
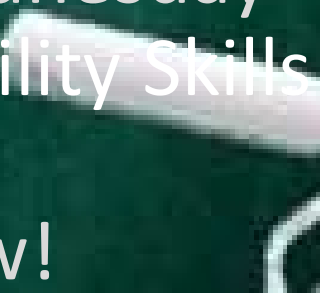




Today, September 7th

- Cell phone/smart watch in caddy (any number), earbuds in bag, bag on hook, hoods down
 - **Intro** – Pick-up page of notes on table
 - **Reminders n' Stuff:**
 - A *used* 1.5+ inch binder and 6 *used/made* tabbed dividers are **due tomorrow**
 - First CLUB MED meeting *next* Wednesday
 - Going to start counting Employability Skills today!
 - Wear your Spartan gear tomorrow!
- 
- 

Today, September 7th

Introduction to Sports Medicine

- *Finalized* ATR Assignments; sign-up is locked now
- Job Shadow Supervisor Letter posted; see me for job shadow documents when you've found a site
- **Assignment:** Course syllabus is uploaded for review; Syllabus Signature Page **due next Friday**
- **Activity:** Virtual Tour of the ATR

Advanced Sports Medicine

- **Assignment:** Syllabus Signature Page **due next Friday**
- **2:45** Dismiss to checkout textbooks



Today, September 7th

1st Quarter ATR Observers

- Akanksha. A.
- Chris B.
- Mattea B.
- Lea B.
- Megan C.
- Danica G.
- Aislinn H.
- Haifa, H.
- Dylan I
- Alina K.
- Hannah K.
- Amber L.
- Cassie M.
- Leanza M.
- Sara N.
- Rehwa N.
- Carter O.
- Lucas O.
- Robert P.
- Dalila P.
- Sebastian Q.
- Keertana R.
- Zaara R.
- Deepa S.
- Tishya S.
- Cailin S.
- Aasya T.
- Nooriya V.
- Mark Y.

Hall to Athletic Training Room



From the lower commons, head down the long hall towards the locker rooms/Spartan Gym.

Athletic Training Room

The door is on your right.



