

Job Descriptions

**Descriptions of All On- and Off-Campus
Athletic Training Clinical Opportunities**

Springville High School Preceptor – Lisa Walker

Distance from BYU: 8 miles

Job Description

- Students will be responsible for paperwork . . . enter information on athletes, fill out soap notes, treatment logs, etc. . . . (completed on SportsWare program).
- Open athletic training room (get it ready for athletes to come in)
- Close athletic training room (clean up from the days activities)
- Attend practice and games (home and away)
- Perform athletic training room treatments before and or after practice or games

Expectations

- Be back for two-a-days (fall)
- Stay to the end (spring, if they did not do two-a-days)
- Be available for home and away contests
- Be available by 2PM each day
- End of day time will vary from day to day (no definite stop time)
- Dress appropriately
- Call or text me with scheduling issues (occasional problems that may arise)
- When here, pay attention to what is going on here . . . avoid social texting and cell phone use
- Bring your favorite textbook to refer to when injuries arise.
- I will expect you to treat all athletes and sports equally.

Perks of Interning at SHS

- Possible SHS apparel (depends on the coach)
- Little or NO weekend work
- In the high school we are not subject to the coaches demands
- We do NOT do water . . . we just make sure someone else does.
- Great way to learn how to think critically and how to be independent.
- You will be great with legal issues and liability knowledge.
- During wrestling season you can make a little bit of money with wrestling tests.
- SHS is very positive toward the Sports Medicine staff.
- Great coaches to work with.

Experiences/Exposure Unique to SHS

- I have been here for 17 years so the continuity of care and how things are done is tried and tested.
- I am open for new ideas and want BYU students to bring ideas. There is always room for improvement!
- You will learn about the NATA, RMATA and UATA organizations as you spend time here due to my leadership positions.

Pleasant Grove High School

Preceptor – Kristin Everett

Distance from BYU: 11 miles

Job Description

- Assist in preparing athletes for practices and games, including taping, treatments, injury evaluations, and rehab. Prepare supplies for the day – stock med kits, ensure that water and bottles have been filled.
- Attend practices/games.
- Treatment and rehab following as needed.
- Assist with basic maintenance of the training room – cleaning tables, floors, stocking drawers, etc.
- Homework allowed as long as it doesn't require your entire attention (you should still be able to keep an eye on the athletes...)

Expectations

- I've allotted Mondays for BYU AT students day off.
- I am pretty easy to schedule with (regarding evening classes and work schedules) but please know that I expect you to try and be here every day from 1–5:30, with the possibility of extended hours on game days.
- Coverage for practices and home games (with priority given to Varsity and high risk sports). The only team I consistently travel with is Varsity Football.

• Fall Semester

At the beginning of the year, we cover football, girl's soccer, girl's volleyball, girl's tennis and cross-country. I expect BYU ATS to be here for football 2-a-days, which usually start the first full week in August.

Game schedule: Tuesday/Thursday – volleyball and soccer games, Thursday – JV/soph football games, Friday – Varsity football games.

* Sports transition in November to boys and girls basketball and wrestling. Practice times are the basically the same, but games alternate Tu/Th and W/F for basketball with most wrestling matches on Wed. I also encourage students to become Assessors and help out with weight assessments for wrestlers (it's a great way to earn a few bucks!!)

• Winter (Spring) Semester

Students come to PGHS in the middle of basketball and wrestling season. (See * above). The state wrestling tournament happens in Feb. and I encourage my students to help out there as much as they can – it's a great opportunity to get a lot of hands on action!

Sports transition in March to boy's soccer, boy's baseball, girl's softball, boy's tennis and track and field. Games are spread out throughout the week.

Perks of interning at PGHS

- We have an AWESOME, brand new Athletic Training Room – one of the largest in the state for a high school.
- Great athletes and coaches!
- Always something new – you get to see multiple sports, different levels, and a ton of hands on application of what you learn in the classroom!

