

Athletic Training Information

Meet your athletic trainer



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ATHLETIC TRAINER OVERVIEW

Athletic trainers are highly skilled healthcare professionals with specialized education in the prevention, evaluation, and treatment of injuries. They must graduate from an accredited Athletic Training program, pass a national Board of Certification (BOC) exam, and hold a current medical license from the state of Minnesota. From the moment of injury through recovery and return to play, an athletic trainer supports your student-athlete every step of the way.

The core competencies of an athletic trainer include:

- Injury prevention and wellness promotion
- Examination, assessment, and diagnosis
- Immediate and emergency care
- Therapeutic intervention
- Healthcare administration and professional responsibility

We strive to ensure the safety of our student-athletes, using recommendations from the National Athletic Trainers Association (NATA), the Minnesota Department of Health (MDH), and the Center for Disease Control (CDC), along with guidelines set by the school and/or district.

Important reminders

According to the Minnesota State High School League Rule (Bylaw 107.00), if your child receives care from a physician for injury or illness “the attending physician must certify in writing the students readiness to return to competition.”

THE ATHLETE WILL NOT BE ALLOWED TO PARTICIPATE WITHOUT A NOTE FROM
A PHYSICIAN STATING SPECIFIC CLEARANCE FOR ACTIVITY

MSHSL Concussion policy

<https://www.mshsl.org/sites/default/files/2025-08/mshsl-concussion-policy-7-29-25.pdf>

Steps required to return to sport after a concussion:

Recommend 24 hours at steps 1 – 3.

Required 24 hours at steps 4 – 6.

1. Very light aerobic exercise that does not make symptoms worse during exercise, regular activities of daily living and school (eg, walking).
 2. Aerobic exercise such as walking or stationary cycling at slow to medium pace, no resistance training. a. Light (up to approx. 55% maxHR) b. Moderate (up to approx. 70% maxHR)
 3. Sport specific exercise—away from the team environment (running, change of direction and/or individual training drills away from the team environment). Light resistance training.
- NOTE: If sport specific training involves any risk of inadvertent head impact, medical clearance should occur prior to Step 3.

*** Steps 4 – 6 require 24 hours at each step and return to full school ***

4. Non-contact training drills. Exercise to high intensity including more challenging training drills (eg, passing drills, multiplayer training) can integrate into a team environment.
5. Full contact training. 6. Game play.

[HeadStrong Concussion insurance](#)