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
AT Program 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

Kalyp Oliver, MEd, ATC, LAT
Assistant Athletic Trainer
Southwestern Oklahoma State University

Leah Cox, ATC, LAT
Assistant Athletic Trainer & Insurance Coordinator
Southwestern Oklahoma State University

What to Bring to Camp

Pack toiletries, linens for a twin bed, pillow, and comfortable clothes for the camp. There will be some free time in the evenings so you may also choose to visit the Wellness Center or play sand volleyball. Meals are provided, however students may want a little spending cash for drinks and snacks during the day.

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.
What you will learn!!!!!:

- 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 Adult CPR & First Aid Certificates from the American Red Cross.

Due to a change by the American Red Cross, an additional $50.00 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 OPTIONAL! 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
More detailed schedule will be sent via email before camp starts.

Thursday
1:00-2:00 Check In
Instruction/Application Sessions
6:00-7:00 Dinner
Free/Activity Time

Friday
8:00-9:00 Breakfast
Instruction/Application Sessions
11:30-12:30 Lunch
Instruction/Application Sessions
4:30-5:30 Dinner
Instruction/Application Sessions

Saturday
7:00-8:00 Breakfast
Instruction/Application Sessions
11:30-12:30 Lunch
12:00 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 FA/CPR Training

**All topics will be discussed first and then followed by lab / application sessions**

Due to high demand of students attending camp several years repeatedly, we have special sessions for returning students to learn advanced skills. They may also receive different (new) AT items at check in.