

# Tompkins Falcons



## Sports Medicine Program Application

# TOMPKINS HIGH SCHOOL SPORTS MEDICINE

Dallas Allmon, MS, ATC, LAT  
Head Athletic Trainer  
DallasGAllmon2@katyisd.org

4400 Falcon Landing Blvd.  
Katy, TX 77494  
Office – 281-237-5049  
Cell – 281-220-9949

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Dear Prospective Student Athletic Trainer,

We are pleased you are interested in the Falcon Sports Medicine Program. Our Student Athletic Trainers will work with various sports and teams and somewhere close to 1300 athletes on a daily basis throughout the year from sport to sport.

Athletic Training is a great way to meet and get to know other students, athletes, coaches, administrators, and area physicians. The Falcon Sports Medicine Program is also a great way to gain valuable medical experience if you are interested in the medical field as a profession, and looks great on resumes and college applications.

Becoming a member of the Athletic Training Staff will make considerable demands on you and your time. The coaches and athletes depend heavily on the Athletic Training Staff. As a Student Athletic Trainer, you will work practices and games – home and away.

If you are interested in becoming a Falcon Student Athletic Trainer, please complete the attached application and return the **last three pages** to Dallas Allmon at the email address above. If you have any questions, please feel free to contact me.

Sincerely,

Dallas Allmon, MS, ATC, LAT  
Head Athletic Trainer

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Dear Parent/Guardian,

Your child has expressed an interest in becoming a Student Athletic Trainer at Tompkins High School. This letter, along with the application is being provided in order to give you some insight into who we are, and what we do as Athletic Trainers.

Your child will be asked to fill out this application which will require the signature of both you and your child. This will allow us to check everything in their accumulative files in the counselor's office.

We are looking for students who enjoy helping others, have good work and study habits, positive attitudes, are highly motivated, and will be dedicated to the program. They must be willing to work some long and hard hours throughout the week and on some weekends and holidays according to athletic schedules.

If your child is selected to be a part of our Athletic Training Staff, they will be on a short probationary period to see if they meet our expectations, but more importantly to see if being a Student Athletic Trainer meets their expectations. It is not important that your child know anything about sports, or have played a sport. The important thing is that they want to be a part of a unique group of students on campus who are there to help others. If they are thinking of going into any type of medical field, this would be an excellent opportunity for them to get a head start on that career.

Becoming a Student Athletic Trainer can be a fun and rewarding experience for those that become involved with our program. This program will allow your child to not only grow and mature as a person, but will also help them with communication skills, learning responsibilities, time management, and study habits.

Please take the time to look over and discuss the application with your child and contact us if you have any questions or concerns.

Sincerely,

Dallas Allmon

Head Athletic Trainer

## **FREQUENTLY ASKED QUESTIONS**

### **What is Athletic Training / Sports Medicine?**

- Athletic Training is the prevention, recognition, evaluation, and rehabilitation of athletic injuries.

### **Injury Prevention, Recognition, Evaluation, and Rehabilitation of the athlete may include;**

- Prevention – Helping the athlete maintain physical conditioning for their sport
- Recognition – Learning how to recognize different types of injuries
- Evaluation – Learning how to evaluate the severity of an injury
- Rehabilitation – learning rehab techniques to help the athlete recover from an injury

### **What are the duties, roles, and responsibilities of the Student Athletic Trainer?**

- Assist the Head and Assistant Athletic Trainer
- Set up for practices and games
- Assist in all forms of taping, wrapping, first aid, and rehabilitation in the Athletic Training Room
- Entering daily treatments and injury logs into the computer
- Stocking supplies in the Athletic Training Room and emergency kits
- Assist with pre-season physicals yearly

### **Will I receive academic credit as a Student Athletic Trainer?**

- Yes. This class counts as a physical education credit.
- ½ credit per semester

### **Will I be required to stay after school?**

- During the fall it will be every day during football season (Except Sundays and only on Saturday if it is a game day)
- After football season, Student Athletic Trainers will cover practices and games for their second sport
- Some events require Saturdays and holidays, and football practice starts in the summer

