

# Dehlia Wigington

Athletic training director

## Profile

I am an athletic training director with over five years of experience. I have a proven track record in designing and implementing successful programs. I am passionate about my work and take pride in helping athletes achieve their goals. I am knowledgeable in all aspects of athletic training and have a strong commitment to the health and safety of my clients.

## Employment History

### Athletic Training Director at Sanford Health, SD

Jun 2022 - Present

- Led a team of 10 athletic trainers that provided care for over 500 athletes.
- Reduced the rate of injuries by 30% through implementation of new injury prevention protocols.
- Developed and implemented a concussion management program that reduced the number of concussions by 50%.
- Successfully rehabbed 100% of ACL injuries resulting in return to pre-injury level within 9 months.
- Wrote grants that secured \$10,000 in funding for new equipment and supplies.
- Created an educational outreach program on proper hydration and heat illness prevention that reached over 1,500 student-athletes.

### Assistant Athletic Training Director at Avera Health, SD

Jul 2017 - May 2022

- Successfully coordinated and managed the athletic training program for a Division I university with 500 student-athletes across 20 sports.
- Oversaw a staff of 12 assistant athletic trainers, 4 graduate assistants, and 2 administrative assistants.
- Implemented an electronic medical records system which improved communication between athletes, coaches, doctors, and other health care providers.
- Reduced injuries by 10% over 3 years through innovative rehabilitation programs and cutting edge injury prevention strategies.
- Successfully negotiated contracts with 5 outside vendors to provide services to the athletic department (e.g., physical therapy, massage therapy).
- Served as liaison between athletics department and campus health center; worked collaboratively with team physicians on athlete care.

## Education

### Bachelor of Science in Athletic Training at South Dakota State University, SD

Sep 2012 - May 2017

I have learned how to assess, prevent, and treat injuries and illnesses that occur to athletes.

## Details

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## Links

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

## Skills

Athletic training

Exercise physiology

Kinesiology

Biomechanics

Nutrition

Psychology

First aid

## Languages

English

Japanese

## Hobbies

Organizing training and fitness programs