BYU Men's Volleyball

Preceptor – Blain Empey

Job Description

- **Hours/Days**
 - Fall Semester—11:00 to 4:00 M–F starting the second week of school and finishing the last day of class. Thanksgiving week is off.
 - Winter Semester—2:00 to 7:00 PM, M–Th (practice) starting the first day of school finishing the last day of class. AT students are invited to remain through the end of the season (first weekend in May); however, this is not required nor expected.
—4:00 to 10:00 PM, Friday/Saturday (games).
 - AT students cover prepractice every day; the senior student schedules a rotation of who leaves after practice begins.
 - AT students do not travel with this team.
 - AT students cover needs of athletes who do not travel by arranging a few hours of availability on days while the rest of the team is gone. They stay in the AT room under the supervision of another Preceptor.
- **Competition schedule**
 - Fall semester: The team will begin official off-season practices late October. This lasts four weeks through the first weekend of December (Thanksgiving week off). They host games/tournaments or travel each weekend during this time.
 - Winter semester: The team will compete at home or away every Friday and Saturday night. Occasionally, they will have a Thursday/Friday competition or compete midweek.
- **Responsibilities**
 - Senior students
 - ▲ Mentor first semester students in taping and modality pass-off (before they pass off to Preceptor).
 - ▲ Train and supervise first semester students in mundane responsibilities such as drink preparation and clean up.
 - ▲ Stock and maintain the practice kit.
 - ▲ Tape and provide treatment for athletes before and after practice, supervise athletes while doing established rehabilitation, accompany athletes to doc's office visits and report.
 - ▲ Attend practice with Preceptor as first responders.
 - ▲ Observe and perform evaluations and formulate treatment programs under Preceptor supervision.
 - ▲ Manage coverage schedules. (Students rotate days off to limit hours to 20 per week).
 - ▲ Manage records.
 - First semester students
 - ▲ Pass off taping and modality use within 2 weeks.
 - ▲ Manage mundane tasks (treatment logs, drink preparation, clean up).
 - ▲ Observe evaluations and treatments. Provide treatments under direct supervision.
 - ▲ Assist the senior student and Preceptor generally in all tasks.

Expectations

- AT students must learn athlete's names by the first week.
- AT students should have things prepared for practice early so they can assist/observe by the time the athletes arrive. They should keep watch for opportunities to learn and leave mundane tasks for later if those opportunities become available.
- AT students should plan on being in the AT room before practices every day. They will go out to practice to set up, and stick around until the coach makes announcements at the white board. They can then leave if it is their turn to have that day off.
- AT students can make themselves available to help with practices. This includes keeping score, shagging balls, and other non-athletic training responsibilities. I don't require this, but find that AT students who help out with these things find the athletes know them and trust them to a greater degree. Of course, medical needs take priority.
- Eating lunch, doing homework, using a cell phone, and those types of things are allowed when athletes don't need help. However, they should be done while sitting to the side and not in the front row. I want the athletes

to see that you are interested in them and in their practice.

- AT students should never argue with coaches or players. This includes questionable officiating calls.
- AT students dress more formally for competition. For men, this means shirt and tie. For women, nice slacks and blouse (check with any female staff AT at BYU for details).

Perks

- Unfortunately, men's volleyball does not have the same budget as football. There are usually no tangible perks such as clothing, training table, etc.

Experiences/Exposure Unique to Men's Volleyball

- Great competition with a low-profile team (compared to football and basketball) allows great student involvement without coaches having a 'staff only' mentality about students working with athletes.
- The Preceptor is a physical therapist and has experience and perhaps a different perspective with rehab. Students have predictable hours with at least half of all weekends off.
- Although lower profile, games are usually well attended and exciting.

BYU Men's Lacrosse

Preceptor – Amber Nelson

Job Description

- No commitment required before the first day of school
- Lacrosse practice runs from 7–9 am MWF. The athletic training room is open one half hour before and after
- Daily tape athletes and prepare to take water, injury ice, the AED
- Do treatments before and after practice
- Rehab and treatments are Tuesday and Thursday afternoon; typically 1–3:00 pm
- During the fall the team participates in a weekend tournament in Las Vegas to which a student is commonly ask to attend with the team
- Competition season is during Winter semester
- Home games are typically on Saturdays but the time of day varies

Expectations

- Students are invited and expected to travel with the team as much as possible
- The players are committed through mid-May and so will a student working with lacrosse during the winter semester

Perks

- Early morning practice freeing up the remainder of the day for school and work; time on afternoons on Tuesday and Thursday is limited
- Traveling experience
- High risk and equipment intensive sport with unique challenges
- Opportunity to be creative in rehabilitation and other aspects of athletic training

