

WHO IS TAKING CARE OF YOUR ATHLETES?



ATHLETIC TRAINERS

Who are athletic trainers?

Athletic trainers (ATs) are health care professionals who collaborate with physicians to provide:



PREVENTATIVE SERVICES



EMERGENCY CARE



CLINICAL EXAMINATION AND DIAGNOSIS



THERAPEUTIC INTERVENTION



REHABILITATION OF INJURIES AND MEDICAL CONDITIONS

Emergency injuries and illnesses that ATs are trained to treat include:



CONCUSSION



HEAT STROKE



ASTHMA ATTACK



SICKLE CELL CRISIS



DIABETIC EMERGENCIES



SPINE INJURIES



SUDDEN CARDIAC ARREST

To Become an AT

A person must graduate from an accredited educational program and pass the certification examination.

ATs are regulated in 49 states and the District of Columbia. Efforts continue to add licensure in the state of California.

ATs Reduce Risk

Participating in any activity carries a risk. Although rare, sudden death and catastrophic injury can occur in youth sports. Having an AT onsite allows for immediate response if a life-threatening situation arises. ATs work with coaches, administrators and other school district staff to mitigate risk to student athletes and the school. The AT's primary focus is on the needs and safety of the student athlete. The AT must consistently monitor students, facilities, activities and daily procedures to ensure that any injury that can be preventable injury is avoided.

For more information about how ATs provide a safer approach to work, life and sport visit www.AtYourOwnRisk.org.

AT! YOUR OWN RISK



Little Elm Sports Medicine Department (LESMD)

Little Elm High School
1900 Walker Lane
Little Elm, TX 75068
Office: 972-947-9443
(Sports Medicine Office – x 24110)
or (Athletic Training Facility - x 24109)

Laws Kidwell-Cox, M.Ed., ATC, LAT
Head Athletic Trainer
Cell #: (940) 300-0409
Email: lkidwell@littleelmsmd.net

Mark Stine, MS, ATC, LAT, CSCS
Athletic Trainer
Cell #: (214) 244-0849
Email: mstine@littleelmsmd.net

What is Sports Medicine 1?

It is a class to be offered to high school students to provide an opportunity for the study and application of the components of sports medicine.

SM 1 can be an avenue to recruit athletic training students and educate students about sports medicine careers. This course is designed for students in the **student athletic training program**. Individualized and independent assignments will be included in this course. **This course will involve outside-of-class time work and time required working with athletes and athletic teams on a daily basis.**

Student Athletic Trainers at Little Elm H.S.:

-Students **must** receive the approval of the Licensed Athletic Trainer supervising the student athletic training program. There are two phases to the application process for the Sports Medicine/Athletic Training Program **outlined in the digital application packet/handbook sent at the beginning of February to those students interested (application requirements are due by February 24th).**

Requirements & Important Dates for Applying to the program:

Complete the Prospective Student Athletic Trainer Interest Sign up Google Form to receive an application in February:
<https://forms.gle/rvAi5y6SkyKch5j59>

PHASE 1 Requirements:

1. Read, Complete, & Submit the Digital Student Athletic Trainer Application Packet & Tryout Survey Due Date: Thursday, 2/24/22
2. Complete the Tryout Survey with Essay linked in the February application email
3. Have a minimum of 3 teachers, counselors, coaches, or principals, etc. submit the online recommendation BY Tuesday, 2/29/22 (Do NOT wait until 2/25 to contact/email your recommenders to complete the recommendation/reference form) TEMPLATE PROVIDED @ the end of the application to send by email in Section 15 -you will copy & paste the template & send it to your recommenders.
4. Email a copy of your latest report card (2nd Quarter/9 weeks Grading Period) BY Thursday, 2/24/22 to lkidwell@littleelmsmd.net & mstine@littleelmsmd.net.

**Our office will review the student's application, report card, 3 teacher references, discipline history, and tryout survey with an essay. We will notify the student & parent/guardian by 10pm March 4th as to whether the student will be invited to the next phase of the process. Phase 2 is the actual tryout workshops that will be held in April 2022.

-All RETURNING student athletic trainers MUST re-apply in order to move on to PHASE 2.

