Carlos Mendoza

HIGH SCHOOL ATHLETIC TRAINER

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SUMMARY

High School Athletic Trainer with 6 years caring for Texas UIL athletes, now leading sports medicine for a 5A campus of 2,100 students. BOC-certified, Texas-licensed and a CPR/AED instructor. Runs injury prevention, emergency action plans, concussion management and rehabilitation, and keeps parents, coaches and physicians informed on every injury.

EXPERIENCE

High School Athletic Trainer
08/2022 - Present

Round Rock Northview High School — Round Rock, TX

5A public high school fielding 21 UIL sports.

- Direct sports medicine care for **650** athletes across 21 sports, covering every home varsity football and basketball game.
- Administer the district concussion protocol for about 45 cases a year, from baseline testing through return-to-play.
- Train 14 student athletic training aides each year, with 3 going on to college athletic training programs.
- Maintain injury reports and treatment records in the district's athletic EMR, with physical forms on file for 100% of athletes.

Assistant Athletic Trainer
08/2020 - 07/2022

Pflugerville Lakes High School — Pflugerville, TX

6A high school with a 2-person athletic training staff.

- Evaluated and treated football, soccer and softball injuries for 400 athletes, referring 60+ to physicians each year.
- Ran heat illness prevention with cold-water immersion tubs and WBGT readings at every summer practice.
- Organized annual preparticipation physicals for 500 athletes with local sports medicine physicians.

SKILLS

Injury Prevention | Emergency Action Plans | Concussion Management | Rehabilitation | Return-to-Play | Heat Illness Prevention | Treatment Records | CPR/AED | Taping and Bracing | Communication

EDUCATION

Bachelor of Science
05/2020

Texas State University — San Marcos, TX

Athletic Training

CERTIFICATES

Certified Athletic Trainer (ATC)
06/2020

Board of Certification for the Athletic Trainer

Texas Licensed Athletic Trainer (LAT)
07/2020

Texas Department of Licensing and Regulation

CPR/AED Instructor
03/2024

American Red Cross