Experiences/Exposure Unique to Lacrosse

- A wide range of athletic injuries
- Opportunity to stretch your evaluation, rehab and problem solving skills
- Fall and winter semesters are essentially the same with the addition of more competitions during winter semester

American Fork High School Preceptor – Becky Bailey

Distance from BYU: 15 miles

Job Description

- ATS assigned to AFHS will be involved in taping and rehabilitation of injured athletes.
- They will have daily opportunities to evaluate injured athletes and suggest treatment for their injuries as well as contribute to necessary referrals to other medical professionals.
- Students will also be involved in the daily operations of the training room such as record keeping (paper and computer), cleaning and maintenance of equipment.
- Athletic Training Students assigned to AFHS are expected to—jump in and be willing to learn and have initiative.
- **Practice schedule: Training Room Hours:** 1:00–5:30 every day that there aren't games. At AFHS we have athletics periods 4th period each day so practices start at 1:00. A good portion of treatments and taping occurs between 1:00 and 2:00. Other teams will show up to get taped/treated when school gets out at 2:15. On Monday afternoons we have district wide collaboration time that runs from 1:30–2:30. As a result student will not need to be to AFHS until 2:30 on Mondays.
- **Games/matches:** Games/matches may run late (9:00 pm or later for football, volleyball, basketball and wrestling) and I can't always predict what time we will leave the athletic training room. The time spent after a game is valuable in assessing injuries, establishing whether or not a referral is needed, and providing treatment after the heat of a game. If there are serious injuries, sometimes a trip to the hospital after a game to check on an athlete is required. Students are encouraged to participate in this if such an injury has occurred. We have an excellent hospital here in American Fork with a staff that generally is willing to answer many questions. These experiences can be an invaluable teaching/learning opportunity.
 - Students will be given a packet of the game schedules of each sport as each season starts.
 - During the fall sports (August–November), medical care is provided for all levels of football and the varsity games of all other sports. In the winter (November–March) and spring (February–May), medical care for games will only be provided for the varsity teams. Daily practice coverage is provided for all teams.
- **Time off:** ATS are generally given one day off a week to keep them under their 20-hour limit and to give them personal and study time. If there are 2 students assigned to AFHS, they generally alternate another day off, every other week, to meet the hour guidelines and allow for one-on-one time with me. I value peer-to-peer learning opportunities but also need one-on-one time to work on individual goals and levels of the student.
- **Travel:** AFHS is in a new region this year with schools from the Salt Lake Area. In general, travel will only be to varsity football games. I drive to all football games and students will ride with me in my car. I also travel to all state tournament games.

Expectations

- **Initiative:** One of the great things about the high school setting is the variety of injuries that you will get to evaluate and treat each day. I expect students to have initiative and to look for opportunities to learn and to help out. If I am evaluating an injury, doing a tape job or a treatment that you are not familiar with, I expect you to be by my side watching what I'm doing and asking questions.
- You CANNOT be timid. The high school students will not trust you and they will wait in line for me to look at them if you don't have confidence in yourself. I do not expect you to know everything, but I do expect you to apply what you know and use it. I do not have the time to hold your hand and pamper you along. There is too much to do in this setting with too many athletes.
- **Two-a-days:** At AFHS our football, soccer and volleyball teams all run two-a-days. Soccer usually starts the last week of July and football and volleyball start the 1st or 2nd week of August. The start date differs from year to year so you will need to check with me to find out what the schedule will be that upcoming year.
 - You are expected to be at each session and be there the entire week. It is critical that you are there for 2-a-days, as it is a great time to start to get to know the athletes' names and personalities, which will aid you later in evaluations etc. At the end of the two-a-day week our football team always has a football scrimmage/dinner on Saturday night from 4:30–9:ish. You will be expected to be there too.
- **Goals:** I want all of the students that are assigned to AFHS to have goals for themselves. I want you to come to AFHS with specific things that you want to accomplish from that assignment.

