



Demystifying Athletic Training in the Military Setting



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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.





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Army-isms

Brigade	H2F
Battalion	Recycle
Cycle	BCT
Footprint	AIT
Green Suiters	TRADOC
Readiness	FORCECOM
Field Training Exercises	Cadre
Embedded	SME









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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







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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- ??? Field Checks, Training Events, Battalion / Brigade Meetings

- Refine Clinical Skills
 - New Injuries, new timelines
- New Experiences
- Setting dependent








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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




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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



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Things to know ...

There are some drawbacks...

- Contracts
- GS vs Contractors
- Limitations due to contracts 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



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Armed Forces Athletic Training Society



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

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Army BCT: Perception vs Reality



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Army BCT: Perception vs Reality



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Army IET Experience

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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, be able to listen
- Confidence without cockiness/ Be able to stand your ground
- Outgoing and able to quickly develop rapport
- Understanding Chain-of-Command

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How does the Military View Athletic Trainers?

Perception of Athletic Trainers in the Military Setting

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Looking forward...

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

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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 NATA / Indeed etc

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