

# **WESTWOOD HIGH SCHOOL ATHLETIC TRAINING DEPARTMENT**



**The Athletic Training Department at Westwood High School is under the Direction of Trainers, Greg “Doc B” Bauer and Monica Matocha.**

**“Doc B” has been the trainer at Westwood since its opening in 1981. He has State of Texas Athletic Training License and his National Certification through National Athletic Trainers Association. He has a B.S. in Education from the University of Texas at Austin and a M.S. in Education Administration from Texas A & M-Kingsville. He and his wife, Mary, have been married for 20 years and have four children (Theresa, Michael, Joseph & Patrick).**

**Mrs. Matocha joined the Westwood Athletic Training Staff in the Fall of 2008. Previous to coming to Westwood, Mrs. Matocha has been an Athletic Trainer at Texas State University, Smithville High School and Garner & Riley Physical Therapy. She has her State of Texas Athletic Training License and National Certification through National Athletic Trainers Association. She received her B.S. in Athletic Training from the Texas Lutheran University and MEd from Texas State University. She is married to Matt, who is also an athletic trainer.**



**The objective of the Athletic Training Department at Westwood High School is to provide care, prevention, treatment and rehabilitation for athletes of our school. The student trainers assist with 9 boys sports and 9 girls sports. All student trainers work either football or volleyball and then one other sport during its season.**

**In Athletic Training, the athletic training students are taught how to treat injuries initially, the follow-up treatment for the injury, how to rehabilitate the injury and how to tape various injuries. All student trainers are encouraged to attend a summer workshop. In the summer workshop they will work on athletic training skills, receive C.P.R. certification and First Aid certification.**

**Athletic training students will travel with the team that they are assigned to and will be treated the same as a member of the team. He/She can receive P.E. credit from being an Athletic Trainer and will have the opportunity to letter.**



**If a student trainer decides that he/she would like to make a career in athletic training, there are opportunities to continue on to the college level as an athletic training student. Most colleges provide some type of financial aid to their athletic training students. There are career opportunities at the high school, college and professional levels. There are also opportunities in physical therapy clinics and some in the industrial setting. Opportunities are wide open for both females and males who have an interest in sports medicine and helping people.**

**Other skills that the program will work towards developing in the athletic training students are leadership abilities, becoming responsible, reliable and dependable. One of the goals of our program is to help the athletic training students become a mature, responsible, productive member in our society. As our athletic training students improve their skills, their self-esteem and confidence will increase.**



**We feel that it is important that all students are a part of a group in high school. The athletic training/ sports medicine group may be for you. We find that individuals who are involved in activities usually have better grades.**

**We realize that there is a lot of hard work and hours involved in working with the athletic teams, so we try to include some fun activities. Some of the extra activities in the past included athletic training student workshops, one day injury clinics, trips to Fiesta Texas, Schlitterbahn, parties and end of year barbeque. There have also been trips to San Antonio to visit Trinity University, University of Texas at San Antonio and the San Antonio Spurs practice facility.**

**Athletic training students are a very important part of any athletic department. Without quality athletic training students the athletic programs will not run efficiently.**

**Come and join a very special program. We will help you learn skills that you can use through out your life to help people. This opportunity can give you a lot of self worth and you can become a very important part of the Westwood High School Athletic Department.**



**Please call and ask questions, so that you can get the full picture. You are more than welcome to come visit us and see what our program is all about. Or you can visit our web site at:**

**[www.warriorsports.org/sportsmedicine](http://www.warriorsports.org/sportsmedicine)**

***If you have any questions about athletic training or have any interest in possibly being an athletic training student , please contact us at the numbers below. We look forward to discussing our profession and opportunities in our program.***



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