- ***Studying while on assignment:*** I prefer that you not study while at your assignment. Each week you will be given one, if not two days off specifically for that purpose. I will try very hard not to waste your time and ask that when you are on assignment at AFHS, that you not use that time for studying. There is rarely down time at the high school and if there is, I feel that we can better use it by working on the goals that you have set for yourself and practicing taping or evaluative skills, etc. If you feel that your time is being wasted, then you need to talk to me about it and you need to evaluate whether you are using your initiative to find opportunities.
- ***Time off:*** If a student needs time off from their assignment, they must talk to me in advance and ask for that time off, not just —tell me what they're doing and what days they'll be gone. The athletic training rotations should be treated just like an internship, paid or unpaid, and taking time off without prior discussion or notice could negatively affect your grade (evaluations) and any recommendations I might make on your behalf. It is simply not professional.
- ***Clothing and Appearance:*** At AFHS, we abide by the standards of the Athletic Training Program. While on assignment you should wear either your athletic training shirts or any school provided apparel. I do allow jeans to be worn at AFHS as long as they are nice (no holes), modest (no low-riders) and functional (too tight etc.) I also want shirts to be tucked in so that when you need to bend over an athlete, there aren't any issues from the backside viewing.
- ***Cell phones:*** Don't let cell phones interfere with your assignment. An occasional phone call or text is fine but incessant texting should not occur.
- ***FUN!!!*** If we're not having fun then we need to change something. There isn't a day that goes by, as stressful as they can get, that there isn't something fun we can laugh about and enjoy. Get to know the athletes personally. Talk to them while they're icing or having a treatment. These are the moments you can't get back.

Perks

- ***Variety:*** There is not a day that goes by that there isn't something new to see or something new to do at the high school. In any given season there are at least 3 different sports (6 in the spring) that are going on. At AFHS you'll get the opportunity to work with many different sports.
- ***View:*** As odd as it may sound, we have a great view of the Mt. Timpanogos temple from our campus and it has a calming effect on almost everyone. Also, if you have a goal to get to the temple weekly/monthly it is nearby and you can go to a session right after your assignment.

Experiences/Exposure Unique to AFHS

- ***Team Physician:*** We are very lucky during football season to have Mike Callahan, a local orthopedist as our team physician. His partner, Dr. Paul Ritchie, also frequents our games and we are able to learn from their expertise. Dr. Callahan is trained in acupuncture and occasionally will treat our athletes with it for pain control and other ailments. We also have Dr. Dale Greenwood, a dentist, at those games as well.
- Large, fully equipped training room with various modalities and rehabilitation equipment. Modalities include: Solaris e-stim unit, ultrasound, light therapy, 3 whirlpools, hydrocollators, & cryotherapy
- State Championship Teams
- Established program (13 years) with a full-time teacher/athletic trainer; also former employment in a physical therapy clinic and a general medicine/sports medicine clinic.
- Working relationships with local orthopedic brace companies and sports medicine supply representatives

Timpanogos High School

Preceptor – Not Currently a Clinical Site

Distance from BYU: 15 miles

Job Description

- Athletic Training Students at Timpanogos will be treating athletes, taping, and observing practice or games every day, Monday through Friday. Most days consist of the hours of 2-6 PM for a normal practice day and games up to about 9 or 10 PM.
- **Fall** – In fall we have Football games on Friday's and other sports normally on Tuesday and Thursday. Student's do not need to report for fall camp, but are certainly welcome. They are expected when school begins.
- **Winter** – We have boys and girls basketball along with wrestling during the winter. This requires late games 3 to 4 nights a week. Practice schedules are the same as fall.
- **Spring** – Spring sports do not really have late nights because they do not have lights for most high school spring sports, practice schedules are the same.
- **Time off** – Students are free to take days off whenever they need them. Often games are the best learning chances for students to get real time action, so attendance on those days are encouraged.

Expectations

- Students are expected to perform evaluations and help with taping and getting athletes ready for practice and games whenever athletes need the help.
- Students can always study when there is down time.
- If students are there, I expect them to be willing to perform in game evaluations, so come ready to run.
- We rarely travel to away contests, so home games are the best opportunities to get live game time experience.
- Students are expected to look professional, but can wear whatever they want at THS.

Perks

- Because of the low profile of high school sports the environment is the biggest perk of Timpanogos High School.
- We are very relaxed and want you to learn without the stress of set hours and high profile settings.
- I cannot promise any clothes, but at least we have some great colors (blue and white) if that were to happen!