Taping Tables and Wet Area

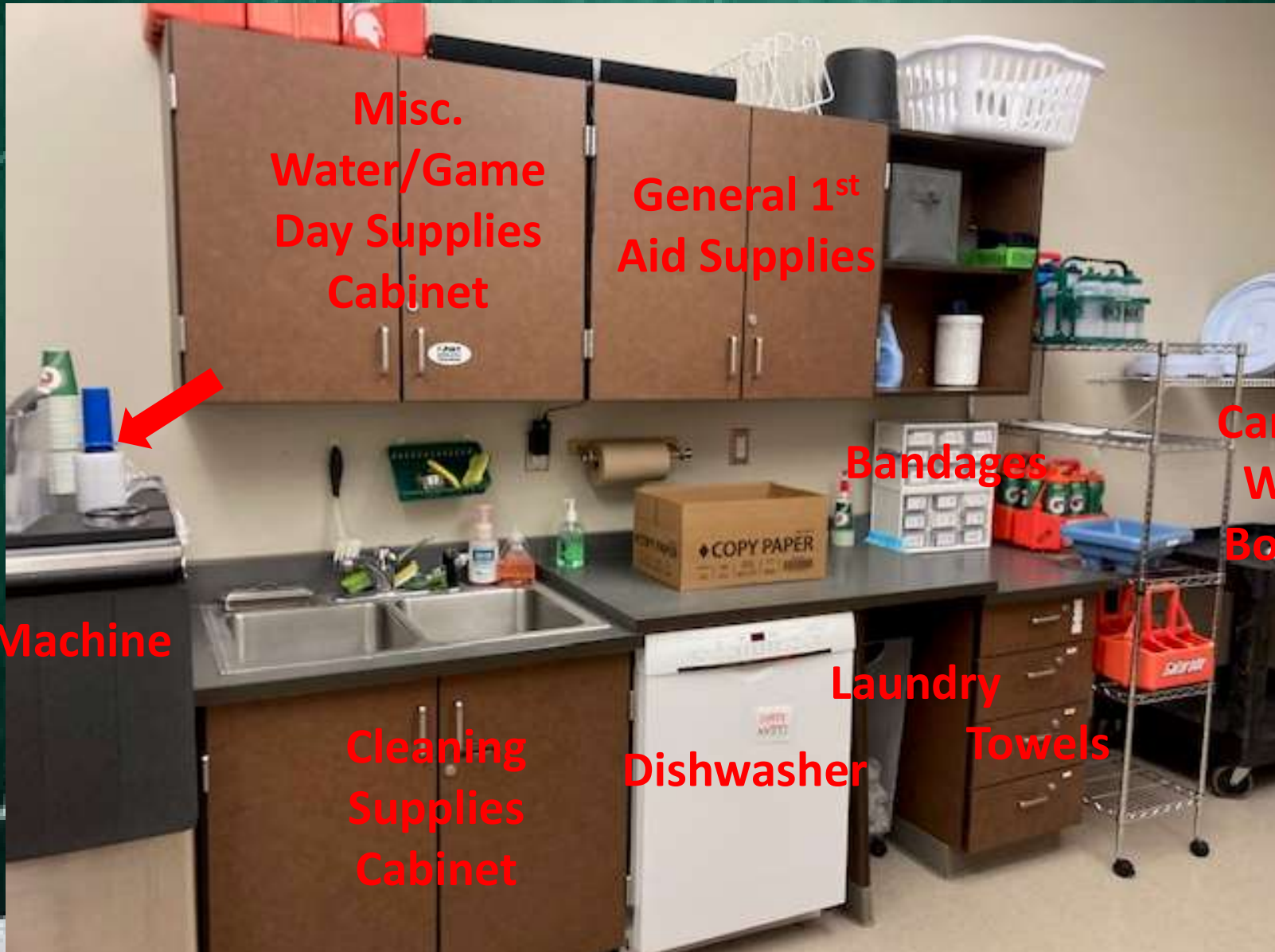
Whirlpool,
Water Jugs
and Ice
Chests

Wet Area

Rehab Area



Wet Area



Misc.
Water/Game
Day Supplies
Cabinet

General 1st
Aid Supplies

Bandages

Carts &
Water
Bottles

Ice Machine

Cleaning
Supplies
Cabinet

Dishwasher

Laundry
Towels

Storage Closet & Office

Kylie's
Office



Storage
Closet
(personal
belongings
go in here)

