



Mentorship Program Overview

Purpose

1. To encourage “Established Professionals,” “Young Professionals” and Athletic Training Students to network with each other to build a stronger Athletic Training Community in the State of Connecticut.
2. To encourage “Young Professionals” and Athletic Training Students to gain a larger interest in the Athletic Training Profession and to encourage more involvement on the State/District/National Level.
3. To create networking opportunities for Mentorship Program Members at annual CATA Symposiums.

Overview of Mentorship Positions

Senior Mentor- An “Established Professional” with 12+ years of experience as an AT.

Junior Mentor- A “Young Professional” with 5-12 years of experience as an AT.

Mentee- Any individual ranging from an Athletic Training Student to 5 years of Certified Experience (transition to practice)

Qualifications to serve as a Senior Mentor

1. An “Established Professional” with 12+ years of experience as an AT.
2. Motivated individual looking to provide mentorship to Junior Mentors & Mentees.
3. Purpose: To provide mentorship for the mentors including work-life balance and/or retention strategies for the mentee to stay engaged and working in the profession

Qualifications to serve as a Junior Mentor

1. A “Young Professional” with 5-12 years of experience as an AT.
2. Motivated individuals looking to provide mentorship to Mentees that are currently in Athletic Training Programs or new athletic trainers who are transitioning to practice.
3. Purpose: To provide mentorship to Mentees

Qualifications to serve as a Mentee

1. Who is eligible
 - a. Current student in a CAATE approved Athletic Training Program
 - b. A “Young Professional” with 0-4 years of experience as a certified athletic trainer
2. Motivated athletic training students and certified professionals that are motivated to develop professional relationships with Senior and Junior Mentors.

3. Purpose: To provide general guidance to students through various situations such as job interviewing, things to expect, tips for BOC, current and future experiences, transition to practice, salary inquisitions, and administrative duties

General Guidelines of Mentor and Mentee

1. Determine how you will communicate with your mentor/mentee; whether it be through email, call, or meet in person if applicable. Try to create the rapport early in the process to assure the mentor/mentee pair is a good fit.
 - a. Goal: Communication at least once every month
2. Establish short- and long-term goals with each other, as well as a time frame to achieve those goals. For example, it can be on how to get more involved at the national level, and ways to go about marketing yourself in order to do so. Consider using the SMART framework when creating goals.
 - a. Goal: Create 2 short-term and 2 long-term goals
3. As always, speak about professionalism, behavior, and boundaries between the mentor and mentee.
4. Communicate about implementing best-practices in the setting. Mentors and mentees should ensure that all best practices are met and communicate about strategies to improve implementation and compliance.
5. Express concerns to the YPC if mentor or mentee is not meeting general guidelines.

Possible Topics of Discussion for Mentor and Mentee

- Current topics in Athletic Training
- Latest issue of the NATA news
- Journal of Athletic Training and Athletic Training Education Journal articles
- Best-practice adoption
- Policy and procedure adoption and implementation
- Work-life balance
- Previous experiences
- Administrative duties
- General advice

Pairing Procedure

In collaboration with the Secondary School Committee, the YPC will make every effort to pair Mentors and Mentees in the most appropriate fashion. The YPC will aim to have groups of three – (1) Senior Mentor, (1) Junior Mentor and (1) Mentee when possible. Below is the systematic process:

1. Location: to encourage face-to-face meetings, the YPC will first look to pair within the same region of PATS.
2. Job Setting: The YPC understands there may be times advice will be sought after regarding the workplace and will aim to pair within similar job settings.

Sign up:

[Please follow this link to the google form to sign up to be a mentor or mentee.](#)

If the above link does not work, copy and paste the below link into your browser:

https://docs.google.com/forms/d/e/1FAIpQLSeRjv6VLfJt6KsJqjzcxYvuQ2t5hGXhxW7ol6-ApLaaic6pfg/viewform?usp=sf_link

QUESTIONS?

If you have any questions, please do not hesitate to contact Samantha Scarneo, Young Professional Chair, at CATAYPC@gmail.com.