



Southwestern Oklahoma State University—a university known for its quality academic programs and its friendly service to students, alumni, and friends.

Located in the center of western Oklahoma, students may take classes on the main campus located in Weatherford and the branch campus located in Sayre. Students may complete associate, bachelor's, master's, and Doctor of Pharmacy degrees while attending either the traditional on-campus classes or participating in distance learning opportunities provided through state-of-the-art technology.

**Jessica Young, MS, ATC, LAT**

ATEP Director  
Southwestern Oklahoma State University

**Kris Mahlock, MS, ATC, LAT**

Coordinator of Clinical Education  
Southwestern Oklahoma State University

**Edwin Detweiler, MA, ATC, LAT**

Head Athletic Trainer  
Southwestern Oklahoma State University

**Tammy Steinkraus, MS, ATC, LAT**

Assistant Athletic Trainer  
Southwestern Oklahoma State University



**What to Bring to Camp**

**Pack toiletries, linens for a twin bed, pillow, and comfortable clothes for the camp. You may also want to bring a swim suit and towel, as there will be some free time for swimming. You may also choose to visit the Wellness Center during this time which has basketball, volleyball and a rock climbing wall. There will also be a camp store, which you can buy SWOSU clothing/items, drinks and snacks, and additional athletic training supplies. These items will be available for the students to purchase throughout the camp.**

**A more detailed schedule along with other important information will be sent to you prior to camp via email. Please be sure to include your email address on the registration form.**



*Bulldog  
Athletic Training*

**2012 Athletic  
Training Camp**

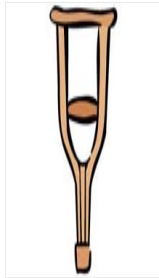


**July 12th-14th,  
2012**

**Southwestern Oklahoma  
State University  
Weatherford, OK**

What you will know!!!!:

- Have a greater understanding of the anatomy of the human body.
- Understand the mechanisms of common injuries.
- Have the basic knowledge and skills in the evaluation of common injuries.
- Be able to apply immediate care to injuries.
- Be able to apply multiple taping techniques to prevent and help injured athletes return to play quicker.
- Be able to properly apply various types of splints to the extremities.
- Understand basic care procedures for suspected injuries to the spine.
- Have the basic knowledge and skills to assist their high school teams.



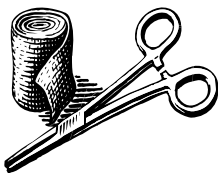
- Students who pass the minimum standards will receive **CPR and First Aid Certificates** from the **American Red Cross**.

**\* Due to a change by the American Red Cross , an additional \$55.00 charge will be needed in order for students to receive both their First Aid and CPR certification cards. This money will be collected onsite during check in. THIS IS COMPLETELY OTIONAL!! We have made this optional in an attempt to keep camp costs at a minimum and give the students who have already been certified the choice to opt out of this training.**

*In addition, students will receive a CD with videos of all taping procedures taught during the course and PowerPoint presentations, a fanny pack, T-shirt, tape, scissors, and a notebook.*

**Contact us at:**

Jessica Young, MS, ATC, LAT  
Camp Director  
jessica.young@swosu.edu



# Tentative Schedule

## Thursday

1:00-2:00 Check In  
Instruction/Application Sessions  
4:30-5:30 Dinner  
Instruction/Application Sessions



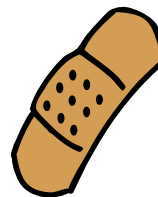
## Friday

8:00-9:00 Breakfast  
Instruction/Application Sessions  
12:00-1:00 Lunch  
Instruction/Application Sessions  
4:30-5:30 Dinner  
Instruction/Application Sessions



## Saturday

7:00-8:00 Breakfast  
Instruction/Application Sessions  
12:00-1:00 Lunch  
1:00 Check-out for Students not doing First Aid/CPR Training  
1:00- 3:00 First Aid/CPR Skills Check-Offs  
3:00 Check-out for Students doing First Aid/CPR Training



## Topics Covered

Introduction to Athletic Training  
Athletic Training Supplies  
Concussion Management  
Heat Illness  
Equipment Fitting  
Wound Care  
Common injuries, care, and treatment for the foot and ankle, knee, shoulder, elbow, wrist and hand.  
Emergency procedures including splinting of the extremities and care for spinal injuries.

**\*\*All topics will be discussed first and then followed by a lab / application session\*\***

### Registration Form (Please Print Clearly)

Student Name: \_\_\_\_\_  
Address: \_\_\_\_\_  
City: \_\_\_\_\_  
State: \_\_\_\_\_ Zip Code: \_\_\_\_\_  
Phone #: \_\_\_\_\_  
Email address: \_\_\_\_\_  
Male or Female: \_\_\_\_\_  
Emergency Contacts  
Name: \_\_\_\_\_  
Relation: \_\_\_\_\_  
Phone #: \_\_\_\_\_  
Name: \_\_\_\_\_  
Relation: \_\_\_\_\_  
Phone #: \_\_\_\_\_  
Name: \_\_\_\_\_  
Relation: \_\_\_\_\_  
Phone #: \_\_\_\_\_

T-Shirt Size: S M L XL XXL  
Name of Preferred Roommate \_\_\_\_\_

Registration Fee: (Circle One)  
Overnight: \$250 Day Only: \$225  
\_\_\_\_\_: New Student \_\_\_\_\_: Returning Student  
\_\_\_\_\_: Check for First Aid/CPR (Additional \$55.00)

Mail Registration to: **SWOSU Athletic Training**  
Attn.: Jessica Young  
100 Campus Dr.  
Weatherford, OK 73096

Student Signature: \_\_\_\_\_  
Parents Signature: \_\_\_\_\_

**\*FULL PAYMENT OR A \$50.00 (non-fundable) DEPOSIT DUE WITH REGISTRATION FORM!!!**