

EAST CENTRAL HIGH SCHOOL ATHLETIC TRAINING PROGRAM

Dear Prospective Athletic Training Students and Parents,

Thank you for your interest in the Athletic Training Program at East Central High School. The program consists of approximately 20 athletic training students who work with over 900 male & female student-athletes in 20 different sports. The primary responsibility of the athletic training staff is the care, prevention, treatment, & rehabilitation of athletic related injuries. Involvement with the East Central Athletic Training Program 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 the program. These students play a vital role in the success of East Central High School Athletics. Athletic training students should develop responsibility, self-confidence, and a desire to develop their talents in the field of athletic training. The commitment includes academic excellence. Often, the students who excel academically succeed as athletic training students. Student grades and citizenship are monitored every three weeks.

The athletic training student 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. Athletic training students can earn class credit, a letter jacket, and other rewards for their commitment and dedication to East Central Athletics.

If you are interested in the athletic training program at East Central High School, please complete the application and return it to the athletic trainers by **Friday, April 25, 2025**. Tryouts will be during spring football practice. Thank you for your interest and we look forward to seeing you soon.

Sincerely,

Derek Dixon; LAT
Head Athletic Trainer
(210) 634-7100 x2154
derek.dixon@ecisd.net

Tannah Salinas; MAT, LAT, ATC
Assistant Athletic Trainer
(210) 634-7100 x2122
tannah.salinas@ecisd.net

FREQUENTLY ASKED QUESTIONS

What is Athletic Training?

- Athletic Training is the care, prevention, treatment, and rehabilitation of athletic related injuries.

What are the duties of athletic training students?

- Assist staff athletic trainers at East Central HS.
- Set up fields/courts for practices and games. This includes taping, preparing water, and ensuring that all applicable equipment is at the appropriate site.
- Perform minor first aid and treatment as prescribed by the staff athletic trainers.

Will I receive academic credit as an athletic training student?

- Athletic training students will be enrolled in Principles of Exercise Science & Sports Medicine and Medical Terminology during their first year then follow a progression of classes as laid out in the EC curriculum (Kinesiology I year two, Kinesiology II year three and Work-based Learning in Sports Medicine year four).
- Athletic training students will also receive their PE credit during their time in the program.

Will I be graded?

- There are no grades assigned for the clinical aspect of the program until the students are seniors. However, students who participate in clinicals typically excel academically and succeed when they are graded for the clinical aspect. When they are seniors, they will be enrolled in a work-based practicum course which will be graded.

What will I learn during my time in the athletic training program?

- Athletic training students learn skills such as basic first aid, AED use, taping, bandaging, medical terminology, anatomy, and CPR.
- They will also develop communication, time management & organizational skills.

Will I be required to stay after school?

- During your required sport season, you will be assigned after school hours. If your sport is not in season there will be days that you will need to stay after school to assist in the athletic training center with treatments and cleanup.
- Some events require staffing on Saturdays and school holidays.
- Evening hours are required for game coverage.
- Students will be required to work some days before school starts in August to cover football, volleyball, and cross-country practices.

What sports/events are covered by athletic training students?

- Fall sports – Volleyball, Cross Country, Football (August – November)
- Winter sports – Basketball, Powerlifting, & Soccer (October – March)
- Spring Sports – Baseball, Softball, Track (January – May)

***All athletic training students will work football and 1 other sport**

Can I do this in college?

- Yes. Many colleges have athletic training programs where you can earn a degree in Athletic Training.
- You currently must complete a Master's level degree to sit for the national certification exam.
- Some college students receive scholarship money and have the opportunity for work study programs.
- The athletic training program can also lead to other avenues of medicine such as; physical therapy, occupational therapy, physician assistant, or even medical school if so desired.

What qualities do you look for in a prospective athletic training student?

- Strong academics
- Exceptional attendance
- Self-discipline
- Desire to help others
- Responsibility
- Total commitment to the program
- Positive attitude

Parental Concerns

Who will supervise my child?

- The staff athletic trainers will be at all home events, practices, and varsity football games.
- East Central HS coaches will supervise students on road trips when the staff athletic trainers are not traveling.

Are all events held at East Central High School?

- All home events will be held at ECHS.
- Transportation to and from away events will be provided by ECISD.
- Transportation to and from ECHS is the responsibility of the athletic training student and his/her parent/guardian.

What are the costs involved?

- The student will be required to have a pair of black pants, a pair of khaki pants, a pair of black shorts, and a pair of khaki shorts.
- The student must also have practice shorts (black, white, gray, yellow).
- Shirts for practices and games will be provided. Some winter clothing and rainy day clothing will be provided.
- The student should always be prepared for cold and/or rainy weather as we will practice outdoors as long as it is not a danger to the students.
- Athletic training students should also have a good pair of athletic shoes for practices and games. Sandals, flip flops, heels, boots, and open toed shoes are not allowed.

EAST CENTRAL HIGH SCHOOL
ATHLETIC TRAINING STUDENT APPLICATION
FOR THE STUDENT APPLICANT TO FILL OUT

Name: _____ EC ID #: _____

Current Grade: _____ GPA: _____ Age: _____ Date of Birth: _____ Sex: M ☐ F ☐

Address: _____ City: _____ Zip: _____

Home Phone: _____ Email: _____

Parent's Name: _____ Parent's Phone: _____

Shirt Size (Adult): _____

How did you hear about the EC Athletic Training Program? _____

Ever receive a D or F in any class? Yes ☐ No ☐ If "Yes" please explain: _____

Have you ever been given an Alternative School assignment, suspension, or other disciplinary action? Yes ☐ No ☐

If "Yes" please explain _____

Are you involved in any other campus activities/organizations? _____

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 fill out the following on a scale from 1(lowest) to 5(highest)

-Rate your son's/daughter's:	work ethic	1	2	3	4	5
	responsibility level	1	2	3	4	5
	commitment to projects started	1	2	3	4	5
	respect of authority figures	1	2	3	4	5
	ability to handle criticism	1	2	3	4	5
	ability to get along with others	1	2	3	4	5

IMPORTANT NOTES

-Your son/daughter if accepted will be required to follow an athletic training dress code (excessively long nails, etc. are prohibited for health reasons).

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

-Your son/daughter if accepted will be required to work some Saturdays and school holidays during the year.

If there are any questions, please contact a staff Athletic Trainer at the following numbers:

Derek Dixon; LAT Tannah Salinas; MAT,LAT,ATC
Head Athletic Trainer Assistant Athletic Trainer
(210) 634-7100 x2154 (210) 634-7100 x2122

Date

Applicant Signature

Date

Parent Signature

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Applicant Signature

I have discussed the responsibilities of being a Student Athletic Trainer at East Central High School with my child. I understand the obligations and responsibilities of the position and give my permission to apply.

Date _____

Please give the names and signatures of three (3) teachers, coaches, or administrators from East Central ISD who recommend you for the athletic training program.

1) **Name:** _____

Position: _____

Signature: _____

2) **Name:** _____

Position: _____

Signature: _____

3) **Name:** _____

Position: _____

Signature: _____