Experiences/Exposure Unique to THS

- One of the most unique and best things about this assignment is the fact that you will be able to perform in game evaluations. If the student is available they will probably be performing the evaluation, even in the games!
- I understand the limitations of other assignments, but at the High School we have an environment where some autonomy can start to develop. Like I said, come ready to run!

Cougarettes

Preceptor – Blain Empey

Job Description

- **Hours/Days**
 - *Fall Semester*
 - ▲ 2:00–7:00 pm M/W 3:00–7:00 pm T/TH 1:00–5:00 pm F starting the first week of school and finishing the last day of class.
 - ▲ 7:00 am–5:00 pm M–F Two-A-Day practices every day the two weeks before fall semester starts (the assigned student is invited to come but not required).
 - ▲ May attend performances at Men’s Basketball games, but there are most likely no sideline passes for the Football games.
 - *Winter Semester*
 - ▲ 2:00–7:00 pm M/W 3:00–7:00 pm T/TH 1:00–5:00 pm F starting the first week of school and finishing the last day of class. AT students are invited to remain through the end of the season (Finals week and last week of April); however, this is not required nor expected.
 - ▲ May attend performances at Men’s Basketball Games
 - ▲ Performances at the Covey Center for Arts in February
 - AT student cover prepractice every day.
 - AT students do not travel with this team
- **Competition schedule**
 - *Fall semester:* Cougarettes perform at every home Football and Men’s Basketball game. AT student can attend the basketball games. Evening performances are possible at other venues (World of Dance, etc.).
 - *Winter semester:* The team will perform at all of the home Men’s Basketball games. They perform their winter concert in February, which the student will attend, and prepare for nationals in April, which the student will not travel to.
- **Responsibilities**
 - Drink preparation and clean up.
 - Stock and maintain the ‘practice kit’.
 - Tape and provide treatment for athletes before and after practice, supervise athletes while doing established rehabilitation, accompany athletes to doc’s office visits and report.
 - Attend practice without CI as first responders, when the CI is available. If not, stay in the AT room during practice to cover any injuries that may come and doctor’s visits.
 - Observe and perform evaluations and formulate treatment programs under CI supervision.
 - Manage records.
 - Pass off taping and modality use within 2 weeks.

Expectations

- Learn athlete’s names by the end of the first week.
- Have everything prepared for practice early so they can assist/observe by the time the athletes arrive. Keep watch for opportunities to learn and leave mundane tasks for later if those opportunities become available.
- Plan on being in the AT room before practices every day. They will go out to practice to set up. After Set-up if the CI cannot stay for practice the student may go back to the training room to study until the practice ends or the athletes leave practice for injury or a doctor’s visit.
- Dress more formally for Men’s Basketball performances and February concert. For men, this means shirt and tie. For women, nice slacks and blouse (check with any female staff AT at BYU for details).

Perks

- Unfortunately, Cougarettes does not have the same budget as football. There are usually no tangible perks such as clothing, food, etc.

Experiences/Exposure Unique to Cougarettes

- 7 time national championship winning team.
- Combination of jazz, ballet, modern dance and pom work.
- Because of the nature of the sport the body is trained differently than many other athletes and will provide the student with many opportunities to be creative with treatments and rehabilitation.
- Predictable hours with several game performances.
- Great opportunity to work with dance with the perk of the team unity rather than clinical feel.

Utah Valley University Preceptor – Andrew Nelson

Distance from BYU: 4 miles

Job Description

- **Fall**—Main sport coverage will be UVU Women's Soccer, UVU Men's and Women's Basketball (starting in Nov)
- **Spring**—Main sport coverage will be UVU Women's Basketball, Wrestling, Baseball, Men's Soccer, and UVU Women's Softball (starting in March)
- **Practice Day responsibilities**
 - Preparation of practice (water, Gatorade, ice chest, towels, etc.).
 - Prepractice treatment (stim, ultrasound, massage, stretching, taping/wrapping).
 - Assist ATC in injury evaluation and treatment.
 - Postpractice clean up.
 - Postpractice treatment (stim, ice, massage, stretching, etc.).
 - Assist ATC in rehabs and all treatments of athletes
- **Game Day responsibilities**
 - Pregame preparation (similar to practice, as well as set up work station on sidelines).
 - Greet opposing team's athletic trainer, inform them of our accommodations (water, ice, towels, doctor on-site, etc.).
 - Assist ATC in sideline injury evaluation and treatment.
 - Assist ATC in on field/court injury evaluation, help assist injured athlete off the field/court, assist in treatment of injury
 - Ensure athletes are staying hydrated
 - Postgame cleanup
 - Postgame treatments
 - Assist ATC in rehabs and treatments throughout the day

