

HHS Athletic Training

A student athletic trainer provides a valuable service to the student athletes. They are responsible for providing basic first aid, injury prevention, rehabilitation of injuries and care for athletic equipment under the supervision of a staff athletic trainer. These skills will be learned over a period of time through teaching lessons and observations during practices and games. To be able to learn these skills, it is necessary to possess self-discipline and motivation.

We encourage all students in the athletic training program to also take our Sports Medicine 1 course as a freshman or sophomore if possible.



**ATHLETIC
TRAINING**

APPLY HERE



Benefits of Being a Student Athletic Trainer

- Potential for college scholarships
- Resume builder
- Learn self-discipline, self-respect, time management, good work habits, good character
- Potential to receive a letter jackets
- Learn valuable first-aid and CPR/AED skills

Expectations

- Maintain passing grades (No pass/No Play applies)
- Good conduct in class and on the field
- Willingness to learn and help
- Good attendance in school, practices, and games
- Respect the coaches, staff athletic trainers, teachers, and your fellow student athletic trainers

**LINK TO
REQUIRED APPLICATION: [HERE](#)**

Contact Us

rachel.young@midlothianisd.org
madeline.olofson@midlothianisd.org

HHS Athletic Training Social Media

Instagram: @hhsjaguar_athletictraining
Twitter: @HHSATjaguars
TikTok: @MHHSathletictraining