



The Athletic Training Department is committed to providing our athletes with the highest standard of care possible. This care includes prevention, education, evaluation, recognition, and management including treatment and rehabilitation for all student-athletes' injuries and illnesses. JISD Athletic Training staff works under the direction of team physicians from Baylor, Scott & White & Ascension Medical Group. Along with the dedicated athletic training staff and athletic training student aids in the program, student athletes have a number of medical professionals in the community committed to their welfare and success. JISD looks for assistance from team physicians and physical therapists, and Baylor Scott & White in Jarrell, Georgetown, Round Rock and Temple whenever it is deemed necessary. The sports medicine team at JISD consists of many highly qualified and experienced professionals.

Prospective Athletic Training Student aids

All students wishing to become a Student Athletic Training aid must contact the Staff Athletic Trainer and submit an application. The Sports Medicine class is open to Student Athletic Training aids preferably and may only be taken with the approval of the Staff Athletic Trainer. To begin the application process, parents and students please read through the Prospective ATSA Letter.

Letter to Parents & Prospective Students

[Prospective_ATSA_Letter](#)  [Prospective_ATSA_Letter](#)

Application for Student Athletic Training Aid

[Prospective Student Athletic Training Aid Application and Manual](#)

 [STUDENT TRAINER APPLICATION 2023-24.docx - Google Docs](#)

The following are some great resources for parents and athletes to gain an understanding and respect for:

- Care and Prevention on Injuries
- Safety
- Mental Health
- Description of what happens during injuries and the healing process

This section is dedicated to the parents of all student-athletes at Jarrell HS and MS. In this section we hope to provide information about athletic training room policies and procedures and provide you with the most current and accurate information regarding physicals and other news that may affect your child. Please use the menu below to navigate this section.

*Due to practices/games, the athletic training room may be open before and after school during hours that are not listed. In order to assist athletes who are preparing for practices/games, the athletic training room will only be available to those sports who are in preparation for practices/games during those times.

If your son/daughter has sustained an injury that requires treatment, we ask that they make arrangements to be at morning treatment sessions to allow for a sufficient amount of treatment time or for an evaluation. If for some reason they are unable to make

morning treatments, we ask that someone please [call or email me](#) and let us know so that we may be able to relay that information to their respective coaches.

*Please do not wait until your athletic period to check in. Everyone must do their best to be here before school.

The Athletic Training Room will be closed during the summer unless you make arrangements

Treatment times are as follows:

M-Th 7 - 8:15 AM (Please arrive no later than 7:45 to allow time for treatment)

F-Sun - By appointment only

Evaluations and therapy must be completed before school not during the athletic period

ACL Injury Handout

https://www.nata.org/sites/default/files/acl_injury_handout.pdf

ankle sprain handout

https://www.nata.org/sites/default/files/ankle_sprain_handout.pdf

Asthma-vcd-eilo-handout

<https://www.nata.org/sites/default/files/asthma-vcd-eilo-handout.pdf>

bullying-hazing-handout

<https://www.nata.org/sites/default/files/bullying-hazing-handout.pdf>

cheerleading-safety-handout

<https://www.nata.org/sites/default/files/cheerleading-safety-handout.pdf>

concussion-handout

<https://www.nata.org/sites/default/files/concussion-handout.pdf>

cultural-competence-handout

<https://www.nata.org/sites/default/files/cultural-competence-handout.pdf>

environmental-cold-injuries-handout

<https://www.nata.org/sites/default/files/environmental-cold-injuries-handout.pdf>

Dental-injury-handout

<https://www.nata.org/sites/default/files/dental-injury-handout.pdf>

Face-Head-Protection-handout

<https://www.nata.org/sites/default/files/face-head-protection-handout.pdf>

Football helmet fitting

<https://www.nata.org/sites/default/files/football-helmet-handout.pdf>

Hamstring Injuries

<https://www.nata.org/sites/default/files/hamstring-injuries-handout.pdf>

Hydration/Heat Illness handout

https://www.nata.org/sites/default/files/hydration_heat_illness_handout.pdf

How to be an Ally

<https://www.nata.org/sites/default/files/how-to-be-an-ally-handout.pdf>

Injury Nutrition

<https://www.nata.org/sites/default/files/injury-nutrition-handout.pdf>

Lightning Safety

https://www.nata.org/sites/default/files/lightning_safety_handout.pdf

Mental Health

https://www.nata.org/sites/default/files/mental_health_handout.pdf

Overuse Injuries

https://www.nata.org/sites/default/files/overuse_injuries_handout.pdf

Patellofemoral Pain

<https://www.nata.org/sites/default/files/patellofemoral-pain-handout.pdf>

Shin Splints and Stress Fractures

<https://www.nata.org/sites/default/files/shin-splint-stress-fracture-infographic.pdf>

Power of Sleep

<https://www.nata.org/sites/default/files/sleep-infographic-handout.pdf>

Effects of Stress

<https://www.nata.org/sites/default/files/stress-handout.pdf>

Weight Management

<https://www.nata.org/sites/default/files/weight-managment-infographic.pdf>
