

MIDLOTHIAN HIGH SCHOOL

ATHLETIC TRAINING

923 South Ninth
Midlothian, TX 76065

Greg Goerig LAT
Head Athletic Trainer

Winona Wood LAT, ATC
Assistant Athletic Trainer

Russell Wagner LAT
Assistant Athletic Trainer

Prospective Student Athletic Trainer Application

Thank you for your interest in becoming a member of the Midlothian High School Student Trainer Program. Being a member of this program can be a challenge; therefore, I want to take some time to explain some of the guidelines and requirements for being a member of this staff.

Being a student trainer in high school can offer more than just being a part of a club or activity. You will become an important member of the teams that you work with and you will experience the joy and excitement of achieving team and individual goals. Also, you will be rewarded with a varsity letter jacket upon completion of two years of varsity football and displaying basic knowledge of athletic training. When your high school days are over and you decide to take your education to the next level, colleges and universities offer scholarships to help students who wish to pursue a career in the Sports Medicine field.

When we start looking for student trainers we look for students who have self-discipline and motivation. By the nature of our job, there are going to be days when we cannot be with every athletic team. Therefore, we have to have student trainers who are responsible to help take care of situations that may arise. In addition to these two qualities, we also look for students who strive for excellence in education, work habits and conduct.

Education

This is the reason that you are able to be involved in extracurricular activities, so it is the most important area of emphasis during your high school career.

- As with any extracurricular activity, you will be required to maintain passing grades to be eligible.
- You will learn basic human anatomy through teaching sessions during your athletic period.
- You will learn basic injury prevention (taping, padding, bandaging, etc).
- You will learn to care for athletic injuries by working with the Athletic Trainers as injuries occur and through teaching sessions.
- You will learn basic injury rehabilitation by working with the Athletic Trainers and through teaching sessions.
- You will have the opportunity to become certified in CPR and First Aid.
- You will have the opportunity to learn by going to different student trainer workshops held in our area throughout the school year.
- You will learn how to care for athletic equipment by working with Trainer Goerig and through teaching sessions.
- You will have the opportunity to use what you have learned on MHS athletes while you are under our supervision (You will not be put into a situation that you are not prepared

for, nor will you have to make decisions that you are not qualified to make. Those decisions will be left to the Athletic Trainers).

Work Habits

You must be a person who is willing to do what it takes to get the job done. Good work habits will carry you a long way while you are in school and when your education is completed. Before and after workouts or games is the busiest time for student trainers.

- All students will work Football and one other sport.
- You will be required to attend all workouts and games for the sports you work with. Some of these workouts and games will be on Saturdays and holidays.
- When the team you are working with is working out or playing, you will be required to be there just as the athletes are.
- You must be able to work with all student trainers, coaches, and athletes-even if you don't like them.
- You will be required to complete the work that you are assigned.
- You will not always be asked to do something, but if you see that it needs to be done, do it.

Conduct

Nothing but the best conduct will be accepted by the Athletic Training Staff and the Coaching Staff.

- MUTUAL RESPECT-This means that you will respect the property and rights of others, and that you demand that same respect in return.
- Discipline problems will not be tolerated and can lead to permanent dismissal from the training staff.
- You must create a positive image for yourself, the training staff, the athletic department, and Midlothian ISD through your conduct at school, in our community, and the communities you will visit with the athletic teams.

As you can see, it takes a special and mature student to be a member of the Midlothian High School Student Training Staff. If you think that you would like to be a member of this program, sit down with your parents, let them read this information packet, and talk with them about it. Decisions will be made before the end of the school year, so you need to get your application in and set an appointment as soon as possible. We will be calling to set up an appointment for an interview, so please list a phone number we can reach your parents/guardians.

Sincerely,

Greg Goerig, L.A.T.
Head Athletic Trainer

Winona Wood, L.A.T., ATC
Assistant Athletic Trainer

Russell Wagner L.A.T.
Assistant Athletic Trainer

Midlothian ISD

Student Athletic Trainer Application

NAME: _____ DOB: _____

ADDRESS: _____

PHONE #: _____

PARENT/GUARDIAN: _____

CURRENT GRADE: _____

Please explain in at least **one paragraph**, on a separate sheet of paper, why you wish to become a member of the Midlothian High School Student Athletic Training Staff.

List one Principal, one Teacher(non-coaching), and one Coach (or another Teacher) that we may contact for a personal reference. *Please write their full name and what they teach so that we contact the right person.*

- 1.
- 2.
- 3.

List your 3 favorite sports

- 1.
- 2.
- 3.

List your hobbies and interests

Turn into Coach Bowers or Coach Boren at Walnut Grove MS

Turn into Coach Watts or Coach Conner at Frank Seale MS

TURN IN BY FRIDAY MARCH 14TH !!!!!!!

Parent/Guardian Signature: _____