

# **Lovejoy High School Sports Medicine**



## **Student Athletic Trainer Program**

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# **I**

## **Who are Athletic Trainers**

Athletic Training is an allied health profession. Athletic Trainers are licensed by the State of Texas to prevent, assess, provide limited emergency care, treat, and rehabilitate athletic injuries and illnesses. Licensed Athletic Trainers (LATs) work in many different professional settings such as high school sports, college sports, professional sports, NASCAR, rodeo, dance, theater, and the US Military.

Most LATs that come out of college become nationally certified by the National Athletic Trainers Association Board of Certification (NATABOC). These Certified Athletic Trainers (ATCs) can practice anywhere in the country.

# **II**

## **Student Athletic Trainer Overview**

Being a part of the student athletic training program is demanding, but very rewarding. We strive to be like a family because we spend so much time together. The Lovejoy Student Athletic Trainers (SATs) are motivated, hard working, patient, kind, like sports, and like to have fun. We are dedicated to the missions and Visions of the Lovejoy Athletic Department. SATs must be self motivated, punctual, and responsible. We work difficult hours, and the SAT must be able to maintain passing grades in all classes.

# **III**

## **Standards**

1. Be Truthful.
2. Maintain good standing as a student
3. Work all assigned events.
4. Wear the appropriate uniform.
5. Maintain, organize, and clean the athletic training room.

## IV Uniforms

Each SAT is required to wear appropriate clothing to practices and games. Game day uniforms will be voted on each week. Lovejoy Student Athletic Trainers may be required to purchase uniform items. The SAT will know the cost of required items before they are ordered.

### All Practices

Lovejoy Top

School appropriate shorts, pants, or leggings

-Leggings may only be worn with bottom covered by shirt

Close-toed Athletic Shoes

### Varsity FB Games

Lovejoy Sports medicine Polo (Varsity FB) - provided by SAT program

Lovejoy Sports Medicine Shirts - Provided by SAT

Black and/or Gray khaki shorts or golf/tennis skirt (football)

School appropriate pants or shorts.

Closed-toed Athletic Shoes

### Sub-Varsity FB games and Outdoor Second Sports

Lovejoy shirt

School colored pants/shorts

-Red, Gray, Black, White

Dress appropriately for the weather

### Indoor Second Sports

Professional Clothing

No pants with holes, no leggings

\*\* All gear provided by the SAT program must be returned at the end of the year. The cost of any item not returned at the end of the year will be charged to the student.

- Polos \$75 each

- Tshirts \$25 each

## **V**

### **Confidentiality**

The Athletic Training Room is a healthcare facility. It is extremely important to maintain the confidentiality of our injured athletes. The SAT will not discuss specific athlete injuries with other students, coaches, parents, members of the community, or the media. Any inquiries should be directed to the staff ATs.

## **VI**

### **Grades**

Grades are paramount in the Lovejoy Sports Medicine program. Grades will be checked every 3 weeks by the athletic trainers, starting the 5th week of school. Any SAT with grades below a 70 will require tutoring in accordance with LISD Athletic Academic Policy.

- First offense is probation (tutoring)
- Second concurrent offense will result in removal from SAT program
- Consequences for second (non-concurrent) offenses will be at the discretion of Coach Sarah and Coach Andrew

## **VII**

### **Football Procedures/Rules**

1. Sophomores and older can work Varsity FB games. All first year SATs (regardless of grade) are only eligible for JV/Freshman FB.
  - a. This helps to teach these students taping, roles on the FB fields, etc
2. Only groups of two at practices AND games. Otherwise, you should be spread out
3. Leaving early (unless previously discussed with ATC's) will not count as a practice
4. Students should plan to work 2- 3 practices/events every week in order to be eligible for FB games

- a. Students will be divided into 2 teams, Red and Black. Red works on “A” days and Black works on “B” days. Practice is generally in the morning from 6:50 am until 9am
5. NO CELL PHONES out during practices/games.
  - a. They can be on you in case of emergency, but can not be out and in use
6. You have to tell us at least 2 weeks in advance of a game/event if you will be missing for any reason besides an emergency
  - a. This includes vacations, family get togethers, you not wanting to work for a special game, etc
  - b. Emergencies would include: Injuries or death/illness in the family
7. Everyone will be assigned a chore in the ATR each week. If chore is not done at some point throughout the week, the student will be required to work an extra practice the next week.
8. SATs may NOT date student athletes of sports the SAT is assigned to.