PHASE 2 Requirements:

1. Be invited to continue through to Phase 2: The Tryout Phase
2. Attend the Virtual Mandatory Parent & Student Athletic Trainer Meeting: 4/4/22
3. Attend the Tryout Workshops beginning Wednesday, 4/6/22 – 5/13/22. Successfully complete Student Athletic Trainer Tryouts during Spring Football.
4. *Cuts will be made the last week of Spring Football to determine who will be admitted into the LE Sports Medicine Program for the following year.*

***Most years we only accept 16 NEW student athletic trainers into the program, but will NOT take on more than 38 total student athletic trainers between NEW & RETURNING applicants. Again, after tryouts we will determine which student applicants we will accept into the Sports Medicine Program for 2022. If you do not make it into the program you will need to set up a meeting with your counselor to be removed from any Sports Medicine or Athletic Training courses that you enrolled into for 2022-2023.

There may be other required prerequisites for this course, which are **outlined in the digital application packet sent out at the beginning of February & due by 24th.** Applications are also sent out to those who enrolled in the Sports Medicine and/or Athletic Training Courses.

-All **incoming Student Athletic Trainers** **must take the Sports Medicine 1 course.**

*Please ENROLL -ONLY IF PLANNING TO TRYOUT FOR PROGRAM IN SPRING.

-All **returning Student Athletic Trainers** have the option to enroll in Sports Medicine 2, which is a more in-depth application of the components of sports medicine.

***Credit earned for **Sports Medicine 1 or 2** is a **State-elective Credit** - which qualifies for graduation class rank for students.

-Also offered for Student Athletic Trainers are the **Athletic Training I, II, III, IV courses.**

-The Athletic Training Courses are **not required** courses for student athletic trainers, but are utilized as an innovative lab for the student athletic trainers. These offer more “hands on” educational opportunities in the sports medicine field and takes place during Athletic periods. ***Athletic Training I, II, III, IV** is a **Local-elective Credit** – which **DOES NOT** qualify for graduation or GPA/ class rank for students.

Additional information regarding **application for the program and Student Athletic Trainer tryouts** is outlined within the Student Trainer Digital Application Packet, sent in February to those **signing up for enrollment** in the Sports Medicine and/or Athletic Training Courses.

Sports Medicine 1 Course Syllabus/Overview – as cited by the Texas State Athletic Trainers’ Association in accordance with the Texas Education Agency (TEA)

Overview

This course provides an opportunity for the study and application of the components of sports medicine including but not limited to: sports medicine related careers, organizational and administrative considerations, prevention of athletic injuries, recognition, evaluation, and immediate care of athletic injuries, rehabilitation and management skills, taping and wrapping techniques, first aid/CPR/AED, emergency procedures, nutrition, sports psychology, human anatomy and physiology, therapeutic modalities, and therapeutic exercise.

Number of credits that may be earned: One or Two (Optional)

Purpose of the Course:

Below is a description of the specific student needs to be met in this course:

A regular health class or clinical rotation cannot address the many facets of careers in medicine. Students in general are unaware of the variety of careers offered in medicine, specifically sports medicine, the education required for those careers, and the responsibilities that accompany the careers.

Sports Medicine acknowledges student interest in medicinal professions and sports related fields of study. The course provides exposure to:

- Concepts of Sports Injury
- Athletic Health Care Team
- Sports Injury Prevention
- Sports Injury Care
- Wound Care & Blood Borne Pathogens
- Anatomy/Physiology
- Psychology of sport and injury
- Sports injury recognition and evaluation
- Career opportunities
- Professional liability and responsibilities
- Budget and facility design
- Concepts of Taping & Bandaging

Sports Medicine bridges the gap between health class and clinical rotation for students interested in medical related careers, including but not limited to sports medicine, athletic training, orthopedics, and physical therapy.

The extensive knowledge acquired in anatomy/physiology, injury prevention, recognition and care of injuries provides students necessary tools to deal with the management of their own personal medical care. An informed society is greatly needed to make decisions in health care and health management.

LEHS Course Guide Write Up for Sports Medicine Program: (Revised in 2019)

Special Note: Students interested in the Sports Medicine Program of Study should ENROLL in the non-CTE courses of Sports Medicine I, Sports Medicine II, and or Athletic Training I, II, III, or IV. These students should also enroll in the CTE courses of Medical Terminology and Anatomy & Physiology to be eligible to take the Practicum in Health Science during their senior year.

Prerequisites: Application Process & Tryouts required prior to admission into the Program. Digital Applications are sent out to students in March; with a mandatory parent meeting followed by tryouts in April for the following year. Student Athletic Trainers do meet before, during and after school assisting with the health care of student athletes during athletic practices and games. Students may also have associated duties in the evenings, weekends, and over some holiday breaks.

Please contact the Head Athletic Trainer, Mrs. Laws Kidwell-Cox, for an application BY March for the following years' program. (lkidwell@littleelmisd.net). For more details, visit a counselor and review this Course Guide for descriptions of the Sports Medicine courses.

