

Athletic Training

Athletic Training is an advanced class where the students are incorporating knowledge that they learned in Injury Care and Prevention and applying these skills to the application of prevention and treatment of athletic injuries. Students enrolled in this class are held to very high expectations both academically and through their proficiency of knowledge of basic athletic training skills. Students that wish to become student athletic trainers (SAT) are required to stay after school working with the sports that are in season a minimum of three days per week throughout the entire school year.

Reminder

Some sports do practice late into the evening and can require you to be at the school for an extended period of time. For example, during football season students can be at the school until 9 PM for some practices or even later on game nights. Basketball is another sport which can be very time intensive with up to 2-3 games a week and not finishing until 9 PM. It is the student's responsibility to coordinate their time in the athletic training room with their parents, and to let their parents be aware of where they are at all times.

If you are interested in becoming an SAT, please take the required prerequisite, HE91 Injury Care and Prevention. After passing this class successfully, see a counselor to receive more information regarding athletic training and an application.