

# GUSTAVUS

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## GUSTAVUS ADOLPHUS COLLEGE

Dear Coach, Professor, or Director:

My name is Mary Westby and I am the Program Director for the Athletic Training Program. You are receiving this letter because one of your students is interested in applying to the Athletic Training major. Admission to the Athletic Training program is limited. As part of the application, those students who are involved in a large extracurricular or curricular time commitments, such as varsity athletics, club athletics, danceline, choir, orchestra, etc., are asked to have a conversation with their coach or director about the time commitment the Athletic Training major will entail over the next 2.5 years. Below is a description of the time commitment needed to be successful as an Athletic Training major. I ask that you discuss with your student how the two of you see them being able to successfully complete the expectations of the Athletic Training major and the commitment to their extracurricular or curricular activity.

All students majoring in Athletic Training will be required to fulfill the following clinical experience expectations as part of courses HES 303, 307, 311, 312, 318, and 353. **Inability to complete the clinical experience requirements may result in failure of the associated course.** The Clinical Education Coordinator will assign students to Preceptors for various clinical experiences of differing lengths. These experiences will be balanced based on students gaining experience with a variety of patient populations, including, but not limited to, patients throughout the lifespan, patients of different sexes, patients with different socioeconomic statuses, patients of varying levels of activity and athletic ability, and patients who participate in non-sport activities.

Students are expected to complete a set number of “shifts” per week based on their maturation in the major. Shifts are defined as a time period where the students would be able to see a significant number of patients and complete clinical skills in order to work towards mastery of those skills. The exact length of time and time of day that the shifts occur is individualized with the student and the preceptor (supervisor); however, they must occur when patients are present. Since Athletic Training occurs mainly with an athletic population, many of whom are receiving assessment and treatment between the hours of 2pm and 9pm, these shifts will conflict, at times, with their involvement in your activity. We work hard with the students to think about outside time commitments when scheduling the type of clinical experience the students will be involved in during the year; but it is rarely possible to eliminate all conflicts. Due to that fact, we ask the students to understand that the Athletic Training major and its requirements to graduate must take precedent in a manner where the expectations of the major can be met fully during the academic year (including the month of January and August of the senior year). In our student handbook, students agree to the following:

Given the time commitment to fulfill these expectations, it is difficult to combine majoring in athletic training with other extracurricular activities (off-campus job, choir, band, varsity sport, danceline, etc.). Therefore, those students choosing to combine these activities will need to give first priority to clinical experience requirements/assignments. Due to the overlap in timing, athletic training majors will only be allowed to participate in one varsity sport season per year (exclusive of 1st year students). However, these students will not be relieved from fulfilling their clinical experiences during their athletic season. Moreover, students who major in athletic

training and participate on a varsity sport will not be allowed to practice athletic training with their varsity team (apply modalities, evaluate injuries, make return to play decisions, etc.).

Failure to follow the clinical experience expectations will be considered a violation of the rules and regulations of the program and could result in disciplinary action.

This means that students will be held to the same expectations whether they are in season or out of season or in rehearsals for a major event or during quieter times in the practice schedules. It is ultimately up to the student to communicate with you and their Athletic Training preceptor about conflicts and to plan experiences appropriately.

The expectations and time commitment grow as the student matures in the program. The expectations can vary a bit per student, based on their needs in the program, but in general can be seen below:

Sophomore year:

- 3 shifts/week, all on campus with our Athletic Training clinic

Junior year:

- 3-4 shifts/week at an off-campus site, two 7-8 week experiences throughout the year (which we usually try to schedule around their extra-curricular or curricular involvement)
- 4-5 shifts/week for two 7-8 week experiences throughout the year when on campus with our Athletic Training clinic
- Students are required to perform clinical experiences over Spring Break

Senior year:

- 3-4 shifts/week for one or two off-campus experiences, usually around 8 weeks each (which we usually try to schedule around their extra-curricular or curricular involvement)
- 5-6 shifts/week for most of the academic year on campus with our Athletic Training clinic;
- Students are required to perform clinical experiences over August Pre-season, January Term, Fall Break, and Spring Break

As part of their application process, we are asking the student to sit down with you, share this letter, and discuss how balancing the academic expectations of the Athletic Training program will work with his or her involvement in your curricular or extra-curricular activity. When you have discussed this information and come to a reasonable plan on how the student should move forward, please sign the attached form and give it back to the student. They will need to turn this form in as part of their application. This letter is yours to keep for future reference.

Please contact me at [mwestby@gustavus.edu](mailto:mwestby@gustavus.edu) or x6462 with any questions or concerns or if you would like more information about the clinical experience requirement. Thank you for all you do for our Gustavus students and for your willingness to work with the Athletic Training Program in this unique situation.

Sincerely,



Mary Westby, M.S.Ed, LAT, ATC

I, \_\_\_\_\_ have met with \_\_\_\_\_ to discuss the balance of  
(name) (student name)  
time commitments between Athletic Training and \_\_\_\_\_. We have come to an  
(activity)  
understanding about how this will work in the future. I support \_\_\_\_\_'s application to  
(student name)  
the Athletic Training major. \_\_\_\_\_ is able to share this discussion with the application  
(student name)  
committee as part of the application process.

If there are any specific comments or concerns that you would like to share, please write those below:

\_\_\_\_\_  
Signature

\_\_\_\_\_  
Date

\_\_\_\_\_  
Student Signature

\_\_\_\_\_  
Date