

## Instructors

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ATEP Director  
Southwestern Oklahoma State University

**Jessica Young, MS, ATC, LAT**  
Coordinator of Clinical Education  
Southwestern Oklahoma State University

**Kris Mahlock, MS, ATC, LAT**  
Head Athletic Trainer/Instructor  
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**Tammy Steinkraus, MS, ATC, LAT**  
Assistant Athletic Trainer  
Southwestern Oklahoma State University



Southwestern Oklahoma State University  
Athletic Training 1-01246  
100 Campus Dr.  
Weatherford, OK 73096

*Bulldog  
Sportsmedicine*



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2010  
ATHLETIC  
TRAINING  
CAMP

**Southwestern  
Oklahoma State  
University**

July 8th-10<sup>th</sup>

## Registration Form

Name: \_\_\_\_\_  
Address: \_\_\_\_\_

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

City: \_\_\_\_\_

State: \_\_\_\_\_ Zip Code: \_\_\_\_\_

Registration Fee: (Circle One)

Phone: \_\_\_\_\_

Overnight: \$225 Day Only: \$200

Email address: \_\_\_\_\_

Registration forms received prior to 6/1/09 will receive \$25 off registration fee

### Emergency Contacts

Name: \_\_\_\_\_

Mail Registration to: SWOSU Athletic Training  
100 Campus Dr.  
Weatherford, OK 73096

Relation: \_\_\_\_\_

Phone Day: \_\_\_\_\_ Night: \_\_\_\_\_

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

Relation: \_\_\_\_\_

Phone Day: \_\_\_\_\_ Night: \_\_\_\_\_

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

## Thursday

- 1:00-2:00 Check In
- 2:00-2:30 Introductions
- 2:30-4:30 Instruction and Application Session
- 4:30-4:45 Break
- 4:45-6:00 Instruction and Application Session
- 6:00-7:00 Dinner
- 7:00-9:00 \*\*Crowder Lake State Park\*\* (Weather permitting)
- 9:00-11:00 Instruction and Application Session
- 11:30 Lights Out

## Friday

- 8:00-9:00 Breakfast
- 9:00-12:00 Instruction and Application Session
- 12:00-1:00 Lunch
- 1:00-3:00 Instruction and Application Session
- 3:00-3:15 Break
- 3:15-4:45 Instruction and Application Session
- 4:45-5:30 Dinner
- 5:30-9:00 Instruction and Application Session / Games
- 11:30 Lights Out

## Saturday

- 7:00-8:00 Breakfast
- 8:00-12:00 CPR / AED Training
- 12:00-1:00 Lunch
- 1:00-5:00 1<sup>st</sup> Aid
- 5:00-5:30 Certificates, Awards, and Prizes

At the completion of this camp students will:

- 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**.

### Topics Covered

- Introduction to Athletic Training
- Athletic Training Supplies
- 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\*\*

\*\*Crowder Lake State Park offers a variety of recreational activities including: swimming, canoeing, hiking, rappelling, and a ropes course\*\*