

Athletic Trainer

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I have changed my mind plenty in my life of what career I want when I am older. I can still remember being in middle school and googling- “What are the highest paying jobs in America?” thinking that my dream career would magically pop up in the top 10. As I have grown older, I have realized that it is not all about the money. It is about what you love to do, what you are good at, and what sparks your interests. It is about choosing to pursue a career that you wouldn’t mind going to every day for the rest of your life. My dream career is to become an athletic trainer.

Athletic trainers are certified and licensed health care professionals who practice in the field of sports and medicine. Their job is to examine, diagnose, and treat injuries, and to create methods, exercises, or stretches to prevent further damage or injury for the athletes. Some athletic trainers work in hospitals or rehabilitation centers, and many are hired by high schools or universities. Athletic trainers who work in academic settings are available to athletes as they train and practice for their sports, while also traveling around with the sports teams to attend each game. After I pursue and take the professional path of athletic training, I desire to be employed in an academic setting, and want to work and travel with the sports teams so I can be the first one to the scene to provide the immediate care that they need right away.

Ever since I could stand up on my own two feet, I have been involved in a variety of sports and physical activity. I grew up in volleyball jerseys, soccer cleats, softball gloves, track shoes, and gymnastics leotards. Unfortunately, unexpected injuries often come along with sports. I have both experienced injuries and witnessed teammate’s injuries happen on the court, field, or in the gym. Whether you roll an ankle, land wrong on your knee, have sore shins, tear a ligament, or just jam a finger, that’s when athletic trainers come into play.

To be an athletic trainer you have to have a passion for sports. The career combines being a professional in the field of sports and also having the opportunity and the privilege to work closely with athletes. I care for the well-being of athletes and have the passion to help injured athletes to get them back into the game as soon as possible.

Growing up surrounded by sports along with hundreds of hours in practices and countless games, I will bring my own personal experiences to the job. From being exposed to a wide variety of sports and injuries, my prior knowledge in this area is helpful. In addition to the rehabilitation/ prevention of injuries or soreness, I would love to also help the younger athletes achieve their goals- whether that is to gain a higher vertical, faster speed or intensity, or a wider

range of motion in a certain area. To create a workout plan for specific athletes or training for a team is another reason, out of many, of why I want to become an athletic trainer.

My plan is to attend college next fall to major in Sports and Exercise while completing the professional Athletic Training program. It would be a dream come true to be an athletic trainer.

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