



Deer Park Independent School District

DEPARTMENT OF SPORTS MEDICINE



710 W. San Augustine, Deer Park, TX. 77536 (832)668-7245

Student Trainer Application

The following is an application to be a Student Athletic Trainer at Deer Park High School. Please read all parts of this application carefully. This application will not only determine if you are right for Training, but also, if Training is right for you.

Athletic Training can be a very rewarding field. As an Athletic Trainer, you will be part of a team that is responsible for the wellbeing of the athletes at Deer Park High School. You will learn how to administer first aid, how to apply preventative taping, and how to rehabilitate our student athletes after injury. Because of this, you will be a very important person not only to the individual athlete, but also to the overall success of our athletic teams. **YOU WILL MAKE A DIFFERENCE!**

Since athletic trainers are important to the team, we need responsible people to work as student trainers. The team and the professional training staff must be able to count on you to be there when you are needed. The following are examples of times when you may be needed:

Holidays: Just as with the players, if your team is practicing during the holidays, you will be expected to be on duty as well. Punishment or points off may result as a result of missing practice during the holidays.

Church: We realize the importance of Church, and Athletic Training should not interfere with normal Church activities. There will be no work on Sunday. There may be games or practices scheduled on Wednesday nights and you will be expected to cover your responsibilities unless you find someone to cover for you. Missing for church activities will count towards your excused absences and the points off can be made up as long as you find someone to cover for you.

Summer Vacation: You should be able to report to training around the first of August. Summer vacations should be scheduled around this time. If you miss practice during this time, you will receive an un-excused absence resulting in points off your grade. (See attached grading sheet)

School Work: Schoolwork is more important than anything else you do at school. You will be allowed to take your books to practice and on bus trips so that you may do your homework. Time will be allowed for tutoring, retaking tests, and other measures needed to maintain your grades. However, you should first attempt to schedule these events during non-practice times.

Trainers are required to work Football and one other sport after football. A typical work week during football season is as follows:

Grades 10 – 12:

Mon. - Tues. -- Practice before school and then from 7th period until approximately 7:00

Wed. -- Practice before school and then from 7th period until approximately 5:00

Thursday -- Sub-varsity games (could be until approximately 10:00)

Friday -- Varsity game (could be as late as 11:00)

Saturday – Morning treatments and clean up 8:30 – 11:00 (We may have a couple of Saturday games) (if staff size permits, we will divide the staff in half and work every other Saturday)

Sunday – Off

**If staff size permits, you will receive one day a week off. (Monday or Tuesday)

Grade 9:

Mon – Wed: ½ of freshman staff will work freshman football practice at North and ½ will work varsity football practice at South. Days will be alternated between the two freshman divisions. (Example: Week 1 – Division A will work Monday and Wednesday at North and Tuesday at South. Division B will work Tuesday at North and Monday and Wednesday at South. Week two the teams will flip.) Practice times at North are from the beginning of 7th period until approximately 4:30.

Thurs – Sat: Same as Grades 10 – 12 above

Second sports practice times vary, but have shorter practice times and usually have games on Tuesday and Friday nights along with occasional weekend tournaments.

As stated above, there is a lot of hard work, long hours, and responsibility that comes with being an Athletic Trainer. Work which includes cleaning the training room to help fight infections, and responsibility that includes now and then possibly giving up your personal free time and things you would like to do. But, Athletic Training is also a very fun and rewarding organization. You will be an integral part of a sports team. You will gain friendships both on the Athletic Training staff and with the team members you work with. It allows you to be more a part of Deer Park High School. You will learn about sports medicine, which you can use later in life. You will have an opportunity to continue as an Athletic Trainer in college, possibly on a scholarship. And, you will be able to participate in fellowship activities with your fellow student trainers. We feel that it is truly an opportunity to enrich your High School experience.

So, if you feel you would like to be an athletic Trainer, simply fill out the following questionnaire and return it to Jim Davidson in the training room.

I have read and understand the above job description (pages 1 & 2):

Signature of Student

Signature of Parent



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Name: _____

Address: _____

Phone: _____

School attending now: _____

Shirt Sizes- T-shirt_____ Polo male_____ Polo females_____

(Girls, please list a male size shirt also)

Parent's Name: _____

Hobbies: _____

Clubs/organizations: _____

Have you ever failed a six weeks? _____ If yes, when? _____

Please have 2 letters of recommendation emailed to jdavidson@dpids.org

(at least one from a teacher or coach)

Please attach a short paragraph describing why you want to be a Trainer.

Student Signature

Parent Signature

High School Students – Please return to the athletic training room after completion

Junior High Students – Please return to the counselor's office after completion