### **What sports are covered?**

- Fall sports – Football and Volleyball (August through November)
- Winter sports – Basketball, Soccer, Wrestling (November through March)
- Spring sports – Baseball, Softball, and Track (January through April)
- Late Spring – Spring Football (May)

### **What will I learn in this class?**

- Basic First Aid
- Cardio Pulmonary Resuscitation (CPR)
- Automated External Defibrillator (AED)
- All forms of taping and wrapping
- Medical terminology
- Anatomy
- Computer skills

### **How will I be graded?**

- By daily attendance and participation
- Following dress code for practices and games
- Maintaining at least an overall “C” average
- Attendance at the Greater Houston Student Athletic Trainer Workshop
- By preparing a poster for the workshop

## Can I do this in College?

- Yes!
- Some Colleges and Universities assist Student Athletic Trainers with financial aid
- You can learn the basics and apply the learned skills and knowledge to prepare for college
- If you want to do this in College, we can assist you in getting into a College or University

## What qualities do you look for in a prospective Student Athletic Trainer?

- Highly motivated
- Strong academics / Maintaining passing grades
- Good work and study habits
- Good conduct
- Exceptional attendance
- Self-Discipline
- Desire to help others
- Responsible, dependable, honest, and trustworthy
- Ability to get along with others
- Wants to be a part of a unique athletic organization
- Total commitment to the program

## What are the benefits of being a Student Athletic Trainer?

- Receive Physical Education (PE) credits
- Learn self-discipline and time management
- Name and picture in the sports programs
- After 2<sup>nd</sup> year – Receive a Letter Jacket

## Will there be a cost?

- There is a \$50 user fee for all students participating in UIL events
- Items furnished will be – T-shirts, sweat suit, wind suit, travel bag, and fanny pack

## What happens if I fail a class?

- The first time there will be a conference with the Head and Assistant Athletic Trainers and attending tutorials will be required. You will still be required to work practices, but cannot work games.
- The second time you will be put on Academic Suspension. You will be required to study during the athletic training period and attend tutorials. You will be monitored weekly and if the problem continues, the Head Athletic Trainer will review your performance and you may be removed from the program.
- The third time you will be removed from the class and the program.

## Letterman Jacket Policy

1. Successfully completing 1 varsity football season **without** being ineligible.
  - Includes being at 90% of all practices for football
  - Attending all varsity football games
  - Maintaining at least a “C” average in all classes.
2. In combination with either 1 or 2 winter/spring sports **without** being ineligible during the seasons.
  - Attendance of 90% of all assigned games for your sport
  - Maintaining at least a “C” average in all classes
3. No major discipline referrals. (ex. Suspensions, ISS)

**Any discipline referrals/fighting may result in removal from the athletic class and the program.**

# STUDENT ATHLETIC TRAINER APPLICATION TOMPKINS HIGH SCHOOL

Please complete and scan and email to DallasGAllmon2@katyisd.org  
WRITE LEGIBLY)

(PLEASE

NAME \_\_\_\_\_  
(Last) (First) (Middle)

