

## □ Sierra White MAT, ATC, LAT

2411 W. 19<sup>th</sup> St. Apt A, Plainview, Texas, 79072

Phone: 210-279-7287

E-mail: [swhite614@gmail.com](mailto:swhite614@gmail.com)

### Objective

To provide each patient with a positive and beneficial sports medicine experience that addresses their personal needs and goals through traditional and currently trending evidence based practices of prevention, assessment, rehabilitation and return to play.

### Education

Master of Athletic Training Texas Tech Health Sciences Center (May 2014)

- Member of ATSA (Historian) 2012-2014.
- Semester long clinical rotations at Lubbock High School, Frenship High School, Zach's Club UMC Team Rehab and Wayland Baptist University
- Summer internship with Prairie View A&M University Sports Medicine.

Bachelors of Arts in Human Performance Prairie View A&M University (December 2010)

- A captain of the varsity volleyball team of Prairie View A&M University
- NJCAA Academic All-American 2008
- Member of the Fellowship of Christian Athletes

### Professional Experience

Head Athletic Trainer (June 2014 -Present)

Plainview High School (Plainview, Texas)

Perform and oversee district wide prevention, care, evaluation, referral and rehabilitation of athletic injuries and illnesses. Management and assignment of student athletic trainers. Solely in charge of all administrative duties of the athletic training program. Effectively communicating with and between other health care professionals, coaches, parents and athletes.

### Related Experiences, Memberships and Certifications

- Member of the National Athletic Trainers Association.
- National NATA Board Certified.
- State of Texas Licensed.
- Over 200 hours of observation with the Sam Houston High School head athletic trainer.
- Volunteered medical help for the Buffalo Springs Iron Man Triathlon, Special Olympics of Lubbock and multiple Prairie View A&M University football and volleyball games.