A Day in the Life:
Willamette University Athletic Trainer
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The life of an athletic trainer is very busy year round. Athletics are one of societies highest praised activities and therefore there is immense pressure on athletes to perform at their highest ability. Along with the enjoyment of running around competing comes the pain and agony of injury. The athletic trainer is not only needed when an injury occurs and the athlete starts rehab, but also has a key role in prevention of injuries. A key skill necessary is to work one on one with an athlete to identify the problem being experienced and further be able to prescribe the athlete the proper rehab that will get them out of the training room and back to competition.

A typical completion day includes:

3 hours prior to event start time: Ensure training room is stocked and ready for the influx of athletes that come in to prepare for competition.

2 hours prior to starting time: Work with athletes that are in the “getting ready” stage, this involves taping, stretching, and using other modalities available to warm up the athlete both physically and psychologically

During event: Monitor over all action, always have “on call” attitude. Be aware of athletes that might have injury but do not notice. ALWAYS make sure water is available for athletes to hydrate with

After the event: Treat all injuries and give recommendations for athletes to do at home, again the goal is to return them to the playing field as soon as possible.

Athletic training is a very rewarding job that entails helping injured athletes on the road to recovery. It is awesome to see people that have been told that they likely won’t be able to return to competition, overcome adversity and come back stronger than ever before.