



## UNIVERSITY OF WASHINGTON ATHLETIC TRAINING

### INTERNSHIP PACKET

#### VISION STATEMENT

The University of Washington Athletic Training Room will strive to provide comprehensive and innovative health care to all student-athletes in the department of Intercollegiate Athletics. The Athletic Training Room shall employ the most visionary and advanced athletic trainers who will utilize the latest technologies available. These individuals shall be aggressive in their own education as to provide University of Washington athletic teams with the highest quality care.

#### MISSION STATEMENT

The University of Washington Sports Medicine Team & Athletic Training Room is dedicated to providing complete athletic injury & illness prevention, recognition, evaluation, and rehabilitation to University of Washington student-athletes. This is accomplished through a team approach utilizing the best athletic trainers, nutritionist, strength and conditioning coaches, team physicians, and consultants with the support of the University of Washington Department of Intercollegiate Athletics.

The University of Washington Athletic Training Room philosophy is one of excellence. The health and well being of student-athletes is met by a staff dedicated to excellence achieved through innovative and diverse continuing education required by the National Athletic Trainer's Association (NATA) and our own internal standards. Professionalism in the University of Washington Athletic Training Room is guided by the NATA Code of Professional Conduct. Medical care will be provided in compliance with NATA, the University of Washington Department of Intercollegiate Athletics, the National Collegiate Athletic Association (NCAA), and the Pac-10 Conference.

## **ELIGIBILITY & REQUIREMENTS**

The University of Washington athletic training internship program is an excellent opportunity for an individual to gain practical, applied experience in sports medicine while learning from highly skilled and educated mentors. Additionally, the internship program is an exceptional vehicle for the established athletic training professional to access qualified apprentices. The purpose of this assistantship program is to help facilitate both of these processes.

The students chosen to be part of this program should demonstrate high levels of academic achievement and show a focus in the fields of medicine, physical therapy or exercise science. The following criteria will be considered when awarding the internships:

- Applicants must have completed a minimum of 30 semester hours or 45 quarter hours.
- Applicants may be involved in the sports medicine field. Work and/or volunteer experience will be considered.
- Applicants should have or expect to receive CPR certification.
- Applicants must submit a resume and three letters of recommendation.

## **REQUIREMENTS**

WEEKLY – 20 hours

QUARTERLY – 220 hours

Please keep in mind that the preceding are a MINIMUM requirement of the position. Morning, evening, and weekend hours may be required as well.

## **THE PROGRAM**

**The primary goal of the University of Washington Athletic Training Internship Program is to prepare the candidate to enter the field and be well-equipped to effectively meet the demands of being a sports medicine professional.**

- \* Enhance confidence in the varied fields of sports medicine.
- \* Strengthen areas of weakness.
- \* Network and make contacts with other professionals in the field.
- \* Gain hands-on experience with experienced professionals.
- \* Be exposed to modality, rehabilitation, and manual therapy techniques
  - o Ultrasound
  - o Electrical Stimulation
  - o Hivamat
  - o Iontophoresis
  - o Light Therapy
  - o Compression Therapy
  - o Hydrocollators
  - o Graston Technique
  - o Massage
  - o Proprioceptive Neuromuscular Facilitation
  - o Muscle Energy
  - o Casting
  - o Swimex

# Application for the University of Washington Athletic Training Internship

(Please print or type all information)

**Name** \_\_\_\_\_

Last, First, MI

**Mailing Address**

\_\_\_\_\_

\_\_\_\_\_

City, State/Province and Zip/Postal Code

## Contact Information

Day Phone:

Evening Phone:

Email:

## Background Information

Provide a resume and complete the following sections related to your education and work experience.

### Education

Please list colleges/universities attended, starting with the most recent, and the degrees that were obtained.

UNIVERSITY	DEGREE	DATES ATTENDED

Submit completed applications and references to:  
Michael Dillon, Associate Athletic Trainer  
University of Washington Intercollegiate Athletics  
Graves Hall Box 354070  
Seattle, WA 98195-4070  
Email: mldillon@u.washington.edu

## **Professional Experience**

Please provide a history of your work experience, specifically noting positions in sports medicine or where you assumed responsibilities. Additionally, provide a reference (name and contact information) for each position listed.

**Current Employer and Job Title**

**Dates**

**Reference and phone number**

**Responsibilities**

**Current Employer and Job Title**

**Dates**

**Reference and phone number**

**Responsibilities**

**Current Employer and Job Title**

**Dates**

**Reference and phone number**

**Responsibilities**

**Current Employer and Job Title**

**Dates**

**Reference and phone number**

**Responsibilities**

## **Athletic Experience**

Please provide any pertinent athletic experience you have either competing as an athlete or working with athletes.

## **Letters of Recommendation**

Please provide three (3) letters of recommendation from individuals who can speak to your academic and/or professional experience and responsibilities.

## **References**

Please provide three (3) references from individuals who can speak to your professional experience.

1. \_\_\_\_\_  
Name Position Phone Number

2. \_\_\_\_\_  
Name Position Phone Number

3. \_\_\_\_\_  
Name Position Phone Number

**ESSAY QUESTION # 1**

In 500 words or less, discuss your career goals and how this internship will help you achieve these goals. (If additional space needed, please enclose type written attachment clearly labeled Essay Question #1.)

**ESSAY QUESTION #2**

In 500 words or less, discuss what is unique about you and why you feel you should be selected for the Univeristy of Washington internship. (If additional space needed, please enclose type written attachment clearly labeled Essay Question #2.)