

*Note: Green text is **Jackson**,*

Guest Introductions:

Name: Sonia Gysland

Job Title: Assistant Athletic Trainer

Company:

Years in Profession:

Details, awards, anything else you want us to mention:

Guest Introductions:

Name: Dawn Stuckey

Job Title: associate athletic trainer

Company:

Years in Profession:

Details, awards, anything else you want us to mention:

Guest Introductions:

Name: Christina Cope

Job Title: Associate Athletic Trainer

Company: Klein High School

Years in Profession: This year makes 10

Details, awards, anything else you want us to mention:

Started as a student trainer in high school

Also work for Houston Methodist as a PRN

A member of the Rodeo Houston Sports Medicine Committee

Show Intro: What's up y'all and Welcome to the Sports Medicine Broadcast, #131 "Issues Female Athletic Trainers Face"

Topic: This week our guests are...

Introductions: I am your host ____, and with me today is _____

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Topics:

MB: Please tell us about yourself briefly and share your personal journey to get where you are now as an athletic trainer.

Sonia- with the stealers serving as an assistant athletic trainer, went to wisconsin undergrad. masters in athletic trainer in usc (internship at ohio state) first full time job with duke, at chapel hill (07-09)

Dawn- *I am at Rice University , I been there for 10 years being the Athletic Trainer*

Christina- *cline high school, started in high school, due to some injuries she couldn't do the sports she wanted to, asked her trainer to let her in the program. student athletic trainer at baylor, after graduation just subbed then found cline hs for 10 years*

Common issues female ATs face:

Chauvinists who think I can't do my job as well as a male

Sonia- *reading between the lines because they don't tell you to your face but she does feel this way because so many guys, but they may feel like this because they are not use to seeing women in this position and being successful with it. she was the first one to do football at her school, when she started with the stealers it wasn't a problem because there were already females. because shes was comfortable with the environment they were comfortable with her.*

Dawn- *Anyone who knows me , knows that I am a strong direct female , I can do anything a male can do if you want to be treated equal then you need to work the same as a male or even harder to prove the point.*

Christina- *in high school there was a role model. so when she started in cline she had a little confidence, she could've let the comments hurt but she let it make her push herself, so she*

could prove them wrong. just because you are a girl doesn't mean you can't do a certain thing

Coaches thinking that because I'm female, I'm going to coddle the athletes

Sonia-

Dawn-

Christina-

People who think jersey chaser

Sonia-

Dawn-

Christina-

Places to change clothes at away games

Sonia-

Dawn-

Christina-

Halftime at football games in locker rooms – not all are female friendly

Sonia-

Dawn-

Christina-

Talk about starting a family and how you reconcile that with your job.

Sonia-

Dawn-

Christina-

Some advice for female athletic trainers who want to follow your path?

Top 10 reasons it is so tough being a female

athletic trainer

10. Apparently Spice Girls music is not appropriate pre game music...

9. Wearing make up means we're trying to impress someone...

8. Not wearing make up means we're either sick or very tired (even when we're neither.)

7. Football/wrestling coaches think we know nothing about football/wrestling...

6. Being asked to homecoming, prom, or any other school function is not what we had in mind when we go on dates...

5. It's extremely difficult finding khakis...

4. Pampering of any kind (manicures, pedicures, etc.) is impossible because ripping tape chips finger nail polish and our toes live in gym shoes...

3. Being hit on by coaches and parents...

2. Cute functional work clothes do not exist...

1. As tough as it is to be a female AT, we still get up before the sun and get home after dark because we love what we do!!

Shout out to some specific people who support us

- G-HATS for sponsoring C.E.U. opportunities.**
- Roland Ramirez inventor of the [DS2 platform](#)**
- @femaleATProbs on Twitter for helping put together the topics.**

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For Jeremy, ____ that's a wrap