



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

**Michael Catterson, MS, ATC, LAT**

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Southwestern Oklahoma State University

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Southwestern Oklahoma State University

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Head Athletic Trainer  
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**Tammy Steinkraus, MS, ATC, LAT**

Assistant Athletic Trainer  
Southwestern Oklahoma State University

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

*Bulldog  
Athletic Training*

**2010 Athletic  
Training Camp**



July 8th-10th, 2010

**Southwestern Oklahoma  
State University  
Weatherford, OK**

## Registration Form

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

T-Shirt Size: S M L XL XXL

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

Name of Preferred Roommate \_\_\_\_\_

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

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

Registration Fee: (Circle One)

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

Overnight: \$225 Day Only: \$200

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

Male or Female: \_\_\_\_\_

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

### Emergency Contacts

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

Mail Registration to: SWOSU Athletic Training

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

100 Campus Dr.

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

Weatherford, OK 73096

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

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

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

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

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

## Tentative Schedule

### 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

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

### 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.**
- In addition, students will also receive a CD with videos of all taping procedures taught during the course and PowerPoint presentations.**

### 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\*\***

### Contact us at:

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Camp Director

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580-774-3073