Demystifying Athletic Training in the Military Setting

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Maximizing Readiness Through Improved Health and Performance

Learning Objectives

1. Recognize the differences and similarities between tactical athletes and traditional athletes.
2. Differentiate the day-to-day norms in healthcare practice between a typical athletic training setting and that of the military athletic trainer.
3. Understand how military athletic training practice differs from civilian clinical practice or working with athletic teams.
4. Describe specific attributes that often lead to success for the athletic trainer in a military setting.

Army-isms

- Brigade
- Battalion
- Cycle
- Footprint
- Green Suilers
- Readiness
- Field Training Exercises
- Embedded

H2F
Recycle
BCT
AIT
TRADOC
FORCECOM
Cadre
SME

The Intimidation Factor

• Why are some Athletic Trainers apprehensive of the military setting?
  - Elite Level Athletes?
  - Long Hours?
  - Demanding / Aggressive Work Setting
  - Do I have to be in the military? NO
  - There are No positions for Athletic Trainers in the Military at this time

• Setting makes a big difference
• Perception vs Reality

What's it Like to be a Military Athletic Trainer?

A Day in the Life: Army BCT MAT:
0500(0530) - 0600: Sick Call
0600-0900: Clinic (Evaluations, Rehabilitations)
0900-1030: Battery Updates / Documentation
1030-1115: Field Checks, Training Events, Battalion / Brigade Meetings

• Refine Clinical Skills
• New Experiences
• Setting dependent
Benefits of AT in the Military Setting

• Decrease training time loss
• Expedite medical care / Streamline care with specific providers
• Work closely with a multi-disciplinary team
• Medical liaison between Troop Medical Centers and Cadre
• Decrease military medical expenditure
• Early prevention and care for servicemen and women

Benefits of the Military Setting for the AT

• New Experiences
• Work/Life Balance
• Personal Satisfaction
• Autonomy
• Military more appreciative of your services
• Build lifelong connections and friendships

Things to know ...

There are some drawbacks...

• Contracts
• GS vs Contractors
• Limitations due to contacts and contract stipulations
• Ordering materials
• Lack of understanding Athletic Training Scope of Practice
• Breaking the stigma of seeking medical care in the military
• There is always change
• Can be good and bad especially with leadership

Armed Forces Athletic Training Society

Unified In Advancing the Profession of Athletic Training in Support of the U.S. Armed Forces

Army BCT: Perception vs Reality

Maximizing Readiness Through Improved Health and Performance
Army IET Experience

Personal Traits for Success
- Clinical and evaluation experience
- Self-motivated
- Able to multi-task
- Pro-active
- Open-minded and Adaptable
- Patient
- Strong Communication skills / Articulate
- Empathy, able to listen
- Confidence without cockiness/ Be able to stand your ground
- Outgoing and able to quickly develop rapport
- Understanding Chain-of-Command

How does the Military View Athletic Trainers?
Perception of Athletic Trainers in the Military Setting

Looking forward...
- Increase in positions in most branches
- Holistic Health Care and Fitness (Army)
- Continued growth in all branches
- US bases and abroad

How do I get into this setting?
- Typically positions want 3-5 years of experience
- Networking - many social medial platforms
- Many ROTC positions through Universities
- Continuing Education
- USAjobs.com
- Contract positions through NATE / Indeed etc

References
2. Hockersmith JS, Kleeberg A, Wilson Evan J. Documentation Practices of Military Athletic Trainers in our Clinic. Regional/Local Area
5. Hirschhorn RM, Yeargin SW, Mensch JM, Dompier TP. Injuries and Referral Patterns During Basic Combat Training: An Examination of Data from the Certified Athletic Trainer Forward Program [published online ahead of print, 2021 Apr 21]. Mil Med. 2021;usab156. doi:10.1093/milmed/usab156