

The background features abstract red geometric shapes. On the left is a solid red triangle pointing downwards. On the right is a complex arrangement of overlapping translucent red polygons in various shades, creating a layered effect.

Internship at Rock Hill High School for Athletic Training

By: Erica Parker

My Job

► Fall Sports:

- Practice days
- ❖ 6-8 water boys depending on the temperature
- 3-4 for each field
- ❖ 2 ice chests with bags
- One for each field
- ❖ A rack of bottles for each position group
- ❖ Big black kit with all of our materials in it
- ❖ AED
- ❖ 1 ice chest with bags for cheerleading

➤ Game days:

○ Home Games:

- ❖ 6 10-gallon coolers
- 3 for each side of the field
- ❖ 2 ice chests with bags
- 1 for each side of the field
- ❖ Racks for each person covering the game
- ❖ 1 cooler for the press box filled with ice and drinks
- ❖ 1 cooler for the refs filled with ice and water along with cups
- ❖ Big black kit
- ❖ AED
- ❖ Table for evaluations and tapings

○ Away Games:

- ❖ Racks of bottles for each person covering the game
- ❖ Big black kit
- ❖ AED
- ❖ Table for evaluations and tapings

My Job (continued)

► Winter Sports

○ Basketball Practice

- ❖ 1 10-gallon cooler
- ❖ 1 ice chest with bags
- ❖ 1 rack of bottle
- ❖ All on a cart

- 1 cart in each gym

○ Basketball Games

- ❖ 1 10-gallon cooler
- ❖ 1 ice chest with bags
- ❖ 1 sleeve of cups (100)
- ❖ 1 trashcan
- ❖ 2 towels
- ❖ All on a cart

- 2 carts per gym if there are games in both

○ Wrestling Practice

- ❖ 1 ice chest with bags

○ Wrestling Matches

- ❖ 1 10-gallon cooler
- ❖ 1 ice chest with bags
- ❖ 1 sleeve of cups (100)
- ❖ 1 trashcan
- ❖ 1 clear bin with cleaning materials
- ❖ 2 towels
- ❖ All on a cart
- 1 cart for the home team and another for the away team

What I Learned

- ▶ Tapings
- ▶ The importance of hydration
- ▶ Stem
- ▶ Ultrasound
- ▶ How to work with a team of student athletic trainers along with a team of football players and coaches and other sports teams
- ▶ Time management
- ▶ How to properly clean
- ▶ How to help an athlete with rehab
- ▶ PPE
- ▶ The importance of nutrition
- ▶ Basic first aid
- ▶ How to properly make an ice bag





What I Experienced

- ▶ During my junior year, but more in my senior year, I helped athletes with their rehab after they were injured.
- ▶ Starting more in my senior year, I was able to get athletes set up for stem and sometimes start the stem machine.
- ▶ Half way into football season my senior year I was able to watch Mrs. Llanas do ultrasound and she let me have the opportunity to do it with her sitting there watching me.
- ▶ My senior year when we were playing Boiling Springs, I witnessed one of our players hurt his arm pretty bad and you could see that he was in pain.
- ▶ At our very last game, the first round of playoffs, we had one of our players get involved in a really bad play out on the field and he ended up having a very bad concussion. I witnessed the concussion evaluation and witnessed him being put on a stretcher to be taken to the hospital. I also witnessed how out of it the player was.

How This Experience Changed Me

Being with Mrs. Llanas, the student athletic training staff, the football team, and the coaches changed how much I want to go to school for athletic training. I now want to go to school more for it because I like being with sports and I like being able to help people. This experience has also taught me how to be patient with other people and how to be much nicer when talking to someone. I have been able to see how hard it is sometimes to talk to players or coaches about injuries because there is so much going on at one time. This last year I have learned so many things from wound care to leadership skills and I am hoping I can use some of the skills I learned in the future. I would recommend that anyone who has a chance to do an internship to take that chance because this could help you decided whether it is a career path you want to pursue.



