

Informational Interview-

Name: Stephanie Frankart
Title: Associate Athletic Trainer
Organization/ Company: Tiffin University
Location: Tiffin, OH
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Stephanie's main responsibilities as an Athletic Trainer at Tiffin University are to oversee the overall health and well-being of student-athletes. She is also responsible for the return to play protocol when an injury occurs, and the prevention of future injuries through strengthening programs. She works anywhere from eight to ten hour days, and sometimes more depending on which "season" (sport) she is working with at the time. Some of the athletic seasons overlap, so she works even longer days when that happens. Her benefits include optional insurance through TU, a 403B plan, mental health counseling, and an HAS account. Stephanie mentioned a few of her "perks" include: working with different athletes each day, travelling with teams, fun team gear, the TU family atmosphere, and having recognition from her peers/ athletes for how hard she works and the long days she puts in.

Stephanie graduated from Old Fort High School, and went on to attend the University of Findlay. She has her Bachelor's in Strength & Conditioning, and her Master's in Athletic Training. She also has her Associate's in Personal Training. She is nationally certified by the Board of Certification (BOC) and must continue her education (50 hours) every two years to renew her certification. Stephanie is licensed to practice in the State of Ohio. She is held to the same standard as health care professionals and technically works under Physicians Standing Orders. Here at TU the Physician is Dr. Copeland. She reviews doctor's notes frequently and works under each doctor on a "need" basis per patient. For example- an athlete from the Columbus area would have a different home doctor than an athlete from Cleveland. Stephanie works under each doctor to do what is best for each individual athlete.

She brings a lot of experience to TU; having completed clinical rotations in Bluffton, UF, Tiffin, Corey Rawson HS, and Blanchard Valley Sports Medicine. Each of those rotations included hands-on experience and observation hours. She worked in Colorado at Arora Public Schools as a "secondary school AT" prior to moving back to the Tiffin area. She also brings experience from working through Nom's Health Center at Fremont Ross HS, an orthopedic office, and at a physical therapist's office. She met Lucas (the current Head AT at TU) at the National Athletic Trainer Association (NATA) conference where they spoke about her coming to work for him at TU.

The salary range for an athletic trainer is anywhere from \$15,000-\$70,000. This is a wide range because each working environment and organization is different. The salary depends on experience and the setting. A high school AT would typically make more money than a college AT because they work under a health care clinic. The turnover rate for ATs depend on the setting, but is highly related to burnout and long workdays. ATs fight to be recognized as health care professionals, and do not always get the recognition those who work at TU do. The co-

workers for ATs also make a huge impact on the field, and the responsibilities each has in their respected job environment can relate to burnout. There is an opportunity for advancement within the field, but that depends on the setting. This also depends on what each individual wants and what each's career aspirations are.

Stephanie has advice for those aspiring towards the athletic training field: time management! She stressed the importance of continued education in the field, and understanding that much of what ATs learn is post-college. People must always be willing to adapt to the changes in the health care field because those changes are out of the direct control of ATs. Staying up to date with the current evidence based practices is also important. She also mentioned it is crucial to have a work/ life balance, because the AT field is demanding and can be overwhelming if one allows it to be.

Reference:

Parker, Sarah EM, and Stephanie Frankart. "Informational Interviews." 19 Oct. 2020.