

# Introduction to Athletic Training: An Interactive Workshop for High School Students

Saturday, May 11, 2019 • 8 a.m. to 6 p.m. • The Ellis School

UPMC Sports Medicine is proud to offer our bi-annual workshop for high school students interested in a career in athletic training or who wish to enhance the skills they use on a daily basis in their high school athletic training room.

Students will be exposed to elements of our key topics through lecture with an emphasis on hands-on practice of techniques and procedures. Lab time has been set aside to focus on skills students are able to utilize in their high school athletic training environments. The schedule also includes a session with a local collegiate athletic trainer who will present on how to prepare for a college athletic training degree.

A continental breakfast and lunch are provided as well as course and lab materials.

The fee for the program is \$50 if paid by Friday, April 26, 2019. \$70 after that date. Space is limited, please register early.

The workshop will be held at The Ellis School. Free, on site parking is available.

Register online at:  
[UPMCSportsMedicine.com/IntroToAT](http://UPMCSportsMedicine.com/IntroToAT)

Cancellation policy: No refunds after April 26, 2019

Cost includes:

- Light Breakfast and Lunch
- CPR
- Course Workbook and Lab Materials

#### Workshop Athletic Training Staff:

Karen Andreyckak  
*Derry High School*

Becca Kayda  
*Chatham University*

Bill Coutts  
*Floater/Robert Morris Univ.*

Barbara Marschik  
*Greensburg Salem H.S.*

Matt Deavers  
*Deer Lakes High School*

Samantha Powell  
*Robert Morris University*

Jackie Jenkins  
*Knoch High School*

Whitney Rowley  
*Point Park University*

For questions regarding the workshop, contact:  
Jesse Townsend - 412-432-3728

#### Workshop topics:

- Career Exploration
- HS Aide Roles and Responsibilities
- Conditioning and Rehabilitation
- Heat and Weather Concerns
- Medical Terminology
- Common Injury Types
- Evaluation, Diagnosis and Specific Injuries
- Concussion
- Taping Lab
- First Aid for Athletics
- CPR

#### Location:

The Ellis School  
6425 Fifth Ave.  
Pittsburgh, PA 15206