



**Torres Sports Medicine and Toro Athletic Training Room**

Torres Sports Medicine strives to promote excellence in healthcare for all Torres High School and visiting student-athletes. This includes the prevention, care, and rehabilitation of athletic injuries as well as helping to direct the nutritional, physiological, and psychological needs of the student-athlete. It is the mission of the Sports Medicine team to continue providing the best care possible. In order to achieve this, every member of the team promotes, actively participates, and educates themselves in the best and latest evidence-based practices.

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

Athletic trainers (ATs) are highly qualified, multi-skilled health care professionals who render service or treatment, under the direction of or in collaboration with a physician, in accordance with their education, training and the state's statutes, rules and regulations. As a part of the health care team, services provided by athletic trainers include primary care, injury and illness prevention, wellness promotion and education, emergent care, examination and clinical diagnosis, therapeutic intervention and rehabilitation of injuries and medical conditions. The NATA Code of Ethics states the principles of ethical behavior that should be followed in the practice of athletic training.

### **Get to know your Athletic Trainer**

Hallie graduated from Fresno State with a Master's Degree in Athletic Training in 2023. While she was a student at Fresno State, she worked with all sports teams, but most of her time was spent with the Bulldog Football team. She also attended Biola University, where she received her Bachelor's Degree in Kinesiology with an emphasis in exercise science in 2021. She has also worked with other local high schools, athletic groups, clubs such as Fuego FC and the USA Junior Soccer Club.

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#### Useful Links

**Concussion Information** Links to→ <https://www.cdc.gov/headsup/index.html>

**Heat Related Illness** Links to→  
<https://ksi.uconn.edu/emergency-conditions/heat-illnesses/exertional-heat-stroke/>

**Student- Athlete Nutrition 101** Links to→  
<https://extension.usu.edu/nutrition/research/nutrition-needs-among-high-school-athletes>

**Emergency Actions Plans** Links to→  
[https://drive.google.com/drive/folders/1\\_RJJa904PvlspnztlfM4VfS83XE0zXlr?usp=sharing](https://drive.google.com/drive/folders/1_RJJa904PvlspnztlfM4VfS83XE0zXlr?usp=sharing)

**Supplement Information** Links to →  
<https://www.nsf.org/blog/consumer/what-parents-coaches-need-know-about-supplements-student-athletes>