



# Alvin High School Athletic Training

So you want to be an Alvin High School Student Athletic Trainer? Do you think you have what it takes? Student Athletic Trainers are important to the athletic programs here at Alvin High School. Athletic Trainers work with all athletes to help with the prevention of injuries, first aid, and rehabilitation of injuries and emergency management of injuries. As a student athletic trainer you will receive first-hand experience working alongside the staff athletic trainers as we take care of the AHS athletes. This is a great opportunity to learn basic medical knowledge, anatomy, first aid and taping skills. All of this takes place in a positive environment where we work hard, but also have FUN!

If you're reading this letter you have the application packet in front of you. The first step is to complete the general information page. Second, we would like you to tell us a little about yourself and why you want to join our program. Lastly, you need to submit recommendations from all current teachers that can give us an idea of your character. Recommendation forms will be emailed to all teachers via Google forms for them to fill out. Remember, all completed applications must be turned into the AHS Athletic Training Room by **Monday, March 4, 2024.**

After all the applications are received and reviewed we will contact you and your parents, to notify you of your acceptance into the program. If accepted into the program, there will be an informational meeting for you and your parents in May.

If you have any questions please do not hesitate to ask Mr. Garza, Mr. Blevins, Ms. Amber or Ms. Lee or one of the current AHS student athletic trainers. Good Luck! We hope you'll be a part of the team next year!

**Ernest Garza MBA, LAT**

Head Athletic Trainer

Office: 281-245-2572

egarza@alvinisd.net

**Rory Blevins MAT, LAT, ATC**

Assistant Athletic Trainer

Office: 281-245-2623

rblevins@alvinisd.net

**Shelby Lee MS, LAT, ATC**

Assistant Athletic Trainer

Office: 281-245-2623

sxlee@alvinisd.net

**Amber Fragoso M.E.d, LAT, ATC**

Outreach Athletic Trainer

Office: 281-245-2623

amfragoso@alvinisd.net

Student Name: \_\_\_\_\_



# Alvin High School Athletic Training

Name: \_\_\_\_\_ Date: \_\_\_\_\_

Address: \_\_\_\_\_

City: \_\_\_\_\_ Zip: \_\_\_\_\_ Home Phone Number: \_\_\_\_\_

Birthday: \_\_\_\_\_ Age: \_\_\_\_\_ Grade: \_\_\_\_\_

Average Class Grade (A,B,C): \_\_\_\_\_ Have you ever failed a class? (circle one) yes/no

Favorite Subject: \_\_\_\_\_

Favorite Sport: \_\_\_\_\_

Career Interests:

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Hobbies

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What other high school activities will you participate in next year?

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Student Name: \_\_\_\_\_

Other experiences/activities/awards/honors that you would like to tell us about:

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Parents' Name(s): \_\_\_\_\_

Parents' Phone Numbers: \_\_\_\_\_

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**Application is due Monday, March 4, 2024.**

Student Name: \_\_\_\_\_



# Alvin High School

## Athletic Training

### STUDENTS AND PARENTS

The Student Athletic Trainer is a very valuable, respected and much needed resource in the Athletic Department. They work in direct contact with all athletes, male and female, under the supervision of the Staff Athletic Trainers in the prevention, evaluation, care and rehabilitation of all athletic related injuries. Student Athletic Trainers begin their season a few days before any of the athletes by preparing and practicing skills that will be needed the very first day of practice. All AHS Student Athletic Trainers are needed to help out during the hectic fall season, with the opportunity of earning a spot working on the sidelines Friday nights. In addition to football and volleyball, students will be asked to work with an additional sport for the extent of that sport's season-- providing care to those athletes during practices as well as home and away games.

Since Student Athletic Training is considered an extracurricular activity, those participating in the program must meet the same eligibility requirements as any other sport/activity. Grades are checked in the same manner and ineligibility determined in the same way, according to UIL guidelines. We expect a lot from our Student Athletic Trainers. Academically, A's and B's should be the norm not the exception. Any Student Athletic Trainer who fails to maintain eligibility may be dismissed from the program at the discretion of the Staff Athletic Trainers. School Always Comes First!

A Student Athletic Trainer must be dependable, trustworthy, dedicated, responsible, prompt, hard-working, personable as well as conscientious. Student Athletic Trainers are eligible to earn a letter jacket after successfully completing two full sports seasons. Athletic Training also counts towards the required P.E. credit.

Participating as a Student Athletic Trainer requires a large time commitment. Student Athletic Trainers usually put in more hours than the athletes as they arrive early and leave late. A typical Student Athletic Trainer's week will consist of 3-4 days of after

Student Name: \_\_\_\_\_

school practice until approximately 6:30pm, games (either home or away) two nights of the week, sometimes returning to school rather late, and occasionally a Saturday tournament.

We like for both parents and students to be aware of the commitment involved before pursuing a position in the Student Athletic Trainer Program. Parents, you are encouraged to stay abreast of your child's participation in the Athletic Training Program by joining our social media app, SportsYou. We would like to thank you in advance for your families commitment to the Student Athletic Training program at Alvin High School. We couldn't do it without you.

I have read, understood and accepted the requirements for becoming a Student Athletic Trainer.

Student Signature \_\_\_\_\_

I have read, understood and hereby grant my permission for my child to participate in the Student Athletic Trainer program.

Parent Signature \_\_\_\_\_

**Application is due Monday, March 4, 2024.**





Student Name: \_\_\_\_\_



# Alvin High School Athletic Training

## Current Schedule/Teacher Name for Recommendations

Class	Teacher Name
1. _____	_____
2. _____	_____
3. _____	_____
4. _____	_____
5. _____	_____
6. _____	_____
7. _____	_____

Application is due March 4, 2024.