ADDRESS \_\_\_\_\_

CITY \_\_\_\_\_ ZIP CODE \_\_\_\_\_ HOME PHONE (\_\_\_\_) \_\_\_\_\_

Please Circle one of the following: CURRENT GRADE: 8 9 10 11 12 SEX: M F

PARENT/GUARDIAN(S) NAMES \_\_\_\_\_

FATHER'S WORK #: (\_\_\_\_) \_\_\_\_\_ CELL #: (\_\_\_\_) \_\_\_\_\_

MOTHER'S WORK #: (\_\_\_\_) \_\_\_\_\_ CELL #: (\_\_\_\_) \_\_\_\_\_

E-Mail Address: \_\_\_\_\_

School Attending Now: \_\_\_\_\_

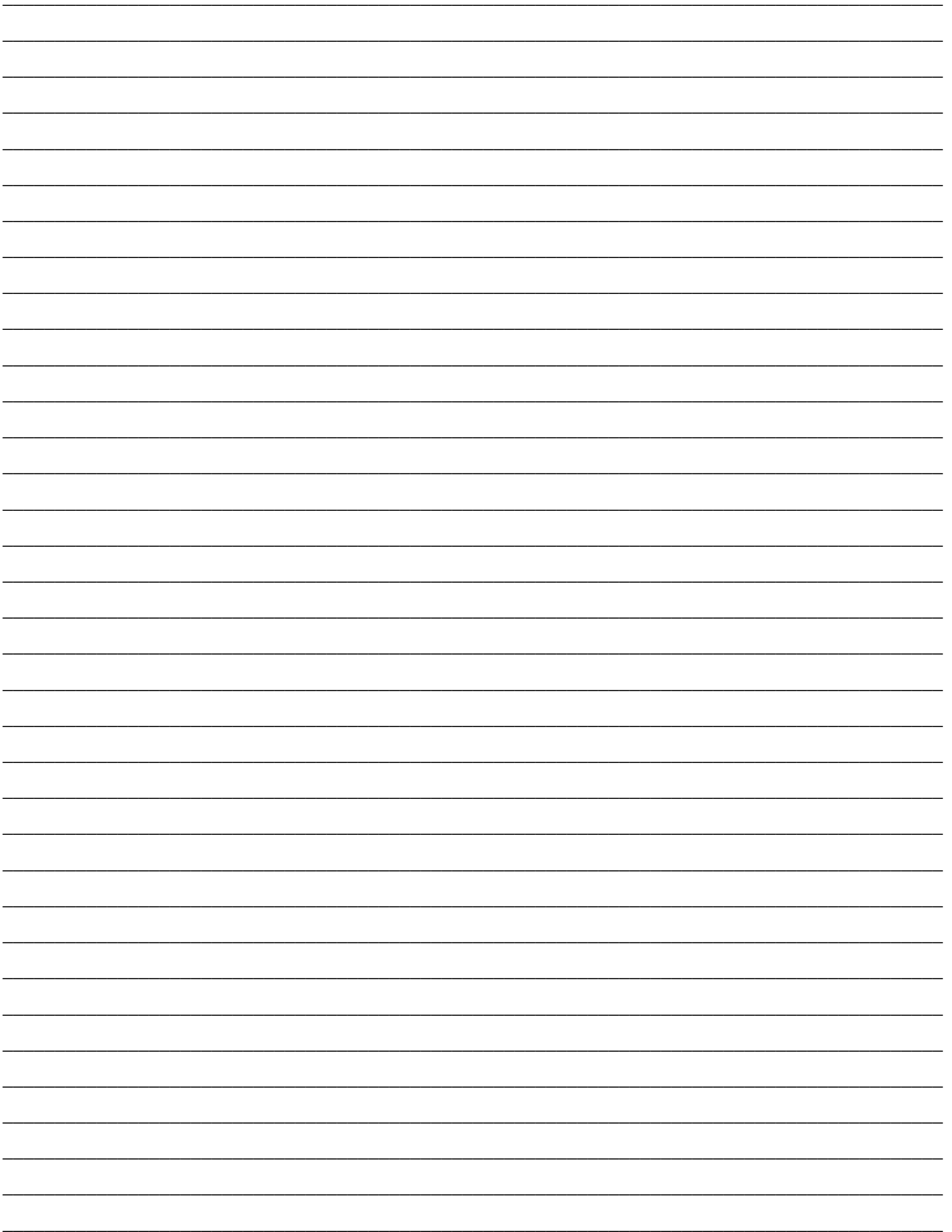
## **Please attach the following**

- A copy of your most recent report card

**We will email the teachers on your report card for a recommendation form that they will need to fill out online.**

## **Please answer the following questions on the next page(s).**

1. How did you find out about becoming a Student Athletic Trainer?
2. Why do you want to be a Student Athletic Trainer?
3. What do you think a Student Athletic Trainer does?
4. Have you ever had experience as a Student Athletic Trainer or Manager?
5. Are you currently in any other extracurricular groups or organizations?
6. Do you plan to join any other groups or organizations?
7. What do you believe you could bring to or add to the Athletic Training Staff?
8. Anything else you would like to let us know?



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I certify that all the information on the application is correct to the best of my knowledge. I understand that if I am accepted into the program, it will be on a probationary basis at first. I also understand that I may be removed from the program at any time for poor academics, discipline problems, or any other ethical reason that may arise.

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Student Signature

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Date

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Parent/Guardian Signature

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Date