



WESTHILL ATHLETIC TRAINING

OFFICE HOURS:

Monday - Friday

2:10 – 3:15pm: Pre-practice preparation

3:15-4pm: New Injury Evaluations

4pm – 6pm: Practice/Game Coverage

Weekends and School Holidays: Game coverage only

WESTHILL ATHLETIC TRAINING

GAME COVERAGE

Home/Away Varsity Football

Home Junior Varsity Football

Home Modified Football

Home Boys/Girls Varsity Soccer

Home Boys/Girls Varsity and Junior Varsity Basketball

Home Varsity and Junior Varsity Volleyball

Home Varsity and Junior Varsity Girls Lacrosse

Home Varsity and Junior Varsity Boys Lacrosse

Home Outdoor Track and Field

All sectional and post season contests

WESTHILL ATHLETIC TRAINING

Athletic Department

4501 Onondaga Boulevard

Syracuse, New York 13219

315-426-3020

Email:

tcollett@westhillschools.org

Athletic Training Room:

315-426-3140

WESTHILL



ATHLETIC TRAINING

Tracey Collett, MA, ATC
Certified Athletic Trainer

WESTHILL

ATHLETIC TRAINING

This brochure has been designed to help assist students and parents to better understand the profession of athletic training and the services Westhill athletic training provides.

Our athletic trainer works closely with the school nurse, school physician, local orthopedics and physical therapy offices to help provide the student-athlete with the highest quality healthcare possible and help maintain the safety and welfare of all who participate in interscholastic athletics here at Westhill High School. The comprehensive healthcare services include a very integrated and holistic approach to injury prevention, injury recognition and assessment, treatment, and reconditioning of those injured.



WHAT IS AN ATHLETIC TRAINER?

The certified athletic trainer (ATC) is a highly educated and skilled professional specializing in the prevention, treatment and rehabilitation of injuries.

In cooperation with physicians and other allied health personnel, the ATC functions as an integral member of the athletic healthcare team in secondary schools, colleges and universities, sports medicine clinics, professional sports programs, industrial settings and other healthcare environments.

In fact, the American Medical Association recognizes athletic training as an allied healthcare profession and recommends the use of certified athletic trainers in all high school athletic programs. Certified athletic trainers have, at minimum, a bachelor's degree, usually in athletic training, health, physical education, or exercise science. In addition, athletic trainers study human anatomy, human physiology, biomechanics, exercise physiology, athletic training, nutrition, and psychology. Certified athletic trainers also participate in extensive clinical affiliations with athletic teams under appropriate supervision.

YOUR ATHLETIC TRAINER

Tracey Collett is a 1997 graduate of Westhill High School who returns to her alma mater after receiving a bachelor's degree in Athletic Training from SUNY Cortland. Upon graduation from Cortland Tracey went on to become an Assistant Athletic Trainer at LeMoyne College. While at LeMoyne she worked primarily with woman's lacrosse and softball following both teams to NCAA tournament births. After two seasons at LeMoyne College Tracey continued her education at Western Michigan University where she earned her master's degree in Athletic Training. While studying at Western, Tracey worked as an assistant athletic trainer at Kalamazoo College. At Kalamazoo College Tracey was given the opportunity to provide athletic training coverage to the United States Tennis Association Youth Junior Nationals Tennis Tournament. Tracey also volunteered her time and medical knowledge with the Softball Little League World Series in Kalamazoo Michigan. Prior to rejoining the Westhill family Tracey was employed as a staff athletic trainer at Sports Physical Therapy of New York, PC

Tracey is a certified member of the National Athletic Trainers Association (NATA) and is licensed by the state of New York.

WESTHILL
ATHLETIC TRAINING

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