Sports Medicine I (1 state credit)

Grades 9-12

Prerequisite: Application Process & Tryouts required prior to admission into the Sports Medicine Program

Sports Medicine I is required for all first year student athletic trainers that have completed the admission process. Sports Medicine I is concerned with the health and wellness of student athletes including the basic concepts of sports injuries, wound care / blood borne pathogens, taping and bandaging of athletes. Sports Medicine bridges the gap between health class and clinical rotation for students interested in medical related careers, including but not limited to sports medicine, athletic training, orthopedics, and physical therapy. **Student Athletic Trainers are selected through an application process in the spring semester. Digital Applications are sent out to students in March; with a mandatory parent meeting followed by tryouts in April for the following year.** See CTE Section for Program of Study options.

Sports Medicine II (1 state credit)

Grades 9-12

Prerequisite: Application Process & Tryouts required prior to admission into the Sports Medicine Program

Sports Medicine II is an optional course for student athletic trainers that have reapplied for the program, and takes the students to the next level of health and wellness of student athletes including sports injury recognition and evaluation of athletic injuries, sports injury prevention, rehabilitation and reconditioning. **Student Athletic Trainers are selected through an application process in the spring semester. Digital Applications are sent out to students in March; with a mandatory parent meeting followed by tryouts in April for the following year.** See CTE Section for Program of Study options.

Athletic Training I, II, III, IV (1 LOCAL credit)

Grades 9-12

Prerequisite: Application Process & Tryouts required prior to admission into the Sports Medicine Program

Athletic Training is an optional course for student athletic trainers that have been admitted into the Sports Medicine Program. Athletic Training is an innovative, hands-on AT aide/lab course offered during athletic periods. This course supplements the Sports Medicine courses allowing students to further assist staff athletic trainers in the hydration, treatment, prevention, evaluation, and rehabilitation of student athletes. **Student Athletic Trainers are selected through an application process in the spring semester. Digital Applications are sent out to students in March; with a mandatory parent meeting followed by tryouts in April for the following year.** See CTE Section for Program of Study options.

BELOW IS A SAMPLE OF INFO INCLUDED IN LAST YEARS' DIGITAL APPLICATION PACKET

Little Elm Sports Medicine Department (LESMD)

Athletic Training:

The Athletic Trainer has become an integral part of the athletic program and is now considered a necessity rather than a luxury. Today's Athletic Trainer is a highly educated and skilled professional possessing a thorough knowledge of anatomy, physiology, kinesiology, preventative medicine, taping and bracing, exercise and conditioning, emergency medicine, rehabilitation, nutrition, and psychology.

Athletic Training Program:

Little Elm High School offers a unique athletic training education program wherein students will learn in a structured curriculum under the supervision of a licensed athletic trainer. The program is designed to provide participants with knowledge and skills pertaining to sports medicine.

Our Athletic Training Program offers students a co-ed environment in which they will have the opportunity to work with a variety of sports including football, volleyball, soccer, basketball, track, softball, baseball, and more. Students will gain hands-on

experience working with various sports and being responsible for the care, prevention, treatment, and rehabilitation of injuries. They will also have the opportunity to travel with their respective sports. Most students will be assigned to two sports during the school year.

Little Elm has a main Athletic Training Room located at the High School campus. We have a multipurpose facility, which operates *not only* for the rehabilitation, treatment, and evaluation of sports injuries, but *also* serves as a Classroom/Lab for hands-on learning & instruction.

ALL 1st year Student athletic trainers are required to take and complete *Sports Medicine 1*. Continuing student athletic trainers (Veterans) have the opportunity to take **Sports Medicine 2** once they've completed SM1. **These courses require prior approval from a staff athletic trainer before admittance into the class.** In addition to taking the Sports Medicine course, ***students will be assigned to a work group incorporating several 1st year & veteran student athletic trainers.*** These groups will rotate weekly **attending morning and afternoon duties** at the High School. It is for this reason that each student trainer must have reliable transportation available.

As a part of the LESMD, student athletic trainers are ***eligible for varsity letter jackets upon achieving the objectives as listed in the digital packet.*** The program has provided previous students the opportunity to focus on career goals and obtain scholarships to continue their education. While participation will undoubtedly benefit the student who wishes to pursue a health care career, there is no guarantee of a scholarship offer. University programs are very competitive, with scholarship funding subject to availability and other restrictions.

Admission Criteria:

There are four main areas that are considered when evaluating future candidates for the LESMD – Athletic Training Education Program.

