

# MINERAL AREA COLLEGE

## *Athletic Training*



Head Athletic Trainer:  
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Mineral Area College is proud to have an on staff certified, licensed athletic trainer. Nathan graduated from Central Methodist University in 2007 with a BS in Athletic Training and a BA in Health Education. He received his Master's degree in Sports Management/Administration from Missouri Baptist University in 2014. He has been certified by the [BOC](#) since 2008. Nathan has served as MAC's first and only

athletic trainer since 2010. Before that, he spent two years in Colorado Springs, CO as the head athletic trainer for Sand Creek High School.

Nathan takes care of all of the prevention, recognition, evaluation, and rehabilitation of injured MAC athletes. As well as strength and conditioning upon request.

### **"What is an Athletic Trainer?"**

Athletic training is practiced by athletic trainers, health care professionals who collaborate with physicians to optimize activity and participation of patients and clients. Athletic training encompasses the prevention, diagnosis, and intervention of emergency, acute, and chronic medical conditions involving impairment, functional limitations, and disabilities. Students who want to become certified athletic trainers must earn a degree from an accredited athletic training curriculum. Accredited programs include formal instruction in areas such as injury/illness prevention, first aid and emergency care, assessment of injury/illness, human anatomy and physiology, therapeutic modalities, and nutrition. Classroom learning is enhanced through clinical education experiences.

### ***Athletic Training Policies and Procedures***

[MAC Athletics Emergency Action Plan](#)

[Concussion Management Plan](#)

[Athletic Training Manual](#)

### ***Visiting Team Information***

An Athletic Trainer will be present for all home games. During games each bench will be provided with the following:

10 gallon water cooler, cups and trash can.

A variety of tapes, gloves, blood buster, gauze, bandages, and hand sanitizer will be available on the home side of the scorer's table.

The Athletic Training Room is located on the west side of the gymnasium directly underneath the cafeteria. Inside the Athletic Training Room are hot packs, taping tables, a warm-up area, treatment tables and a whirlpool for your use.

**\*Visiting teams are required to bring their own tape if they are needing taped prior to game.\***



*Athletico* offers complimentary injury screenings to all Mineral Area College students, coaches, teachers and parents. Complimentary injury screenings are available at all centers. The closest *Athletico* facility to Mineral Area College is *Athletico Farmington* at **1355 Maple St.** in Farmington (across from Colton's Steakhouse). For more information or to set up a screening, call **573-756-9900** or visit [www.athletico.com](http://www.athletico.com). To ensure priority in scheduling a complimentary injury screen or a physical therapy appointment, we ask that you mention that you are associated with Mineral Area College.

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[Golf Tournament Flyer](#)