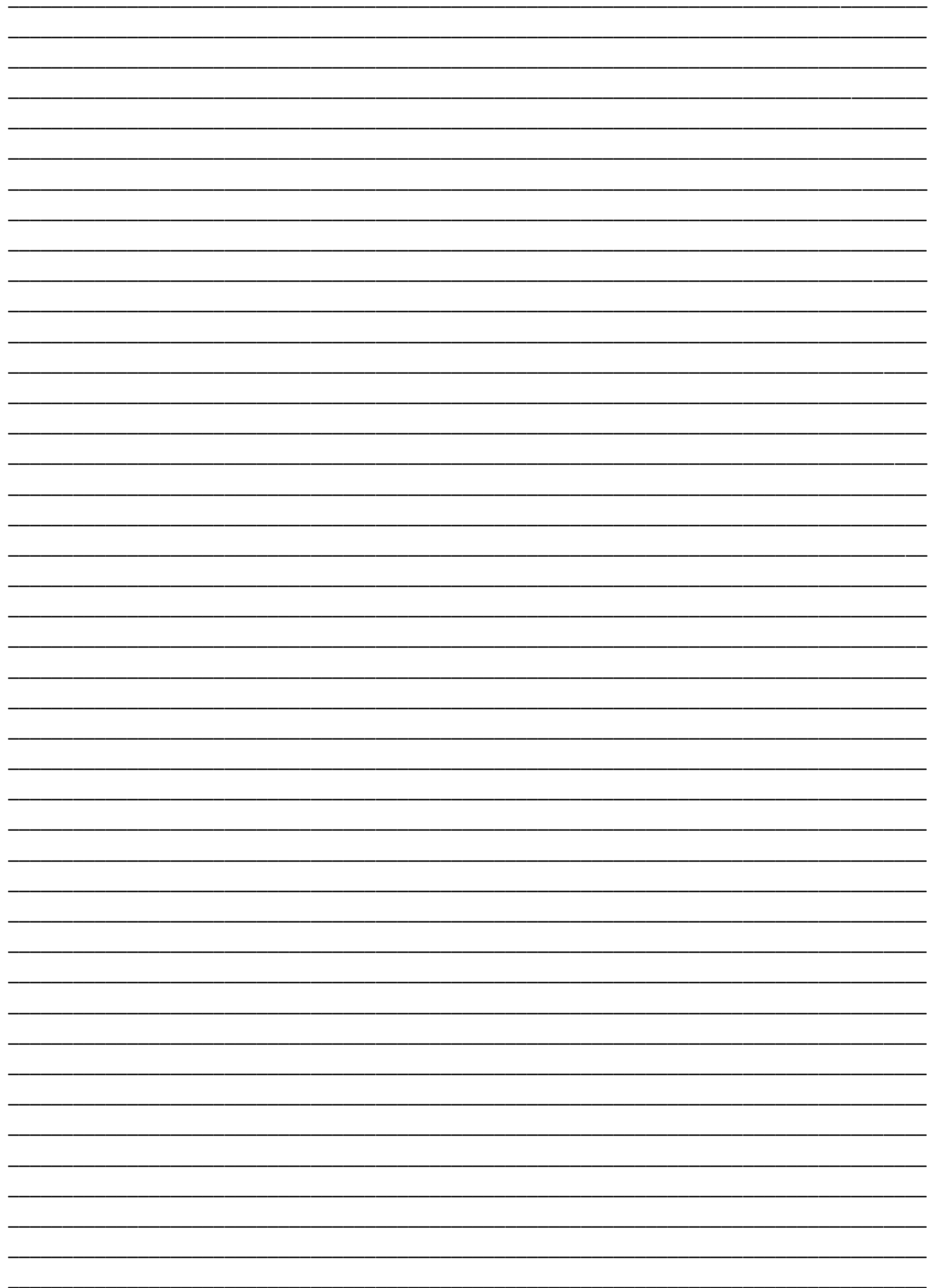
School Attending Next Year: \_\_\_\_\_

**Please attach the following:**

- A school picture
- Grade Sheet (attached to application)

**Please answer all of the following questions (space is provided on the next page(s)).**

1. How did you find out about the Student Athletic program?
2. Why do you want to be a Student Athletic Trainer?
3. What do you think a Student Athletic Trainer does?
4. Have you ever had experience as a Student Athletic Trainer or as a Manager?
5. Have you ever received a "D" or "F" in any class?
6. Have you ever been suspended or received any other disciplinary action?
7. Are you currently in any other extracurricular activities, organizations, or have a part-time job?
8. Do you plan to join any other group or organizations?
9. What do you believe you could bring to or add to the Athletic Training Staff?
10. Anything else you like to let us know.







**PRINT** your classes, teachers, and grades for each 6 weeks:

Period	Class	Teacher	Comments	Six-weeks grades			
				1	2	3	4
1							
2							
3							
4							
5							
6							
7							
8							