

Once all applications are received, the candidates will be called to set up a short interview. Once interviews are completed, the candidates will be chosen and a letter of congratulations will be sent. Athletic Department paperwork will also be sent to complete enrollment. Activity will begin shortly before football starts in August. Specific dates and times will be sent well in advance of the start date. Any questions or concerns please contact the Athletic Training Room.

Chris Valdez, L.A.T.  
Head Athletic Trainer  
St. Thomas High School  
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Houston, TX 77007  
Phone: (713) 864-6348 ext. 178



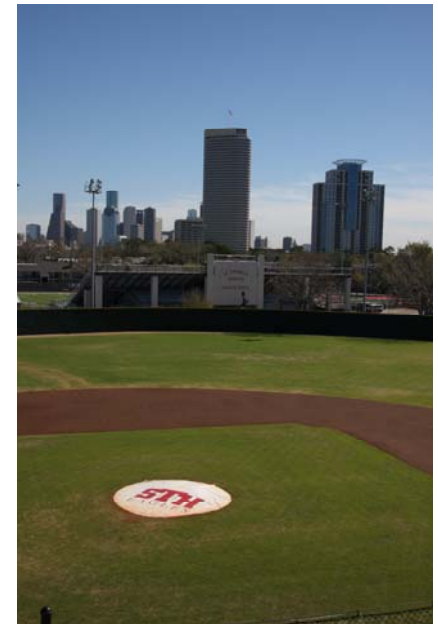
# STH ATHLETIC TRAINING



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## Student Athletic Training Program

# STH EAGLES



## What is Athletic Training?

Athletic Training is recognized as an allied health care profession by the American Medical Association. Athletic trainers specialize in the prevention, evaluation, care, and rehabilitation of athletic injuries.

## What Do Student Athletic Trainers Do?

Student athletic trainers on the high school level learn about the many aspects of Athletic Training. From sanitary procedures to wound care to injury evaluation, students will learn the proper procedures for working in an athletic training room. They learn anatomy and physiology as it pertains to injuries. Students help with coverage of games and practices for the many sports offered at St. Thomas High School. They are a valuable part of not only the student athletic training program but also of the teams they work with. They travel with the teams, eat with the teams, and celebrate with the teams. Student athletic trainers are a part of the action, watching games from the sidelines and dugouts.

## Who Can Become a Student Athletic Trainer?

Students attending St. Thomas High School that are interested in sports, medicine, and helping their fellow students are part of what make up a

student athletic trainer. Some of the personal qualities that make up a student athletic trainer are: hard working, good student, willing to learn, committed, good people skills, and good time management skills.

Students that attend sister schools Incarnate Word Academy and Duchense Academy that are age sophomore and up are also invited to be a part of the St. Thomas Student Athletic Trainer program. Along with the personal qualities listed above, ladies need to possess a high maturity level and excellent communication skills.



## Goals of the Program

The Student Athletic Training Program at St. Thomas gives students the opportunity to learn and get exposure to a healthcare related field. Students often have interest in pursuing a career in medicine or health care. Whether they want to become an athletic trainer or any other medical professional, the goal of this program

is to grow students for their future. Students wishing to pursue athletic training as a career are given tools that will help them be top candidates at any university. Their senior year, they will be given tasks like sending out letters of interest to the universities they wish to apply for as students. They will get assistance with the application process including any required essays and letters of recommendation. The success of the students is the goal of the Student Athletic Trainer Program.



## Getting Started in the Program

If you are interested in becoming a member of the Student Athletic Trainer Program at St. Thomas High School, you can fill out an application and send it to the Athletic Trainer, Chris Valdez, L.A.T. If you do not have an application, call the Athletic Training Room and we will send you one.