**Navasota High School**

**Sports Medicine Student Program**

Dear Prospective Student Athletic Trainers and Parents,

Thank you for your interest in the Sports Medicine Student Program at Navasota High School. The primary responsibility of the sports medicine staff at NHS is to care for, prevent, treat and rehabilitate injuries to the athletes at Navasota High School. Involvement with the Sports Medicine Student Program at Navasota High School is a great way to gain valuable medical experience and will be helpful on resumes and college applications.

Athletic Training Students are expected to be dedicated to this program. These students play a vital role in the success of Navasota High School Athletics. Athletic Training Students will develop responsibility, self-confidence and a desire to develop their talents in the field of athletic training. This commitment includes academic excellence. Often, the students who excel academically succeed as Athletic Training Students. Student grades are monitored regularly.

The Student Athletic Training position is a major time commitment. These students are required to work football and one other sport. During the sport seasons, much of the work is after school with some team travel involved. There will also be evening responsibilities and occasional Saturdays, but the experience will be very rewarding. Student Athletic Trainers can earn class credit and a letter jacket for their commitment and dedication to Rattler Athletics.

If you are interested in the Sports Medicine Student Program at Navasota High School, please complete the application and return it to the Athletic Trainer by \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_. Thank you for your interest and we look forward to seeing you soon.

Sincerely,

Ryan Attridge, MS, LAT, ATC Alysia Pennartz, MS, LAT,ATC

Athletic Trainer Athletic Trainer

Navasota High School Navasota High School

[attridger@navasotaisd.org](mailto:attridger@navasotaisd.org) pennartza@navasotaisd.org

Athletic Training Room Phone : (936-825-5015)

**Athletic Training Student**

**Application Process**

1. **Completed applications must be submitted by \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ to the athletic training room. The following must all be turned in at that time:**

**\_\_\_ Completed application (including both student and parent portions filled out completely)**

**\_\_\_ Essay portion (either written or typed; min. of 1 paragraph answer per question)**

**\_\_\_ Copy of most recent report card (either copy of official or a printed copy from the PIV system)**

1. **Applicants must schedule an interview with the athletic training staff.**
2. **Applicants are required to complete 20 hours of observation in the training room, at athletic practices, games, and events. It is the responsibility of the applicant to schedule themselves for practices, games and events in order to complete the required 20 hours of observation. An observation log and schedule must be kept by the student and approved by the athletic trainers. A minimum of 5 hours must be practice hours (not games).**

**Media Release for NHS Sports Medicine Program**

I grant permission for my child to be photographed, videotaped, and/or interviewed for use in district-provided and non-district provided/school, and teacher: websites, social media pages, publications, displays, newspapers, memory books/yearbooks, or television broadcasts.

**PLEASE CIRCLE ONE OF THE FOLLOWING: YES NO**

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Parent/Guardian Signature Date

**Athletic Training Student Application** 

**FOR THE STUDENT APPLICANT TO FILL OUT-------------------------------------------------------------------------**

**Name:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Current Grade:\_\_\_\_\_\_\_\_\_\_ Age:\_\_\_\_\_\_\_\_\_\_**

**Address:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ City:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Zip:\_\_\_\_\_\_\_\_\_\_**

**Home Phone #:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Email:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**Parent’s Name:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Parent’s Phone #:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**Date of Birth:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Shirt Size (adult):\_\_\_\_\_\_\_\_\_\_\_\_ Student ID #:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**How did you hear about the NHS Sports Medicine Program? \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**Ever received a D or F in any class? Yes No**

**If “Yes” please explain:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_­­­­­­­­­­­­­­­­­­­­­­­­­­­­­­\_\_\_\_\_\_\_\_\_\_\_\_**

**Have you ever been given OCS, suspension or any other disciplinary action? Yes No**

**If “Yes” – How many/Why? \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**YOU MUST ATTACH A COPY OF YOUR MOST RECENT REPORT CARD**

**FOR THE STUDENT APPLICANT’S PARENT/GUARDIAN TO FILL OUT ---------------------------------------**

**1) Will transportation be a problem for early morning/late night events? YES NO**

**If “Yes” please explain:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**2) Please circle the following on a scale from 1 (lowest) to 5 (highest)**

