



## W.C. East Athletic Training Room Philosophy

To get better, you must want to get better.

Every athlete who enters the Athletic Training Room is expected to play an **active** role in his/her own healing process. Please do not enter the Athletic Training Room expecting to sit down and magically be healed. It takes hard work, determination, and commitment to get better.

Rehabilitation is available every day 4th through 8th period. All injured athletes should attend rehab on a daily basis as their class schedule allows. Any athlete that cannot get in for rehab during the school day must make prior arrangements for rehab after school. Due to the busy game schedule on campus, "after school rehab" will be limited to 45 minutes and only on days that there are no home games.