- Academic achievement and scholastic citizenship
- Good moral character and a strong work ethic
- Evaluations/Tryouts with the athletic training staff & attending ALL meetings
- Genuine interest in Athletic Training or Sports Medicine as a career

To remain in good standing as a student athletic trainer, the student must do the following:

- **Follow policies & procedures** as outlined in digital handbook
- **Must have all required paperwork on file** with the LESMD
- **Remain eligible to participate** in all LESMD activities.
- **Be enrolled in Sports Medicine and/or Athletic Training Courses** (*AT course meets during athletics*)

Prospective Student Trainer's Initials: XXXXXXXX

Academic Guidelines: To participate in the LESMD – ATEP, student athletic trainers will have to meet UIL standards for academics. A grade of 70 or higher must be achieved in all classes during a 9 weeks grade report. If a student earns below 70 during any grading period, the student will be declared ineligible. A student who is ineligible remains as such until a grade of 70 or above is received in either a 3 week or 6 week progress report or 9 week grade report. **They will attend MANDATORY tutoring until they are eligible again. (Attending weekly tutorials will be required if making below an 80 in any class.)** Students found ineligible for any 2 grading periods may be removed, suspended or released from the program. ***Prospective Student Trainer's Initials: XXXXXXXX***

Sports Medicine 1 & 2 – Athletic Training Education:

All 1st year student athletic trainers are required to be in the Sports Medicine 1 class (currently offered 4th period). SM1 incorporates both a classroom & lab environment in order to promote group unity, including the dynamics of sports medicine's essential knowledge & skills. All 2nd, 3rd, & 4th year student trainers have the opportunity to enroll in the innovative Sports Medicine 2 course which includes the practical application of athletic training. Students will receive 1 State Elective Credit for the completion of EACH of these Full Year Courses. Students will be graded both on content, as well as, participation (which encompasses the lab, AM/PM duties, games, and practice coverage). **1st yr students may also be placed in a specific Athletic Training 1 period (during athletics) at the LESMD-ATEP Staff's discretion.**

Prospective Student Trainer's Initials: XXXXXXXX

Standards & Criteria for Student Athletic Trainers

The following is a list of minimum mandatory standards and criteria which student trainers **MUST** closely adhere to at all times. **There will be NO exceptions.**

Communication: COMMUNICATION IS VITAL! Students will inform the staff of all that goes on pertaining to athletic training room business (Athletic Treatments, Duties, Injury Information, Schedule Changes, etc). ***Prospective Student Trainer's Initials: XXXXXXXX***

Work Ethic: Responsibility and punctuality are a must. Tardies and absences will be considered a serious infraction, *unless excused prior to scheduled times*. **A student trainer must treat his/her internship as if it were a job.** As a STUDENT Athletic Trainer your overall ACADEMICS must come first. Arrangements can be made in the event a student trainer must attend tutoring or other academic requirements & is unable to attend a previously scheduled practice or game. **Be Aware that good time management and organization are a must to succeed in the program.**
Prospective Student Trainer's Initials: XXXXXXXX

Leadership: Student athletic trainers are encouraged to take initiative and leadership roles. Doing so portrays dependability and a true desire to be in the program. ***Prospective Student Trainer's Initials: XXXXXXXX***

Professionalism: At all times, **the student athletic trainer will represent Little Elm ISD with the utmost professionalism, respect, and behavior.** At no time will the student be disrespectful to another individual or poorly represent the school and its sports medicine department.

Professionalism & Social Media Sources: We hold students to high standards when involving themselves with Social Media sources like Twitter, Instagram, Snapchat, Tik Tok, Facebook, etc. **Cyber-bullying and slander of another student or staff member will NOT be tolerated and may result in dismissal from the Sports Medicine Program.** ***Prospective Student Trainer's Initials: XXXXXXXX***

Commitment: Student athletic trainers will be making a commitment to a program. It is understood that other classes are being taken and students may have jobs or other extra-curricular activities. But, as the student has made a commitment to this program and this program has made a commitment to you – it is expected that all outside schedule conflicts be discussed with a staff athletic trainer.
Prospective Student Trainer's Initials: XXXXXXXX

Letter Policy: Students may letter as a student athletic trainer. They will not letter as part of a sport, but instead as part of the Sports Medicine Team. Criteria for lettering: a student must **remain in good standing as a SAT for a complete school year** – this includes following all guidelines of the Sports Medicine Dept. (expectations, policies, procedures and regulations specifically addressed in this packet), Little Elm Athletic Code of Conduct, maintaining grades (attending tutorials when grade drops below an 80) and working two sports during that year.
All decisions on lettering fall upon the staff athletic trainers.
Prospective Student Trainer's Initials: XXXXXXXX