



Princeton High School
Sports Medicine

Dear Parent and Prospective Student Athletic Trainer,

This letter is to introduce you to the Sports Medicine program at Princeton High School. Your student has shown interest in applying to our program and may be invited to an interview and our spring practices to try out as a Student Athletic Trainer. We hope that after reading this letter you will have a good understanding of what you and your student might expect from involvement in our program.

Sports medicine is a field of medicine concerned with the prevention and treatment of injuries related to participation in sport. Athletic trainers (ATs) are certified and licensed sports medicine professionals who work with physicians, physical therapists, chiropractors, and other health professionals. We currently have two staff athletic trainers at Princeton High School. We are responsible for the health and wellbeing of Princeton ISD athletes as well as the Sports Medicine program and courses. Student athletic trainers learn about sports medicine and perform athletic training duties under the supervision of our staff athletic trainers. Princeton Student Athletic Trainers have the privilege of being directly involved with Princeton athletics-a fun and gratifying experience!

Your student also has the opportunity to be enrolled in a Sports Medicine I course that will teach them about emergency care, anatomy, evaluation and rehabilitation techniques, taping, and much more! In addition, your student will be assigned to work with a sports team in two out of three of the sports seasons- the fall, winter, or spring. These may include football, volleyball, soccer, basketball, wrestling, baseball, softball, powerlifting or track. Lastly, your student will learn valuable life skills such as time management, leadership, teamwork, and responsibility.

This program is undoubtedly an amazing educational and social opportunity. However, it is also a huge commitment. Student athletic trainers are expected to attend early morning and after school treatments, practices, games, and other athletic events. Transportation to home events is the responsibility of the parent and/or student. Students will be given a schedule in order to plan ahead for their assigned events. In addition, students are expected to maintain a "B" average during all UIL grade checks. A motivated student in the classroom makes a motivated student athletic trainer!

If you have any questions regarding our program, please feel free to email or call a staff athletic trainer. Applications are due April 8th. We look forward to meeting you!

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