

# MHS ATHLETIC TRAINING



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## HIGH SCHOOL SPORTS

All Students will work either Football, or Volleyball. Then they will be able to choose from Basketball, Baseball, Softball, Track, Soccer or Wrestling for their second sport.

## HOW TO APPLY!

Go to [MIDLOTHIANISD.ORG](http://MIDLOTHIANISD.ORG)

Then go to departments and click on Athletics.

Then click on MISD Athletics Hub.

Then go to Athletic Training Dept. tab  
And click MHS Athletic Training DEPT  
Then click on "CLICK Here".

OR

SCAN ME!



## WHAT DO ATHLETIC TRAINERS DO?

THEY ARE RESPONSIBLE FOR PROVIDING BASIC FIRST AID, INJURY PREVENTION, REHABILITATION OF INJURIES AND CARE FOR ATHLETIC EQUIPMENT. THESE SKILLS WILL BE LEARNED OVER A PERIOD OF TIME THROUGH TEACHING AND OBSERVATION. STUDENT TRAINERS SHOULD BE DEDICATED AND SUPPORTIVE OF THEIR TEAMS. BECAUSE OF THIS, THEY ARE EXPECTED TO BE AT ALL PRACTICES AND GAMES. THEY ARE RESPONSIBLE FOR GETTING CERTAIN THINGS READY AND HELP MAKE SURE THAT THE ATHLETES ARE PREPARED FOR PRACTICES AND GAMES.

## EXPECTATIONS

- **MAINTAIN PASSING GRADES (B'S OR BETTER)**
- **GREAT CONDUCT IN CLASS AND ON THE FIELD**
- **WILLINGNESS TO LEARN AND HELP**
- **GOOD ATTENDANCE IN SCHOOL, PRACTICES AND GAMES.**
- **RESPECT THE COACHES, YOUR FELLOW STUDENT ATHLETES AND STUDENT TRAINERS**

## BENEFITS OF BEING A STUDENT TRAINER

- **POTENTIAL FOR SCHOLARSHIP**
- **LOOKS GOOD ON A COLLEGE APPLICATION**
- **LEARN SELF DISCIPLINE, SELF RESPECT, TIME MANAGEMENT, GREAT WORK HABITS AND GOOD CHARACTER**
- **POTENTIAL TO RECEIVE A LETTERMAN IN THE 2<sup>ND</sup> YEAR**
- **MAY RECEIVE P.E. CREDIT**
- **STAY INVOLVED IN SPORTS AND POTENTIAL FOR LIFE LONG FRIENDSHIPS**

## DEADLINE!!!

Application deadline is March 6, 2026.

Any application submitted after this date will not be considered.



# Midlothian High School Student Athletic Training

