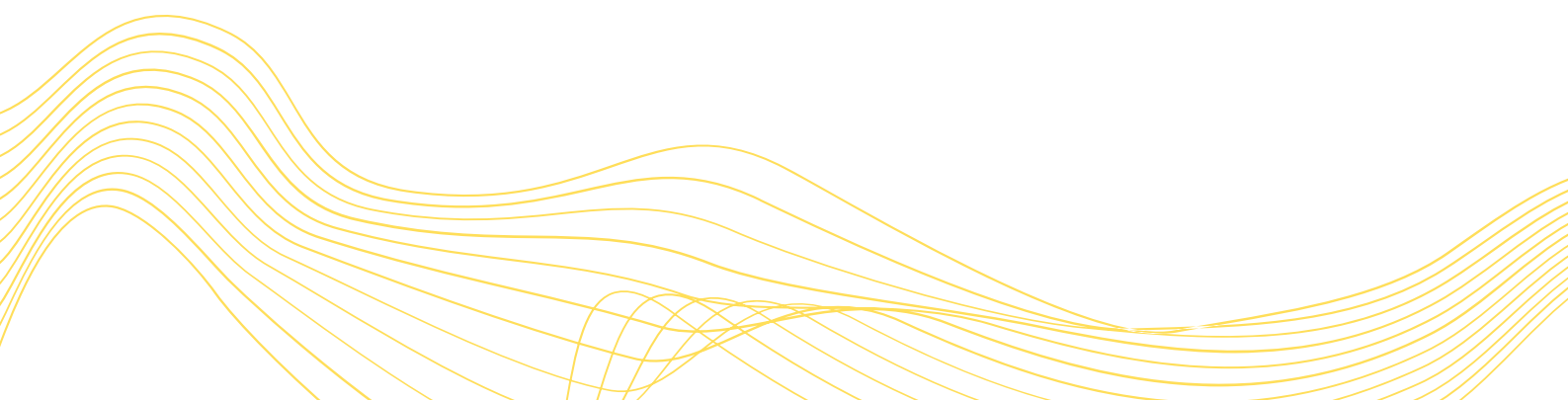




MARSHALL ATHLETIC TRAINING

STUDENT ATHLETIC TRAINER HANDBOOK





Welcome to the TMHS Athletic Training/Sports Medicine Program. The hope is that your experience is informative, exciting, and enjoyable. The information to follow is to assist you in your journey as a BUFF SAT. The duties, responsibilities and expectations will be spoken of in this synopsis.

What is an Athletic Trainer?

Athletic Trainers (ATs) are health care professionals who collaborate with physicians. The services provided by ATs comprise prevention, emergency care, clinical diagnosis, therapeutic intervention, and rehabilitation of athletic injuries and illnesses.

What to expect?

Athletic Training is an exciting field of study but it is also one that requires a very serious commitment. Being a part of this program will require hard work, long hours, and mental challenges but it is our job to provide medical coverage to the student athletes of Marshall High School.

Why should you join?

As a Student Athletic Trainer it can feel at times that all of your hard work goes unnoticed but it is OUR job to make sure you feel appreciated and encouraged to learn prevention, evaluation, treatment, and rehabilitation of sport related injuries in a safe and fun environment that facilitates your growth as students, future healthcare professionals, and people.



