

Catlyn Panico

Athletic training aide

✉ catlyn.panico@gmail.com

☎ (400) 127-8276

📍 2221 Springfield Pike,
Cincinnati, OH 45215

Education

High School Diploma at The Ohio State University, OH

Sep 2017 - May 2021

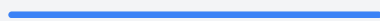
I've learned how to study for and write exams, how to do research, and how to communicate with my peers and teachers.

Links

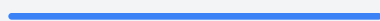
[linkedin.com/in/catlynpanico](https://www.linkedin.com/in/catlynpanico)

Skills

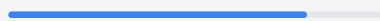
First aid



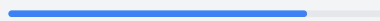
CPR



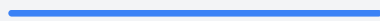
AED



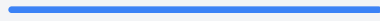
Sport-specific injury prevention and rehabilitation



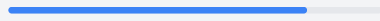
Nutrition for athletes



Psychology of sport performance

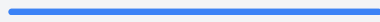


Emergency care procedures

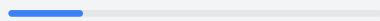


Languages

English



Urdu



Profile

I am an athletic training aide with over 1 year of experience. I have a strong background in sports medicine, and I am passionate about helping athletes recover from injuries and improve their performance. I am knowledgeable about rehabilitation exercises, nutritional support for athletes, and injury prevention strategies. I am dedicated to providing the best possible care for my clients and helping them reach their goals.

Employment History

Athletic Training Aide at Dick's Sporting Goods, OH

Apr 2022 - Present

- Assisted in the rehabilitation of 12 athletes with various injuries.
- Created and implemented rehab programs for 6 injured athletes.
- Successfully completed CPR/First Aid certification.
- Assisted head athletic trainer with taping, bracing, and other treatments during practices and games.
- Kept accurate records of each athlete's injury history and progress.

Assistant Athletic Trainer at Modell's Sporting Goods, OH

Jul 2021 - Feb 2022

- Successfully completed rehabilitation and return-to-play protocol for a Division I football player with an ACL tear in 6 months.
- Successfully implemented injury prevention program that decreased the rate of soft tissue injuries by 35% over 2 seasons.
- Coordinated care with 5 different physicians to treat a collegiate volleyball player's chronic ankle instability, allowing her to compete pain free for 3 years.
- Managed communication between parents, coaches, and athletes regarding sports related concussions following state mandated guidelines.
- Assisted in developing an emergency action plan specific to our athletic training facility which was utilized when a student athlete had sudden cardiac arrest during workouts.

Certificates

Certified Athletic Trainer (ATC)

Oct 2020

National Strength and Conditioning Association - Certified Strength and Conditioning Specialist (NSCA-CSCS)

Jan 2019

Memberships

American Athletic Trainers Association

National Athletic Trainers Association