



## California Regional High School Sports Medicine Competition

# 2024 HIGH SCHOOL SPORTS MEDICINE STUDENT OF THE YEAR

### Qualification:

1. The student must be a current member of the Athletic Training/Sports Medicine Program of the high school he/she represents.
2. Student must be nominated by the director/teacher of the Athletic Training/Sports Medicine Program of the high school he/she represents (**One nomination per school**).
3. Student must have worked/volunteered a minimum of 50 hours towards his/her program.
4. Nominated individuals must be present at the entire SFHS Sports Medicine Competition.
5. Portfolio must be submitted via e-mail/or hard copy (email preferred).

### Procedure:

*The following is to be received via email by the competition coordinator no later than February 24<sup>th</sup>, 2024. No late submissions will be accepted. Please see bottom of page for further information. ([ehallak@sfhs.net](mailto:ehallak@sfhs.net))*

1. **Name of Nominee.**
2. **Portfolio.** The portfolio should contain the following:
  - a. **Personal Essay.** 200 points. 3 page minimum- 5 page maximum, typed, double spaced.
    - i. Topic: **"In what ways have your experiences as a high school athletic training student provided you with opportunities for personal growth"** (please explain in detail).
    - ii. Essays will be graded on the depth of content and style.
  - b. **School Work.** 200 Points.
    - i. Submit one summary of an article from a scientific journal relevant to the athletic training/sports medicine field. (Include copy of article).
      1. Two (2) page minimum- Four (4) page maximum, typed, double spaced.
      2. Essay will be graded on the depth of content and style.
    - ii. One picture of Two (2) separate taping procedures completed by the student.
    - iii. Minimum 2 typed paragraphs on each separate taping procedure.
      1. Within the paragraph, the student must: state name of taping procedure, discuss why the taping procedure has been chosen, explain what structures the student expects to protect, and how the procedure will prevent future injury from occurring.

*The Top three finalists will be notified by March 2<sup>nd</sup>, 2024, the finalists will be asked to do the following the day of the competition:*

3. **Tests,** (550 points).
  - a. 450 points written exam + 100 points practical exam = 550 points.
  - b. The total points received from both tests will be added to his/her points from the portfolio.
4. **Presentation,** (200 points).
  - a. The student must deliver an 8-12 minute presentation before panel of judges. Other students will be allowed to watch the presentation.
  - b. **Topic = Any Sports Medicine/Athletic Training topic of interest to the student.**
  - c. If any equipment is required, please notify competition coordinator immediately (Power point is available in the auditorium.)
  - d. The total points received from the presentation will be added to points received from all other categories.

### Award Winner:

The title of "High School Athletic Training Student of the Year" will be given to the individual with the highest point accumulation among the categories.

**Portfolio** 400 points + **Tests** 550 points + **Presentation** 200 points = 1150 points

\* All information must be received by the date listed above. No late submission will be accepted!

\*\* All information MUST be e-mailed: All written/typed information **must** be in either MS Word or PDF format!

\*\*\*All e-mailed images **must** be in JPEG or an Adobe/pdf format!

\*\*\*\* portfolio must be sent to [ehallak@sfhs.net](mailto:ehallak@sfhs.net)