GENERAL EXPECTATIONS

- Ability to Work with Various Personalities
 - SATs must be willing to accept differences among persons and still complete tasks
- Accept Critiquing
 - SATs must be willing to accept positive correction from others [Athletic Trainers; Coaches; Peers; Others]
- Dedication
 - SATs must be willing to give as much time and effort as available to them to properly serve their athletic community. Unlike most sports teams we do not have an off season which means joining this group is a huge responsibility. We do not want to monopolize your lives but it is important to remember that this is an obligation you are committing yourself to and your leaders and peers need to be able to count on you.
- Follow Directives and Instructions
 - SATs must be willing to accept being both ASKED and TOLD what to do, specifically in emergent situations.
- Honesty
 - SATs must be willing to be truthful to SELF and OTHERS concerning affairs related to athletic training, athletics, and school matters.
- Learn
 - SATs must be willing to RECEIVE information and properly APPLY such information such as all skills that are taught (taping, wrapping, first aid, CPR). This is a large part of being in this program. We will compete against hundreds of other high schools in the spring and it requires a little extra effort to absorb all the knowledge we will need to be successful.
- Committed
 - SATs must be willing to keep grades within UIL guidelines to remain eligible to attend practice and work games. They must also know that we work year round but we do our best to make it fun!
- Positivity
 - SATs must be willing to come to practice/games with a good attitude and set the standard among your peers. Sometimes its hot, sometimes its raining but no matter what we have to show up!
- Above all Else
 - Always represent Thurgood Marshall High School and most importantly yourself in a respectable manner. Your behavior will always be a direct reflection of you but also me as your leader, people will know you're a student athletic trainer and they will expect you to rise above.



GENERAL RESPONSIBILITIES

- Residency
 - SATs MUST maintain eligibility with regards to residential guidelines of FBISD. SAT should/shall NOT be in violation of residency guidelines.
- Academics
 - SATs MUST be academically eligible to participate in athletic activities. Maintaining Eligibility is a MUST! ALL Student Athletic Trainers must maintain the UIL's Minimum Eligibility Requirements of a 70% for each eligibility period. Following UIL and FBISD Eligibility policy, student athletic trainers who fail to meet the above requirements are not allowed to participate in UIL competitions until regaining eligibility.
- Attendance
 - SATs must be present in class as well as for scheduled practice/game day assignments, unless communicated otherwise. Constant tardiness, skipping classes, and or ISS/detention will not be tolerated. If this becomes an issue it will result in disciplinary action.
- Abide by the Standards and Rules
 - The SAT shall adhere to ALL rules and regulations set forth in the policies of the school, district and state.
- Work with ALL Sports
 - The SAT shall work sports as assigned. I know everyone wants to work the fun sports but everyone has to pay their dues.
- Time
 - The SAT must be prompt and available to work after school starting at 3:05pm in most cases; if there are tutorials arrive DRESSED by 4:10pm. After practice be prepared to stay at least 15 minutes after to finish cleaning and attending to any injuries sustained during practice



COMMUNICATION

- SATs will sign up for Sports You to receive important information about practices, events, schedules, etc. Parents are encouraged to sign up for Sports You as well.
- As a SAT you will keep a very busy schedule. We have practices and games weekly and communication will be paramount. Because you are a student first, we are very understanding that conflicts will arise. But it is expected of you to provide a written excuse/explanation as to why you are missing your assigned event, as well as finding coverage from a fellow SAT, and communicating to the licensed athletic trainers at least 24 hours in advance.
- Having a job is welcomed but please be prepared to coordinate schedules appropriately. Each student athletic trainer will be assigned 2 practice days, and at least 1 game day each week. This could be a sub-varsity or a varsity game, in some cases it will be both. As previously stated, as an SAT you will be required to attend all practices and games of your assigned sport , unless otherwise instructed.
- - It is the SATs responsibility to let an Athletic Trainer know of dates he/she cannot cover a game or practice for any reason with at least on day notice. Failure to communicate in a professional or timely manner may result in disciplinary action.

LETTERMAN REQUIREMENTS

Students will qualify to receive a Athletic Training letterman patch when they meet all of the following requirements:

- 1 Full Season of Football
- 2 Volleyball Games
- 1 Full season of assigned Spring Sport
- These items will have to be completed in succession and the student must be In good standing with Athletic Training program without disciplinary issue



