

TOMPKINS STUDENT ATHLETIC TRAINER PROGRAM



Is your child interested in possibly entering a medical profession?

Do they enjoy sports?

Do they take pride in helping others?

If so, they may be interested in joining the Tompkins Falcon Student Athletic Training Program. This is a co-educational program that is an exciting way to get an introduction into the medical field and to join a group of like-minded individuals to work together in order for our athletic teams to reach their greatest potential. Our student athletic trainers will work with most of the sports at Tompkins High School and gain valuable knowledge of anatomy, first aid, rehabilitation protocols, treatment procedures, and therapeutic modalities. They will cover practices and games for the team to which they are assigned and perform tasks such as taping, stretching, and wound care.

We will begin getting ready for the year during the summer, when we will have our Student Athletic Trainer Camp. This will be the week before practices for football start, and we will get all of our students introduced to the skills they will need to have throughout the year. The camp will give them a great opportunity to practice those skills before they have to really use them. After the week of trainer camp we will have football practices, and then we go right into football season where your child will work with the freshmen, sophomore, and JV football teams. Our student trainers will be in an athletics class (for which they get a PE credit), and will have practice after school Monday through Wednesday. They will have one game Thursday night where they will work with either the freshman teams or the sophomore or JV. After football season is finished we will pick another sport for them to work with, and when that season starts, they will begin to cover that sport.

We are excited to be part of a winning tradition here at Tompkins High School. As a sports medicine program, we can have a huge impact on how successful all of our sports can be. There is no other group that impacts as many teams as our athletic training students. We keep the athletes going when they are hurt and keep them on the field or get them back as quickly as we can, in order to give our teams as much of a chance to win as possible. This is an exciting extra-curricular activity where your child will be able to see the benefits of hard work, discipline, and teamwork.

If you have any other questions, please feel free to contact me.

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