

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 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. Work all assigned events.
3. Wear the appropriate uniform.
4. 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 legging
 - 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
 - Black/Red
- Black and/or Gray khaki pants (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

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.

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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

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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 discussed with Andrew/Sarah) will not count as a practice
4. 3 practices/events required in order to be eligible for FB games
 - a. Tutoring is not an acceptable reason to leave practice, you are to schedule tutor sessions in your open days of practice.

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. Students will not be allowed to just “hang out” at practices. If you are at a practice, you are there to work.
7. 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
8. 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.
9. 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 Andrew/Sarah)
 - 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.
 - a. They can be on you in case of emergency, but can not be out and in use

IX

Social Networking

Tools such as 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.

X

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**.

XI

Contact Information

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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/Gauradian Signature: _____

Date: _____