DRESS CODE

- All clothing should be the appropriate length and fit, free of holes/rips, and able to become dirty if necessary.
- **ABSOLUTELY NO TIGHTS, SPANDEX, JEANS, SLIDES, SANDALS, CROCS, etc. are appropriate at any time unless otherwise advised**
- As representatives of FBISD athletics we ask that hair colors be limited to natural shades and nail lengths be no longer than 3/4 of an inch from the base of the nail bed.
- Practices:
 - Any Sports Medicine t-shirt/school colored t-shirt, athletic shorts/pants, and tennis shoes
- Travel to games:
 - Any Sports Medicine t-shirt/school colored t-shirt, athletic shorts/pants, and tennis shoes.
- Indoor Sport games:
 - Any Sports Medicine t-shirt/school colored t-shirt, athletic shorts/pants, and tennis shoes.
- Outdoor Sport games:
 - Any Sports Medicine t-shirt/school colored t-shirt, athletic shorts/pants, and tennis shoes. Appropriate weather gear
- Sub varsity Football games:
 - Sports Medicine dri-fit shirt, grey/black shorts, tennis shoes.
- Varsity Football Games:
 - Sports Medicine t-shirt/polo and black khakli-like shorts/pants, tennis shoes



PRACTICE EXPECTATIONS

- Adhere to dress code
 - Tops
 - Yellow, grey, black, white t-shirt or jacket
 - Any Marshall shirt
 - Any Marshall sports medicine shirt
 - No tank tops, no crop tops, no shirts with inappropriate images/words
 - Bottoms
 - Appropriate length athletic shorts. NO NIKE TEMPO SHORTS
 - ABSOLUTELY NO TIGHTS, BIKER SHORTS, SPANDEX, JEANS, etc. are appropriate at any time unless otherwise advised
 - Shoes
 - Comfortable tennis shoes, any color is appropriate for practice
 - NO SLIDES, SANDALS, CROCS
 - Hair
 - Out of the way, hair tie, headband, hat/visor are appropriate if needed
 - NO BONNETS, DURAGS, OR HEADSCARVES
- Be on time, dressed and ready to work
- Find assigned group/coach
- Each student should have a 6 pack and stocked fanny pack
- NO EXCESSIVE TEXTING/TALKING ON THE PHONE DURING PRACTICE (PX).
- No sitting or lying down on the job

R101 EXPECTATIONS

- If you are in the period, BE ON TIME!
- Check Daily Duty sheet for assignments
- Assist staff ATs with rehab, treatments, taping
 - Document all services provided
 - DO NOT perform any treatments without consent/approval of staff AT
- Keep athletic training room (ATR) clean
 - The ATR is a healthcare facility and should be treated as such
- No supplies, equipment, or KEYS should leave the ATR without approval
- Come prepared to learn everyday
- Students extensions of the staff ATs and are therefore expected to keep all patient interactions, information, and treatments confidential. Violation of patient confidentiality & HIPAA laws WILL NOT BE TOLERATED



GAME DAY EXPECTATIONS

- Dress Code for Travel
 - Marshall sports medicine practice t-shirt
 - Marshall sports medicine practice shorts or loose pants
 - Tennis shoes
 - Crocs are okay on the bus & food stop ONLY
- Game Time Dress Code
 - Freshman & JV Football
 - Marshall Sports Medicine Polo or practice shirt, tucked in
 - Professional fit khaki or black shorts or pants
 - No leggings, jeggings, or jogger pants
 - Tennis Shoes
 - Varsity Football, Volleyball, Basketball, Soccer, Softball, Baseball, Track
 - Marshall Sports Medicine Polo, tucked in
 - Professional fit or black pants or khaki-like shorts
 - No leggings, jeggings, or jogger pants
 - Tennis Shoes
- All SATs will be required to cover two sports throughout the school year. Students are encouraged to voice their preference, but the Athletic Trainers and coach of each respective sport will have the final say. Assignments will be made and discussed with student athletic trainer prior to the start of each sport.
- Introduce yourself to your assigned coach at the beginning of the season
- Inform a staff Athletic Trainer of ALL injuries
- Report ON TIME for taping/treatments
- You are expected to travel with your team unless instructed to do otherwise
- Have a stocked kit and ice bags
- Water should be ready by the start of practice
- Check out, clean and return equipment properly
- Introduce yourself to the visiting athletic trainer and/or coach
- Position yourself where you are easily identified and accessible
- You MUST follow all the coach's rules when you are under their supervision
- Students must ride the bus to and from all away games



DISCIPLINE

As previously stated participation in this program comes with a high bar. ALL SATs are expected to represent themselves and the program in a positive light. They shall maintain a discipline record that does NOT reflect tardiness; insubordination; dress code violation; absenteeism (school or athletic training) or any form of disrespect to TMHS or other personnel. Any offense that does not align with these values will be documented. The accumulation of more than 10 level one offenses, 6 level two, or 3 level 3 will result in immediate removal from the program.