Expectations

- Fall- Soccer 3-a-days start in August, be available for at least one practice a day
- Be available for all HOME games
- Studying is ok as long as all the athletes needs have been met.
- In-State away games-can help out if ATC is informed ahead of time
- Show Initiative
- Punctual

Perks

- Experience collegiate sports at a different level than BYU.
- UVU athletes are great to work with.
- Creativity comes out when working at our institution. We don't have a large budget so we find ways to make unique things work for our athletes.

Experiences/Exposure Unique to UVU and Megan Shaw

- Division 1 Athletics
- One ATC covering 3 sports... very busy ATC. There will be quite a lot of opportunities for the athletic training student to work one on one with athletes under the supervision of the ATC.
- Extensive opportunities to develop many athletic training skills such as: taping, modalities, massage, injury evaluation, and SOAP Note writing
- I'm very easy going, if you need a day off I typically don't have a problem with it, just let me know in advance so I can make sure I have other help.
- If you have a job, we can work around it, please let me know in advance.

BYU Women's Volleyball

Preceptor – Dan Graham

Fall Semester

- Students need to be available from 2 p.m. to 7 p.m. during fall semester, practice time is 3:00–6:00 p.m. and is held on the main floor of the SFH. Practice begins the first part of August with 2-a-day practices, and the competitive season runs from the end of August through the first part of December. Students can travel (not required) to in-state matches, but will not travel to other matches. Any time the team is away on a road trip (usually alternate weeks), the students will have days off. Students will be expected to help provide coverage for home matches, starting at 4:30 p.m. and ending around 10 p.m. Duties are the usual: taping, treatment, rehabilitation, getting water, ice & PowerAde ready for practice, assist with clean up after practice.

Expectations

- Students must be able to come for the start of 2-a-days and be available for all home contests (unless there are class conflicts). Students will go to practice and assist with duties as needed at practice.

Winter Semester

- Winter semester is the off-season for women's volleyball. The first 2 months (January and February) they cannot have team practice per NCAA rules, but do have individual skill instruction, starting at noon and going until 3 p.m. Team practice starts the end of February and ends the first part of April. During that time, practice is scheduled from 12:00 noon–3:00 p.m., again on the main floor of the SFH. Students should have availability from 11 a.m.–4 p.m. There is spring competition that does not count toward the team's overall record, usually lasting most of the day on several Saturdays in March and April. If it is in state, the students can travel (again, not required); if we are hosting a spring tournament, the students would be expected to help provide medical coverage.

Duties

- During individual drills, students will be located in the training room to provide treatment for players as they rotate in and out of practice. Generally students can rotate days of coverage during this time. Once team practice starts, students will be at practice every day the team practices.

BYU Gymnastics

Preceptor – Phillip Hartog

Job Description

- *Hours/Days*

Fall semester:

- Gymnastics has pre-season practice, no competition.
- Practice begins prior to the first week of school and is scheduled from 12:00 p.m.–3:00 p.m. in the gymnastics gym (149 SFH). Students should be available from 11:00 a.m. to 4:30 p.m.
- The team practices Monday–Friday and most Saturday mornings (from 9:00 a.m.–12 noon). Because practice time is long, studying is allowed in the gymnastics gym during practice. Students are given one day off each week.

Responsibilities

- Duties are the usual: taping, treatment, rehabilitation, getting water, ice & PowerAde ready for practice, assisting with clean up after practice and postpractice treatments.

Expectations

- Students would be available to assist with preseason physicals the first week of school and start practice coverage if practical prior to the first week of school.

Winter semester

- Competitive season begins the first week of January, with practice held during the same hours as fall semester. Meets are usually held on Friday nights, occasionally during other days of the week.
- Students can travel to most in-state meets if invited to do so (not required), but generally will not travel to other meets.
- Students will be expected to assist with home meets, starting at 3:00 p.m. and finishing around 9:30 p.m. Practice schedule varies according to the meet schedule, with more days off due to travel or to rest days. Students will be given one day off per week.

