

## **LIBERTY UNIVERSITY FLAMES**

### **HIGH SCHOOL ATHLETIC TRAINING/SPORTS MEDICINE CAMP**

**SUMMER 2015: June 15 - 17, 2015**

Thank you for your interest in the 1<sup>st</sup> Annual Liberty University Flames High School Athletic Training/Sports Medicine Camp. Few experiences better prepare high school students to pursue Athletic Training/Sports Medicine at your high school, at the collegiate level, or as a career. Join us and our outstanding teaching staff for three days of quality athletic training instruction, conducted on the Liberty University campus at various athletic and academic facilities. Our Athletic Training/Sports Medicine staff will provide the very best combination of instruction and a fun experience to students of all ability levels.

This camp is geared for students entering grades 9-12 who are interested in attaining athletic training knowledge and skills. High school graduates not currently enrolled in college are also eligible to attend. No previous experience is needed to attend this camp.

Each camper will get a firsthand experience of what athletic training is truly about through the interaction with Liberty University's athletic training staff, faculty and students that are currently in our Athletic Training major. Please know that the camper's safety and welfare are our top priority and that your child will receive professional instruction from a team of outstanding Licensed, Certified Athletic Trainers.

As a participant in our camp, you will receive a comprehensive overview of all aspects of Athletic Training/Sports Medicine. The Athletic Training/Sports Medicine Camp will consist of lecture and laboratory sessions incorporating an aggressive sharing of athletic training/sports medicine topics. Objectives will include introductory information emphasizing anatomy, injury recognition and evaluation, initial treatment plans, taping and wrapping techniques, improved awareness of emergency situations and management, general rehabilitation ideas, record keeping, and an overview and exposure to the athletic training and sports medicine professions. LU will offer an innovative, open, and sharing environment for learning and knowledge gathering. Full-time Liberty University Licensed, Certified Athletic Training staff will be involved with and provide professional instruction in the daily lectures and lab sessions. Current undergraduate athletic training students will be present to assist with lab sessions, mentoring opportunities, and daily supervision.

During the camp, you have the opportunity to experience the atmosphere at the Liberty University, one of the nation's premier Christian institutions of higher learning, as well as a leader in the fields of Athletic Training and Sports Medicine. Liberty University's Accredited (CAATE) Undergraduate Athletic Training Major offers a Bachelor of Science Degree within the Department of Health Professions. Students are offered an extensive range of clinical experiences in conjunction with a challenging, evidence-based and research-based educational and classroom opportunity. LU has a long, successful history of preparing

aggressive, critical thinking, “hands on” athletic training students while combining educational and clinical exposures to various health care professionals.

Our camp graduates are able to take the skills and lessons learned during the camp back to their high school setting and practice them with their Certified Athletic Trainers in their own athletic training rooms and with their own athletes!

Our campers enjoy meeting other students from around the country who share an interest in Athletic Training/Sports Medicine, and are afforded the opportunity to work with some of the most respected professionals in Athletic Training/Sports Medicine.

Thank you for choosing Liberty University for your *Athletic Training/Sports Medicine Camp* experience. We look forward to having you join us this summer for a fantastic and unique Athletic Training/Sports Medicine Camp experience this summer!!

### **2015 LU Flames High School Athletic Training/Sports Medicine Camp** **CAMP HIGHLIGHTS**

- Tour of LU Athletic Training Facilities & Athletic Facilities
- General Anatomy (Upper & Lower Extremities and Head/Spine)
- Evaluation, treatment, rehabilitation of common injuries (Upper & Lower Extremities)
- Taping and bandaging techniques instruction (Upper & Lower Extremities)
- Recognition and management of head and spine injuries (SPINE –BOARDING Techniques)
- NATA Position Statements (Heat stress & other general medical topics)
- Therapeutic modalities
- Weight training principles
- A.T. Olympics

**Who:** Students grades 9-12

**Dates:** June, 2015 (dates TBD)

**Fees & Registration Costs:** The Commuter Camper (Day) fee for *Liberty University Flames Athletic Training/Sports Medicine Camp* is \$275.00. This fee covers all instruction/materials, a camp shirt, snacks, and LUNCH each day; it does not include housing.

**Equipment:** Comfortable Clothing  
Backpack or Tote to carry items to and from sessions  
Toiletries (if necessary)  
Swim Suit/Towel, Tennis shoes (for walking)