**- Rate your son/daughters:**

**Work ethic - 1 2 3 4 5**

**Responsibility level – 1 2 3 4 5**

**Commitment to projects started – 1 2 3 4 5**

**Ability to handle criticism – 1 2 3 4 5**

**Problem solving skills – 1 2 3 4 5**

**Leadership skills - 1 2 3 4 5**

**\* IMPORTANT NOTES \***

**- The parent’s rating above WILL NOT be used to decide acceptance or denial into the program. It will be used as a tool to measure your child’s development in these areas while they are in our program. Please be honest with your rating.**

**- Your son/daughter if accepted will be required to follow a dress code.**

**- Your son/daughter if accepted will be required to maintain a 70% or higher in all classes.**

**- Your son/daughter if accepted may be required to work some holidays throughout the year.**

**-Policies and procedures of the sports medicine program are attached to this application. Upon acceptance, the athletic training student will sign an agreement to follow these policies.**

**\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_**

**Student Signature Date Parent Signature Date**

**Athletic Training Student**

**Essay Application**

**APPLICANTS: PLEASE ANSWER THE FOLLOWING QUESTIONS WITH A BRIEF 1-2 PARAGRAPH EXPLANATION. RESPONSES MAY BE WRITTEN OR TYPED BELOW OR SUBMITTED ON A SEPARATE PAGE.**

1. **WHY DO YOU WANT TO BECOME AN ATHLETIC TRAINING STUDENT?**
2. **WHAT IS IT THAT YOU THINK ATHLETIC TRAINING STUDENTS DO?**

INTRODUCTION

The NHS Sports Medicine Student Program was developed to provide students with the opportunity to assist the Navasota High School Sports Medicine Staff. In doing so the student will acquire medical knowledge through academic and practical experiences. The focus of their education will be on prevention, first aid, recognition, treatment, and rehabilitation of sports injuries. The students work directly under the supervision of the high school’s two licensed and certified athletic trainers. The Sports Medicine Student Program also focuses on the development of self esteem, time management skills, responsibility, work ethics, and enhanced personal growth.

DRESS

Dress will always be appropriate and neat. The athletic training students will be provided with a uniform shirt to wear at games. Appropriate colored dress shorts or dress slacks should be worn with the game shirt provided. A practice shirt will be provided, otherwise students are expected to wear Navasota colors or school shirts. Shorts and jeans are acceptable to wear at practice. The shorts and jeans should be approaching the knee. No tights or leggings are to be worn at practices, games or other athletic events. Shoes should be comfortable and practical. Flip flops and open toed shoes are not acceptable, and can be a safety issue. Jackets and other items for inclement weather will be provided as needed. Any uniforms and/or equipment issued is property of the Navasota Sports Medicine Program. There will be an opportunity to purchase Navasota Sports Medicine apparel during the year.

SCHOOLWORK

In order for an athletic training student to participate at Navasota High School in the Sports Medicine Program, they must first meet all the requirements of the University Interscholastic League for participation in an extracurricular activity. Getting a high school diploma is always our main objective. If the athletic training student is not passing all of their classes after a six week period, they are not eligible to participate in games. If after three weeks they are passing all of their classes on their progress report, the student trainer is eligible to participate in games. During periods of ineligibility, the student trainer is still required to attend all assigned practices, unless otherwise coordinated with the sports medicine staff. If an athletic training student is ineligible for two six week periods during the school year, they will be dismissed from program. It is imperative that the Staff Athletic Trainers be kept aware of your academic progress during the school year so that we may help in any way possible.

If additional work or tutoring is required for a class, please inform the Staff Athletic Trainers at least two days in advance that you are having problems and need help. This allows time for arrangements to be made to cover your student trainer duties. If more than one person needs to go on one day, it will be handled on a first come-first serve basis. Tutoring is not considered an absence from Athletic Training when it is handled correctly.

ATTENDANCE

Student Trainers are required to attend all assigned practices for any team they are working with. Being part of the team means putting in the same time as the athletes. If they are on the field, the student trainers need to be here as well.

If you have an unexcused absence from your student trainer assignments during the week of a game, you will not be able to participate in that week’s game. In the case of a pre-season practice, you will not be able to participate in the team’s first game. Two missed games because of this rule or absence from a game that you are required to attend will result in dismissal from the sports medicine program.

An unexcused absence is an absence from a game or practice without a handwritten note from a parent/guardian.