We use a tiered system for offenses:

Level 1 Offenses include but are not limited to the following:

- Notification from teacher or administrator of a problem in class
- Notification from coach with complaints or problem
- Being excessively late or leaving early from practices or games
- Being out of dress code during school or while involved in AT program duties
- Cell phone, headphone, or unauthorized use of electronics at practice or games
- “No call. No show” to any assigned game, practice, or AT event

Level 1 Consequences:

Staff athletic trainers will document and discuss offense with student. The staff athletic trainer and student will also discuss the effects of the offense on the AT program, and develop strategies to mitigate recurrence of the offense. Multiple Level 1 offenses may require a parent conference to discuss problem solving strategies and additional consequences.

Level 2 Offenses include but are not limited to the following:

- Inappropriate public displays of affection
- Vulgar, discriminatory, or otherwise disrespectful language, gestures, or social media posts
- Negative, demeaning, or insensitive comments regarding mental health and/or suicide
- Failure to meet UIL’s minimum eligibility requirements

Level 2 Consequences:

Staff athletic trainers will document and discuss offense and consequence with student, parent, and campus administration if necessary. The staff athletic trainer and student will also discuss the effects of the offense on the AT program, and develop strategies to mitigate recurrence of the offense.

Level 3 Offenses include but are not limited to the following:

- Possessing, using, buying, selling, hiding, or found under the influence illegal substances
- Found under the influence of alcohol or arrested for possession of alcohol, DWI, DUI
- Theft from school, athletic training room, or another person
- Consecutive failure to meet UIL's minimum eligibility requirements
- Fighting
- Bullying
- Breaking patient confidentiality
- Any discipline issue that requires DAEP
- Failure to abide by conditional acceptance contracts

Level 3 Consequences:

Staff athletic trainers will document offense, and have a meeting with administration, parent, and student regarding appropriate consequences. Behavior contract will be enforced should the student be allowed to continue in the Athletic Training program.

Upon removal from the athletic training program, all equipment and supplies must be returned to the athletic training room within 72 business hours. Failure to return equipment and supplies in good condition will result in school fines to replace missing or damaged items.

Students who quit or are removed from the Athletic Training program will not be allowed to rejoin the Athletic Training program for the following school year.



SCHEDULING DETAILS

As a SAT you are a part of something that can be tedious and require very long hours. The commitment endures through both semesters of the year, Saturdays and holidays.

Practice and game experiences include weekends and holidays. The Fall or First semester is usually the busiest time of the school year. Practices are scheduled Monday-Saturday; games are usually Tuesday or Friday, but games can be played Monday-Saturday for ALL sports. Scrimmages/tournaments/meets are scheduled at the discretion of the specific coach. Being a SAT, your presence may be required during Labor Day; Thanksgiving Break; Winter Break; Spring Break, etc.

Being a SAT is NOT an endeavor where YOU are the star; your work is background and the bulk of your praise and appreciation will come from the Certified/Licensed Athletic Trainers and coaches. Take pride in what you do as a staff member and let everything else take care of itself.

Thank you for your time and consideration. We look forward to working with you!

Athletic Trainers:

Nia LeBlanc


Kiana Leveston

Be in the RIGHT place, at the RIGHT time, with the RIGHT equipment, READY to concentrate!




CONTACT INFORMATION

Nia LeBlanc


 **Phone.**
— 281-634-6820

 **Email.**
— nia.leblanc@fortbendisd.com


 **Address.**
— 1220 Buffalo Run
Missouri City, TX 77489



Kiana Leveston

 **Phone.**
— 281-634-6630

 **Email.**
— cn_Kiana.Leveston@fortbendisd.com

 **Address.**
— 1220 Buffalo Run
Missouri City, TX 77489