

Athletic Training - More than Just a Trainer...

By Beth Braviere

I have spent most of my career as a Secondary School Athletic Trainer, at a high school in the South Suburbs of Chicago. To most, it doesn't sound like a very glorious job. My schedule is very unpredictable and is usually at the mercy of when coach decides to practice. I worked late nights, early mornings, weekends, and holidays. I've missed birthday parties, cookouts, family excursions, and even a wedding. I have sat through sporting events in the rain, snow, wind, humidity, and sun. Whether it was 97 degrees in the middle of summer or a 20 degree "spring" day, I was there.

I have experienced and shared many highs with my athletes, some which have extended way beyond the field or court. Of course, there have been many great wins that I will never forget, such as the touchdown in overtime to beat our rivals or the regional championship as the underdog, but moments like when my senior with a torn ACL started and played 1 minute in her only game on senior night, the countless hours spent rehabbing an athlete to see him earn a starting spot back, or hugs on graduation day, are moments that make me smile most.

With wins come loses, and with highs come lows. Being an Athletic Trainer is never easy when you have to tell your athlete his shoulder is dislocated or ACL is ruptured. Treating their injuries sometimes has led to treating broken hearts. I've never been part of a State Winning program, so that means that every season, for every sport has ended with a loss, and that sometimes has been tough. And by far the toughest time came when I had to say goodbye to our quarterback that died in a car accident just days before graduation.

But it makes you realize how your athletes become your family. How you need their shoulder to lean on, just as much as they need theirs. As an Athletic Trainer, I feel as though I have stepped in countless of times as their role model. I've been the mother, the sister, or the friend. I've welcomed conversations not only about sports, injuries, and nutrition, but also about love, heartbreak, and laughter.

The Athletic Trainer is usually the man behind the curtain or the lady standing behind the bench. They will never be the ones looking for glory or a spotlight. They simply just know how to be there. I was there for all of it. And, you know, I wouldn't change a thing.

TradeMark Spotlight...

Meet Brittany Mitacek- Athletic Trainer



Favorite Exercise:
Swimming

Favorite Quote:
"Never settle for less than your best."

Bucket List Destinations:
Greece, Seychelles and Fiji

Favorite Food:
Enchiladas

Hometown:
Bensenville, IL



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MARCH

Athletic Training Month

What is an Athletic Trainer?

By Brittany Mitacek

Athletic Trainers are trained in prevention, evaluation and rehabilitation of orthopedic injuries (such as sprains and tears), CPR and AED use, manual therapy, recognition and treatment of concussion, recognition of cardiac arrest, heat stroke, and cervical spine injury.

Athletic training follows a medical-based education model. All Athletic Trainers must graduate from an accredited baccalaureate program. More than 70% of ATs have a master's degree or higher. Athletic training students are educated to provide comprehensive patient care in five domains of clinical practice. They are trained in prevention, clinical diagnosis, emergency care, and rehabilitation. They are also fully trained to provide organization and professional health and well-being.

Athletic Trainers are encouraged to keep up-to-date of emerging trends in sports, the workplace, and injury prevention. All ATs are well-versed in documenting, reporting, and analyzing individual injury trends found in the athletic or corporate setting. www.NATA.org

TradeMark Performance works with many college and high school programs. Our Athletic Trainers take great pride in the overall health and wellness of their athletes and also value the relationships they build with the staff.



South Suburban College

Thornton Fractional North



Thornton Fractional South

Our Staff

Michael Hornbuckle - Athletic & Personal Trainer
Beth Braviere - Athletic & Personal Trainer
Brittany Mitacek - Athletic Trainer
Hannah Petroelje - Personal Trainer
Joe Manahan - Personal Trainer
David Hardy - Personal Trainer
Enedina Houlihan - Marketing

Coconut Chicken Strip Salad

By Michael Hornbuckle

Ingredients:

2 - 4 oz. boneless, skinless chicken breast cut into strips
¼ cup coconut oil; melted
1 ½ cup lettuce; chopped

Breading

1 cup Coconut; unsweetened, shredded
¼ cup Coconut Flour
½ tsp Sea Salt
½ tsp Black Pepper; ground
½ tsp Onion Powder
½ tsp Garlic Powder
½ tsp Paprika



Preheat Oven to 375 degrees.

1. In a shallow pan combine breading and set aside.
2. Coat chicken strips using ½ of the coconut oil, and roll them in breading to completely cover them.
3. Place breaded chicken strips in 9x13 glass baking dish, and drizzle remaining coconut oil over the top.
4. Bake for 20-25 min.
5. If the chicken needs to brown more, turn the oven to broil for 2-3 minutes. (this step depends on your oven).

Serve over lettuce. Makes 2 servings.



"Let's not call it a 'career-ending' injury.
Let's call it a 'character-building' injury."

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