



Mission: The mission of the Athletic Training Program at Desert Ridge High School is to ensure the health and safety of the student-athletes and to provide the highest quality sports healthcare possible. The athletic training staff will continuously strive to discover progressive and effective injury management strategies, treatment/rehabilitation techniques, and knowledge to accommodate the needs and goals of our athletes. Our commitment to DRHS Athletics is to offer our ***BEST***; to care for, encourage, understand, accept, and celebrate with our athletes.

What is Athletic Training:

Athletic trainers are **allied health professionals** NOT personal trainers! Athletic trainers practice athletic training. Athletic trainers require, at minimum, a bachelor's degree from an accredited University. Athletic trainers are highly educated and qualified health care professionals who work under physician direction to provide preventative services, emergency care, clinical examination, clinical diagnosis, and rehabilitation of injuries and medical conditions.

Athletic training is recognized by the American Medical Association (AMA), Health Resources Services Administration (HRSA) and the Department of Health and Human Services (HHS) as an allied health care profession.

Athletic Training Room Hours: 5th Period Lunch Rehab: Open for treatment, rehab, and evaluation of new injuries. After school until completion of the final home game or practice.

Athletic Training Staff

Head Athletic Trainer

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