## **Second Sport Rules**

1. All students will be required to work a second sport (unless otherwise discussed with Sports Med Staff)
  - a. All practices for second sports will need to be covered from start to finish by one or more of that sports’ SATs EACH WEEK.
    - i. If more than 5 practices throughout the season are not covered, those SATs will not be eligible for Varsity FB the next year
2. If numbers allow, freshmen will not be assigned a specific second sport. They will spend freshman year floating amongst all sports in order to determine which sport(s) they would prefer to be assigned in the future years.
3. Everyone will be assigned a chore in the ATR each week. If chore is not done at some point throughout the week, the student will be required to work an extra practice the next week.
4. NO CELL PHONES out during games.

## IX

### Fall Student Trainer Grades

Below is an outline of how you will be scored this fall in regards to student training and point values associated with the tasks. There will be other random assignments sprinkled throughout but this is JUST for the student trainer piece.

By the end of FB season you will need to earn 870 points. This is accomplished doing the required 3 practices and 1 game every week throughout the season

- Attend 2-3 practices - 30 pts
- Attend assigned game - 30 pts
- Attend 1 of 2 XC meets - 30 pts -

You will have the ability to earn bonus points that can be used for classroom assignments, taping tests, training room jobs, and missed games. They CANNOT be used for missed practices. Below are examples of ways to earn bonus points

- Attending freshman practices after school - 5pts
- Work middle school FB games (Tuesday nights) -15pts
- Saturday treatments - 2pts

Week	Practice	Game	Total	Extra points earned	Extra Points Saved
Week 1 (8/7-8/12)	30	0	30/30	5	5
Week 2 (8/14 - 8/18)	30	30	60/60	15	20
Week 3 (8/21-8/26) ) Option 1	30	0	30/60	5	25
Week 3 (8/21-8/26) ) Option 2	30	0	55/60	5	0

## **2nd Sport Scoring Guide**

Below is an outline of how you will be scored this fall in regards to student training and point values associated with the tasks. There will be other random assignments sprinkled throughout but this is JUST for the student trainer piece.

Each month you will need to obtain 80 points. This is accomplished by attending 8 team events each month. Examples of events include practices and games. Additional events over your required 8 will result in you earning bonus points. If there is an event that goes uncovered and we have to find a replacement from a different team, all members of the team will be docked 8 points. Points can be earned back by working extra events outside your 8 required events. Extra events will earn 3 points per event.



## Point Break Down

- 10 points per event
- 80 total points per month
- 3 points for extra events in your sport
- -8 points per missed event
- 20 points if you attend a whole tournament - 7 per day

## Total Points Needed

Sport	Total Points
Boys/Girls Basketball	320
Boys/Girls Soccer	320
Baseball/Softball	320

You will also be required to work 2 track meets in the spring. Dates still to be determined but you will work one meet in February or March and then the district track meet in April. Each of those will be 25 points each

## Bonus Points

You may earn bonus points by doing the following...

- Covering practice for another team who cannot have any members attend - 5 pts
- Covering a game for another team who cannot have any members attend - 10pts
- Working a wrestling match - 10pts
- Working a wrestling tournament - 20pts

## **Social Networking**

Tools such as Snapchat, Twitter, Facebook and Instagram are very useful. They can, however, be detrimental to what you want to achieve in life. Employers and colleges check your personal social networking accounts to see what kind of person you are. People have lost college admission, scholarships, and jobs because of what they have posted on-line.

### **Be Careful!!**

You represent Lovejoy Sports Medicine. Anything you post reflects on the program. Keep all comments appropriate. You should not be ashamed if your parents were to read what you posted.

## **Consequences**

Consequences will come in the form of suspension, demotion, and dismissal. Each rules infraction will be evaluated on a case by case basis and the appropriate consequence will be determined based on what **is best for the entire program**.

## **Contact Information**

**Andrew Smith, MS, LAT, ATC**  
[andrew\\_smith@lovejoyisd.net](mailto:andrew_smith@lovejoyisd.net)  
779-875-3618

**TBD AT**

## **XII**

### **Agreement Statement**

**I (print name) \_\_\_\_\_ agree to abide by all rules and policies of the Lovejoy Sports Medicine Program. I understand that failure to comply with any policy will result in disciplinary action that may include dismissal from the program.**

**Student Signature: \_\_\_\_\_**

**Date: \_\_\_\_\_**

**Parent/Guardian Signature: \_\_\_\_\_**

**Date: \_\_\_\_\_**