

# **Athletic Training Room Hours**

## **A Day**

### **Indoor:**

7:15 AM - 10:30 AM  
12:15 PM - 5:30 PM  
(or until last sport has ended)

### **Gym:**

12 PM - 5:30 PM  
(or until last sport has ended)

## **B Day**

### **Indoor:**

7:15 AM - 10:30 AM  
1:45 PM - 5:30 PM  
(or until last sport has ended)

### **Gym:**

12 PM - 5:30 PM  
(or until last sport has ended)

Please be advised that we may have to make adjustments as needed to athletic training hours depending on coverage for in-season sports, especially in-season sports during a game day. I will make every effort to inform you if the training room will close early due to home/away event coverage so please check your email.

If you need assistance during these hours and cannot locate us in the athletic training room, please contact us at the numbers listed below.

Ainsley Sumpter  
Athletic Trainer  
479-286-9695 / 972-849-9959  
[asumpter@bentonvillek12.org](mailto:asumpter@bentonvillek12.org)

Rachael Wood  
Athletic Trainer  
479-286-9695 / 479-216-4459  
[rachaelwood@bentonvillek12.org](mailto:rachaelwood@bentonvillek12.org)

Will Hanna  
Athletic Trainer  
479-286-9678 / 479-857-9218  
[williamhanna@bentonvillek12.org](mailto:williamhanna@bentonvillek12.org)

# **Athletic Training Room Rules**

1. All athletes receiving treatment must sign in.
2. Athletes must be properly clothed in the ATR. No shirt, no pants, no service.
3. No swearing, offensive language, lounging, or loitering allowed in the ATR.
4. If you make a mess, please clean up after yourself.
5. Athletes must respect and be courteous to one another as well as members of the sports medicine program (students and staff).
6. Athletes are not permitted to treat themselves using modalities or dictate their own treatment. All treatments are made at the discretion of the certified athletic trainer.
7. Please do not take anything from the athletic training room without permission of the certified athletic trainer.
8. All equipment (boots, crutches, braces, etc) must be returned once they are no longer needed.
9. Any athlete found not following these rules will be asked to leave.