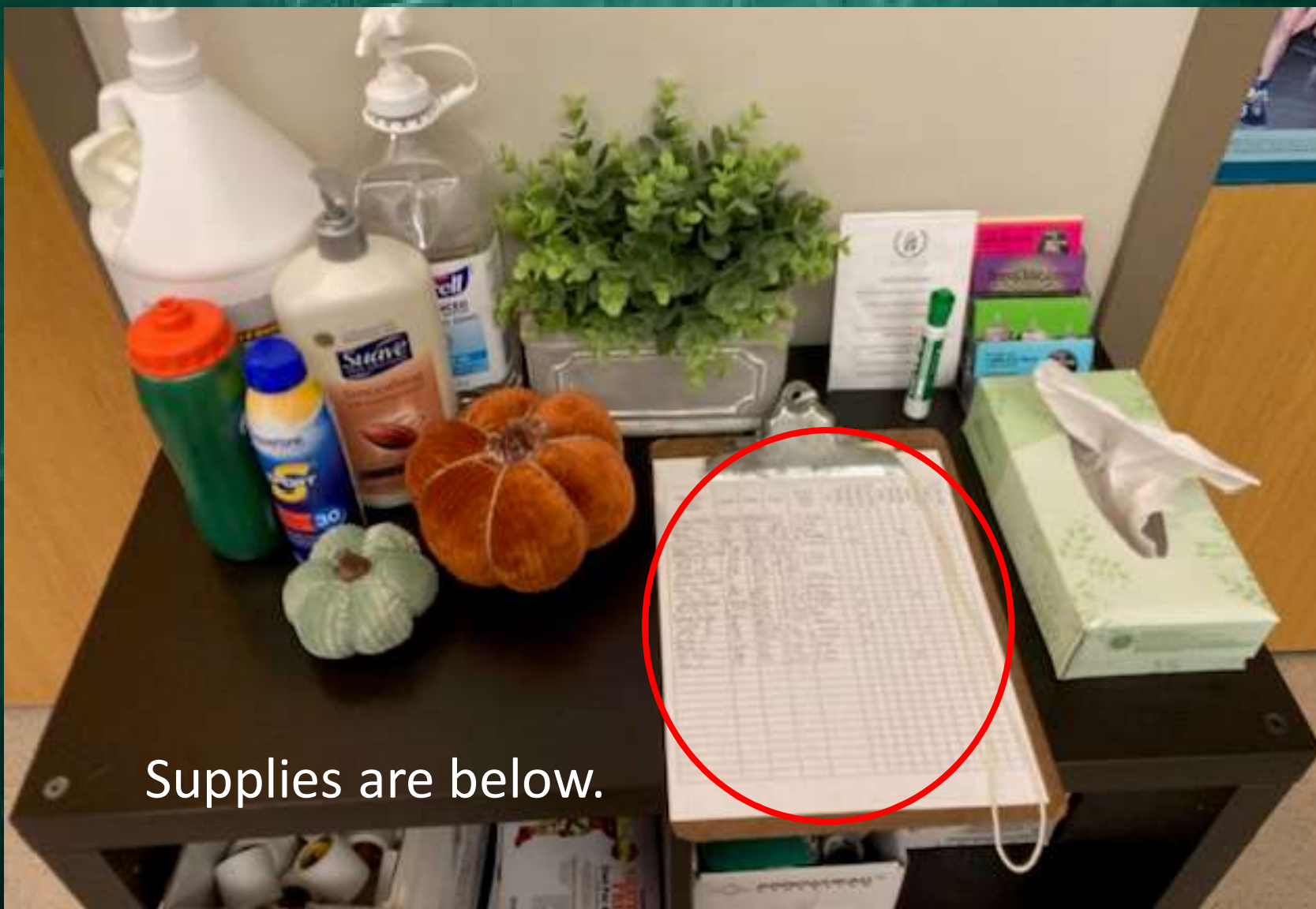
Rehab Area

Entrance/Exit

Sign-In



Patient Sign-In & Student Supplies



Supplies are below.

Rehab Area



Whiteboard

Whiteboard – Daily Tasks

Today's DATE:

September 5th

HOME Events:

Venus Match @ 8:45pm

Report must be in by 9:05!

Tasks to Complete:

- Set-up
- Clean locker put books in locker

*All H₂O is done and

You are back in here by 3:45!!!

Ankle Rehab

- ABC's x3
- 4 way ankle 12x3 each
- + one band stretched to help

x3 sets

*MUST HAVE SHOES ON!

Will-Hamstring Rehab

- 5min bike - light resistance + 20 sec warm
- Drops - hamstring curl w/ 5lb disc weight
- Monster walks x3
Green band @ shins
Over 1 foot - 2
Ankle/Heel - Forward lean
- 8 rep - DL RDL 7lb weight
40 sec hold

7. Fresh!!! no rest on a stretch

• Set-up •

1) Tennis

- Tegal on cart (label "Tennis")
- take out to tennis

2) Soccer:

- Check bags on cart in V Water room @ stadium

3) Football:

- Fris pumper
- Water bag pumper
- 1 rack per Ath. student
- Ath bag
- Your ball

if either Ath inside locker, you need out for bring up in 5 min
Golf - you check locker in locker

Rehab Area



Hour Logs

Hour Logs and Handbook