BYU Men's Tennis

Preceptor – Robert Ramos

Job Description

- Prepractice set up (which includes: 10 gal water, 10 gal PowerAde, ice chest (with ice bags and wrap), tennis kit, towels, tissues, cups, and water bottles)
- Prepractice treatments (including: tapping, using appropriate modalities for managing/preventing injuries (ultrasound, electrical stimulation, heat/cold modalities, massage, etc.)
- Practice coverage (including: possible injury evaluation/treatment at practice, students are allowed to bring and do homework during this time)
- Postpractice treatment (same description as prepractice treatment)
- Usually we don't have to clean up after practice, because we leave it out for Men's tennis practice
- Set up starts around 11:40 am, treatments from 11:45 am–12:15 pm, practice from 12:30–2:45 pm, break from 2:45–3:45 pm (while girls are lifting/conditioning in weight room), treatments from 3:45ish–4:20ish pm.

BYU Baseball

Preceptor – Janica Davis

Job Description

- Dealing with more upper extremity injuries and using hands-on-techniques such as PNF, shoulder stretch, and joint mobilization
- Learning and writing rehabilitation of upper extremity
- Improvement of decision-making skill
- Pretreatment and field setup one hour before a practice and post-treatment one hour after a practice (only practice day)
- Pretreatment and field setup 4 hours before a game and post-treatment one hour after a game (only game day)
- Practice will be at Miller Park and IPF in afternoon (1–5pm)
- During a season (from Feb to May), we will have 3-days (Thurs, Fri, & Sat) weekend series at least 5 times (I am expecting you to be there during the series)

UVU Track and Cross Country Preceptor – Andrew Cherrington

Distance from BYU: 4 miles

Job Description

- This assignment is specifically designed to give athletic training students experience working with track and field and cross-country athletes.
- Assignment schedules are usually Monday through Friday 12pm–6pm.
- We currently host one home cross-country race in the fall and will begin hosting track and field races in the spring upon completion of our track.
- At this time there is no opportunity to travel. Weekends are therefore almost all free.
- Fall assignments can expect to work primarily with cross-country from August to November.
- Track holds limited practices from October to December.
- In the spring Indoor Track starts the first week of January and goes into the month of March at which time outdoor track begins and continues into May or June depending on the championship scheduling.

Expectations

- Students assigned to cross-country and track and field will be expected to report in the fall during Physicals in August, or the first day of practice in January in the spring.
- This is a demanding position as there is one ATC for the team, which consists of over 100 athletes.
- Self-motivating students are a plus during busy peak treatment times.
- When the ATC is traveling, the students will be responsible for the treatments of the team members that remain at home under the supervision of the Preceptor in the athletic training room.
- This position does however offer lots of down time which can be used to pass off assignments or work on homework.

Perks

- Lots of autonomy
- Because of the numbers of athletes seen on a daily basis, you will have the opportunity to perform evaluations, and set up treatments and rehabilitation based on the parameters you feel are appropriate and then approved by the Preceptor
- You will get to help make and define decisions with the Preceptor.
- You will get your hands dirty.

Experiences/Exposure Unique to UVU

- One of the major unique exposures that you will have is that even though you have been assigned to Cross Country/Track and Field, you will also gain experience with Wrestling, Baseball, Softball, and Women's Soccer, as well as helping with Doctor's Clinic and learn from the Chiropractor and Massage Therapist. They all work out of the same athletic training room, and because of our unique situation we will cover other sports as travel and needs dictate.
- It isn't all over use injuries and massage. It is also bloody wrestlers, broken bones, trashed knees, thrown out shoulders, major contusions etc.
- Bottom line is we have a ton of fun. We work like crazy at times (average 25–50 treatments per day) and we have fun and relax at others.

