Experiences of an NFL Athletic Trainer

Shone D. Gipson, MS, ATC, LAT, PES, CES
**Education**

- **University of Houston - Bachelors Degree**
  - Introduced me to the profession

- **Stephen F. Austin State University - Masters Degree**
  - Helped develop my skills within the profession

- **Texas A&M University: PhD (currently) - 1st FT position**
  - Tutored me about giving back to profession (students)
NFL INTERNSHIPS
WASHINGTON REDSKINS, NEW YORK GIANTS, AND THE BUFFALO BILLS
WASHINGTON REDSKINS SUMMER INTERNSHIP 98’

* TAKE ONE THING FROM THIS EXPERIENCE AND BECOME GREAT AT IT. - DARYL GREEN
NEW YORK GIANTS SUMMER INTERNSHIP - 2000

ADMINISTRATIVE RESPONSIBILITIES ARE VITAL TO BEING A GOOD ATC - RONNIE BARNES
BUFFALO BILLS SEASONAL INTERNSHIP - 2002

IT’S NOT THE RIGHT WAY OR WRONG WAY, BUT OUR WAY - BUD CARPENTER, ATC
MISSY LEGET IMPACT - A PASSION FOR STUDENTS
YOU WILL HAVE AN OPPORTUNITY THAT I NEVER WILL - MICHELLE LEGET, ATC
INTERNSHIP DIVERSITY & MAKING A DIFFERENCE

GEOGRAPHIC, PERSONAL, AND CULTURAL DIVERSITY.
Inside the Numbers

- 300 summer internship resumes
- 60 year long internship resumes
- 6 positions available (summer)
- 1 position available (year long)
- 128 NFL Athletic Training Positions
- 128 AT Positions are in the SEC East
- 40,000 Practicing AT’s
- 32 promotion opportunities in the NFL
- Lock Haven University
- Penn State University
- Long Island University
- Temple University
- University of Pittsburgh
- West Chester University
- Duquesne University
- California University of Pennsylvania
- Seton Hall University
Professional Growth
DO YOUR JOB!!!!
Energy Bus
by Jon Gordon
* Changed my life
* Every student should read
Quote # 1

It’s your bus and you’re the driver. You choose where you are going and the kind of ride it’s going to be.
Quote # 2

Desire, vision, and focus move your bus in the right direction
Quote # 3

If you want to change your situation, you must first change your thoughts
Quote # 4

The more you focus or think about something, the more it shows up in our lives.
Quote # 5

* If you want to be successful, you have to be careful who is on your bus
Intern Mentoring Points
Mentoring Point # 1

- We’re in the process of building better professionals.
Mentoring Point # 2

Talk is just that. This is a “show me” profession.
Mentoring Point # 3

- Looking and listening are very important.
- Listening is a skill most of you are not good at - Develop this skill.
Mentoring Point # 4

✧ Upperclassmen

✧ It’s about what they do, not what they say.
Mentoring Point # 5

- Understand it’s an endurance race
- Both physically & mentally
Mentoring Point #6

- Don’t be that guy or girl!!
- If it’s not conducive to you living your dream, it’s probably not good.
Mentoring Point # 7

◆ @&%# the logo, protect your logo and your family
Mentoring Point # 8

10 wks / 10 months / 10 yrs
Mentoring Point # 9

- Don’t be fooled by Sundays
Mentoring Point # 10

- New Athletic Trainers are brought in to solve a problem.
- I work hard to limit problems in our department.
Thank you to the following people:

- Bud Carpenter, ATC - Buffalo Bills
- Chris Fischetti, PT, ATC - Buffalo Bills
- Greg McMillen, MS, ATC - Buffalo Bills
- Mark Smith, MS, ATC - Buffalo Bills
- Bill Kwiek, ATS - Canisius College
- Meghan Hendel, ATS - Daemen College
- Mike O’Shea, ATC - University of Houston
- Matt Foote, ATS - Canisius College
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