

# INTERNSHIP AT ROCK HILL HIGH: ATHLETIC TRAINING

By: Katie Holden

# MY JOB

For football I had to prepare:

- Water bottle racks
- 6- 10 Gallon coolers
- 2 ice chest with ice bags
- AED
- Big Black kit

For Volleyball I had to prepare:

- 1- 10 Gallon cooler
- Ice chest with ice bags
- Cups

For Tennis I had to prepare:

- 1- 10 Gallon cooler
- Ice chest with ice bags
- Rack of water bottles

For Cross Country I had to prepare:

- 2- 10 Gallon coolers

For Softball I had to prepare:

- 1- 5 Gallon cooler
- Ice chest with icebags

For Basketball I had to prepare:

- 2- 10 Gallon coolers
- Trash cans
- 2 ice chest with ice bags
- Cups

# MY EXPERIENCE



Senior Trainers



Getting the bus ready  
for the game



Senior Trainers with the  
coaches



Me and Ben on senior night

# MY EXPERIENCE OF

Setting up for  
a game →

Senior night  
with the  
parents ↓



Giving water  
during time outs →



Trainers stretching with the  
football team ↑





# MY EXPERIENCE CO



Warming  
up with  
the  
kickers  
before  
the game



Practicing tapings



Picture for the training  
room in our uniform

# MY EXPERIENCE

New taping tables for the  
new training room!

Group picture



Team  
bonding  
picture

Hanging  
out with  
our sponsor



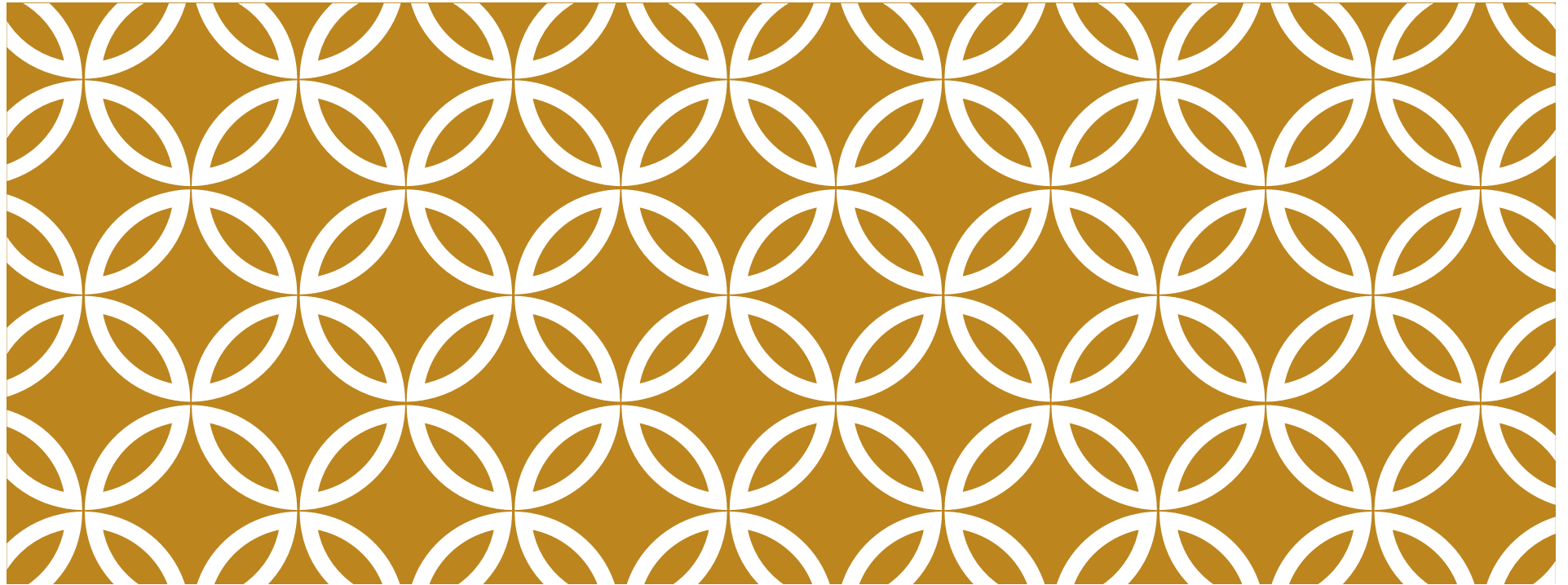
# WHAT I LEARNED

- Important of hydration
- Taping
- Stem
- Ultrasound
- Work well with a team and how to be a leader with that team
- Counting money
- Time management
- How to properly clean

# WHAT I LEARNED CONTINUED

- Organization skills
- How much preparation is involved in this field
- How to nicely tell people what to do
- Knowledge of anatomy
- Patients
- Weather alarm system





# THE END

Thank you for this opportunity to  
do this work study class!