BYU Football

Preceptors – Steve Pincock and Brett Mortensen

Fall Semester

- **Report Date**
1 week prior to fall practice beginning. Usually the last week of July, or first week of August
- **Description of Assignment**
You will be assigned to work with a specific position group (linebackers, Oline, etc.). You will be required to follow that position during practice, have a fanny pack with supplies to assist players during practice. You will be able to evaluate injuries, and illnesses, under the direction, and supervision of an ATC or your Preceptor according to your knowledge, and proficiencies. You will be assigned to do treatments, taping, and field setup daily by the Graduate Assistant over football, he/she will also assign you to be over a specific assignment such as records, knee braces, caddies, etc. You will be responsible for packing game trunks, field set up of Big Fogg Fans, you will serve as a host student athletic trainer for visiting teams, and work our sidelines at home games.
- **Hours**
You will work 60+ hours a week during fall camp before school starts, but when classes begin you will be working around 20 hours/week excluding games, and travel. We will try to accommodate your schedule, but you should try to avoid scheduling classes after 1 p.m., or before 7 p.m. at night if at all possible. We understand that personal things will come up during the semester, and you may need to miss, but please understand that this may affect your travel opportunities.

Perks

- When assigned to work football there will be opportunities for travel to away games. We reward hard work, and dedication. We are limited to the number we can travel to 4, so this will be determined by the staff. If you work hard, and are here, you will be guaranteed to travel at least one game, of our choosing.

Education

- Football is a great opportunity to work with one of the nation's top Division I football programs. You will be able to see severe injuries, observe surgeries, and work with one of the best Athletic Training Staffs in the country. If you work hard, and show dedication, we will write letters of recommendations for you if you apply for NFL internships, or after graduation for employment, or Graduate School.

Winter Semester

- **Report Date**
First day of classes
- **Description of assignment**
You will be responsible for covering winter conditioning practices every afternoon, and covering treatments, and rehabilitation of injured, or postsurgical athletes. During spring football practice you will be assigned to work with a specific position group (linebackers, O-line, etc.). You will be required to follow that position during practice, have a fanny pack with supplies to assist players during practice. You will be able to evaluate injuries, and illnesses, under the direction, and supervision of an ATC or your Preceptor according to your knowledge, and proficiencies. You will be assigned to do treatments, taping, and field setup daily by the Graduate Assistant over football, he/she will also assign you to be over a specific assignment such as records, knee braces, caddies, etc.
- **Hours**
You will be working around 20 hours/week. We will try to accommodate your schedule, but you should try to avoid scheduling classes after 1 p.m. or before 7 p.m. at night if at all possible.

Education/Perks

- Football is a great opportunity to work with one of the nation's top Division I football programs. You will be able to see severe injuries, observe surgeries, and work with one of the best Athletic Training Staffs in the country. If you work hard, and show dedication, we will write letters of recommendations for you if you apply for NFL internships, or after graduation for employment, or Graduate School.

Orem High School Preceptor – Not Currently a Clinical Site

Distance from BYU: 10 miles

Job Description

- Students will be responsible for paperwork. Enter information on athletes, fill out soap notes, treatment logs, etc. (SportsWare)
- Help athletes prepare for practices and games (taping, treatments, rehab) Attend practice and games (home and away)
- Assist in rehab program design

Expectations

- Be available for fall camp
- Be available for home and some away contests
- Most days we start at 2PM
- End of day time will vary from day to day (no definite stop time)
- Come ready to work – if you don't want to be here the kids will know Show initiative and desire
- Be creative – think outside the box
- Dress in appropriate athletic training attire
- Treat all athletes and sports equally

Perks

- Good coaches that are easy to get along with
- Respectful athletes who appreciate you and your work
- Possible OHS apparel (depends on the coach)
- Little or NO weekend work
- We do NOT do water or ice – each team provides their own
- New athletic training room
- New school – Fall 2010

Utah Valley Orthopedics & Sports Medicine (IHC) Preceptor – Darrin Campbell

Distance from BYU: 1.5 miles

Job Description

Intern will spend the semester experiencing the following:

- Observation of a physician's sports medicine clinic
- Teach exercise protocols (Allison Hale will teach our methods)
- Learn casting and splinting techniques
- Observe injections of various body parts
- Learn to call in patient prescriptions, refills and office paperwork Escort patient to doctors' rooms
- Fitting braces and splints
- Organizing office supplies and maintenance of a physician office
- Assist in office procedures (musculoskeletal ultrasound, examinations, etc.)
- Assist with office protocols (high school physicals, vital signs, height, weight, eye exam)

Perks

- Working with Utah Valley Sports Medicine!!!