

National Athletic Training Month High School Workshop

As we all know National Athletic Training Month is quickly approaching and we are finalizing our celebration plans here at the Arizona School of Health Sciences. Accordingly, the Athletic Training (AT) Program in conjunction with the AT Student Association would like to invite you and your student athletic trainers to join our celebration as we present the Sixth Annual National Athletic Training Month High School Student Athletic Trainer Workshop. The workshop will be presented by graduate student members of the Athletic Training Student Association on **Monday, March 9th, 2009** from 8:30am to 1:00pm at A.T. Still University - Arizona School of Health Sciences.

The presentation schedule will include a full body cadaver anatomy lab, (or alternate full body lecture for those uncomfortable in the laboratory setting), and interactive presentations on heat illness and hydration and gait analysis. A pizza and soda lunch will also be provided to all attendees.

The cost of this workshop is \$20.00 per student; head athletic trainers and one other chaperone are our guests. Please return the sign up sheet on the back of this brochure to the address below by **Friday, February 20th**, if you are interested in attending.

Athletic Training Student Assoc.
c/o Bonnie Trahan
5850 E. Still Circle
Mesa, AZ 85206

The Athletic Training Program and the Athletic Training Student Association look forward to celebrating National Athletic Training Month with you and your student athletic trainers, as this will be a wonderful opportunity to educate your students while promoting the field of athletic training.



Monday, March 9, 2009
8:30am-1:00pm
Workshop Features
(subject to change)

Cadaver Anatomy Lab*

Shoulder Complex
Elbow, Wrist and Hand
Hip and Pelvis
Knee, Ankle, and Foot
Spine, Thorax, Abdomen
Heart, Brain and Lungs

Heat Illness and Hydration*

Types of Heat Illness
How to Recognize Heat Illness
Proper Hydration
Treatment Including Cold Water Immersion

Gait Analysis*

Mechanics of Gait
Effects of Poor Posture
Analyze Your Classmates Gait

***Opportunities for hands-on experience**

Contact Information:

Amy Jennings – (607)342-2473
ajennings@atsu.edu

Janine Ferro – (203)415-1596
jferro@atsu.edu