It is understood that many athletic training students participate in other activities and may work after school. It is imperative that work schedules are communicated and shared with staff athletic trainers. Absences are only acceptable when staff athletic trainers are given notice at least 2 days in advance and approve the absence. A note from a parent/guardian may be requested to excuse the absence.

Being tardy is also unacceptable. Any time you miss will be made up. If you do not make up the time it will be counted as an absence.

DISCIPLINE AND CONDUCT

We wish to have the reputation of having great students within our sports medicine program. How you act is a reflection of everyone who is on the athletic training staff. **ANY** behavior that results in being sent to OCS, or in Suspension, is grounds for immediate dismissal from the Sports Medicine Program. Should any behavior occur while working as an athletic training student which breaks school rules or policies, the problem will be referred to the Assistant Principals for disciplinary action. Dismissal from the Sports Medicine Program may occur at any time for any conduct deemed unacceptable by the administration of Navasota ISD.

RELATIONSHIPS

Dating relationships are certainly a part of the high school experience. The duties of an athletic training student require that you develop a professional attitude toward your work and those you work with. Inappropriate talking, flirting, and other such conduct with a student-athlete you are responsible for caring for while performing your duties as an athletic training student is not considered professional and is unacceptable. You will be removed from the athletic training student program immediately upon proof of such activity.

**Social Media**: There is a zero tolerance policy for any athletic training student using social media to make any derogatory remarks about the sports medicine program and its members, or any NHS athletic team and its players. Additionally, the sharing of any information regarding the healthcare, injury status, or eligibility of a student athlete is strictly prohibited.

**Interpersonal Relationships**: Any arguments or disagreements within the athletic training room should be kept within the group. Do not publicize or let others know about disagreements. While working with teams, student athletic trainers should make every effort to stay out of any conflict that arises on the teams.

SPORTS ASSIGNMENTS

All student trainers have the opportunity and are required to work with the varsity and sub-varsity football teams. Each athletic training student will also work with one other sport as assigned by the Licensed Athletic Trainers.

VARSITY LETTER

Letter Jackets will be awarded for participation as a student trainer based on the number of seasons worked and successful completion of those seasons. The athletic training student will additionally have to complete one full year as a student trainer in good standing. In good standing, includes but is not limited to, remaining eligible, working at all assigned practices and games, and successful completion of the student’s second sport. Any student that quits the program will disqualify themselves from being eligible for a letterman.

CLASSROOM INSTRUCTION

The education of the student trainer will involve weekly classroom instruction in addition to the practical knowledge gained on a daily basis through working with the student-athletes. Athletic training students are required to be enrolled in the Sports Medicine courses and are encouraged to take Anatomy and Physiology.

TRANSPORTATION

Student Athletic Trainers are responsible to travel to and from all scheduled events with the team. They may not use private transportation and meet the team when it arrives at its site.

CELL PHONE USE

Cell Phones and other electronic devices may be used for **emergency communication and parent/guardian contacts only.** Personal calls made while performing student athletic training duties distract attention, and keeps the student athletic trainer from appropriately performing duties. As with any job, the student trainer needs to remain focused on their duties and not use this time to socialize. Repeated recreational phone use will be grounds for disciplinary action. NHS phone rules apply (phones taken and given to assistant principles).

**ATHLETIC TRAINING STUDENT DUTIES AND EXPECTATIONS**

**AFTER SCHOOL**

1. Make sure practices are setup and ready to go.
2. Observe practices and provide water and care as needed. Watch the field/gym to fix any dangerous situation. Watch the athletes to make sure they are not exhibiting any unusual symptoms.
3. Make up breaks when needed.
4. Move the water cows and coolers as needed. Refill when needed.
5. Help with taping and bandaging.
6. Help with treatments.
7. Setup for games. Pack items that need to go.

**END OF THE DAY**

1. Bring in items off the field/from gym after practice or game. Clean and replace for use the next day.
2. Empty, clean, and put away water bottles
3. Empty, clean, and put away coolers
4. Make sure all cows are off the field and batteries are removed
5. Organize and plug in batteries
6. Take everything of the athletic training cart and put it away.
7. Wipe down all tables & surfaces
8. Sweep the floor
9. Re-stock tape drawers
10. Flatten boxes
11. Put kits away in the lockers
12. Pick up all trash
13. Put everything else where it belongs.