



MARCH IS NATIONAL ATHLETIC TRAINING MONTH

MEET OUR NISD STAFF ATHLETIC TRAINERS

ATHLETIC TRAINER COORDINATOR



Meet NISD's Athletic Training Coordinator

Paul Rost, LAT, MS

Southwest Texas State, Texas A&I (MS) Alumni

My why: I have had the privilege of working for NISD for 40 years. I worked at Clark for 33 years and now 7 years at the athletic office. I have watched our profession adapt and change over the years. Now I am in a role where I can support our staff athletic trainers so they can provide quality health care in a district that puts our students well being first.

BRANDEIS HIGH SCHOOL



Meet Brandeis' Head Athletic Trainer
Dennis Brown, LAT
Eastern Washington University

Dennis has served NISD for 7 yrs and has been a professional athletic trainer for 34 yrs

My why: My favorite things about being an Athletic Trainer are the relationships I have built over the years with Student Trainers, Student Athletes and the Coaches I have worked with.

I have a large family, Wife, Elizabeth, 7 daughters, 3 dogs and 2 cats. I prevent burnout by being on the field. Being on the sidelines, in the dugout, or court side takes my worries away. I can focus on what is going on around me and forget about all the other issues in my life. The game is my stress reducer.



Meet Brandeis High School's Assistant Athletic Trainer

Josh Cross L.A.T.
Baylor University Alumni

This is Josh's first year at NISD, and 14th year as a professional athletic trainer.

My why: I've been involved with athletic training since my freshman year of high school, and have always enjoyed the rehabilitation aspect of athletic training. Being able to work with athletes as they progress through an injury to the point where they are fully participating has been the best part about my job.

Outside of work, I enjoy spending time with my wife, Kelly, and our two dogs, Hanna and Ozzie. We love to travel and one of our goals is to visit every MLB stadium.

BRENNAN HIGH SCHOOL



Meet Brennan's Head Athletic Trainer
Ashlee Anderjeski LAT,ATC
Angelo State University Alumni

Ashlee has been a professional athletic trainer and with NISD 11 years!

Voted THSCA Region 8 Athletic Trainer of the Year twice (21-22 & 22-23)

My "why" is David Edwards. David Edwards was a football player at Madison HS, where I attended HS at the same time as him, and he was paralyzed during a playoff football game. Seeing how my HS athletic trainer, Tim Moore, handled the on field and off field crisis with him every day, month, and year he lived afterwards is my "why". Kids and parents of our kids deserve that support and love.

What keeps me going: Helping athletes go from their lowest (injury) to their highest (getting back on the field).



Meet Brennan's Assistant Athletic Trainer Shayne Allen MS, LAT, ATC
SFA Alumni

Shayne has been with NISD for 2 years and a professional athletic trainer for 7.

My why: I enjoy meeting/interacting with the student athletes. I enjoy getting to know them and seeing all the different personalities. I love sports, so I wanted a job that would allow me to be around it. Also didn't want to be stuck behind a desk all day so being an AT allows me to be outside. I am a member of NATA, TSATA, VATA.

For fun I enjoy exercise, basketball, hiking, road trips, time with family.

CLARK HIGH SCHOOL



Meet Clark's Head Athletic Trainer Tara Stone, LAT

Texas State Alumni

Tara has served NISD for 21 years!

My why: I have had the pleasure of working for NISD for 21 years. I enjoy the fact that my job allows me to be a mentor to my student athletic trainers, be outside, work with great coworkers, and I have developed lifelong friendships.

Everyday is different and presents new challenges. Seeing an from injury to return to play is a great feeling.



Meet Clark's Assistant Athletic Trainer Mike Post, MS, LAT, ATC

BS- Michigan State University, MS-Ohio University Alumni

Mike has served NISD for 4 years and has been a professional athletic trainer for 31+ years!

My why: "I love diagnosing injuries and helping athletes heal and return to play as safely and quickly as possible.

I am an athletic trainer because as a high school athlete I suffered some injuries, and was treated by a really good athletic trainer. I've always enjoyed sports and discovered this profession as a way to stay involved, and to help injured athletes get healthy again so they can return to participate in the activities that they love.

I have been married for 29 years to my wife Christina; we have 2 dogs and a cat.

Preventing burnout is challenging but very important! I try to maintain perspective and balance throughout the busier times of the year by remaining consistent in my patient care and relationships with my athletes, coaches and coworkers. I also exercise for my physical and mental wellbeing. I enjoy traveling and spending time with my wife and pets, and riding my mountain bike.

I have been an NATA member since 1989 (as a student), and actively involved with AAATA since 1995. I have served as AAATA President and currently serve as Chairman of the Hall Of Honor committee.

HARLAN HIGH SCHOOL



Meet Harlan's Head Athletic Trainer Dyllan Hofmann DAT, LAT, ATC, SMTC
Texas State University Alumni

Dyllan is in his 3rd year with NISD and 7th year as a professional athletic trainer.

My why: Every day is something different and that it allows me to be creative and adaptable to meet different challenges that ultimately help the kids and the teams I work with. I enjoy building relationships and working as a part of a team towards whatever goals we have.

I am married to my wife Megan and am expecting our first child in June! I grew up in small town Mason Texas and was a high school athlete. I enjoy hunting, fishing, and being a foodie checking out new restaurants in San Antonio! For me, the best way to prevent burnout is to just be where your feet are. If I am at the school, I am fully present in what I am doing. And if I am home, I put my phone away and fully engage with my family and friends. I am a big advocate of being where your feet are. It helps with burnout and also helps me find joy in anything I am doing.

I have worked to help the profession of athletic training by advocating for post-professional development, including the publication of researching on the development and assessment of athletic training residency programs along with being an adjunct faculty member of the UT health athletic training residency program.



Meet Harlan's Assistant Athletic Trainer Kaeleen Zeleznak, MAT, LAT, ATC, CES

St. Mary's University, Baylor University
(MS A.T.) Alumni

Kaeleen has been with NISD and a professional athletic trainer for 3 years.

I am a coach's daughter and have been around athletics my entire life, so I knew I'd never venture too far from a life in athletics. I have also always had an affinity toward the medical field, so athletic training was the perfect career path. I enjoy The relationships I get to build with kids and the example I get to set for them, especially during their impressionable high school years

My why is two-fold:

1. Having been an injured athlete myself, I know the physical, mental, and emotional toll an injury can take on you. I love being able to use my experience to help injured athletes work through the injury and rehab process holistically.
2. I have had several of my student athletic trainers tell me that they want to go to school for athletic training instead of what they originally intended; nothing makes me more proud than knowing that I have a small part in shaping the next generation of not only athletic trainers, but good human beings.

HOLMES HIGH SCHOOL



Meet Holmes' Head Athletic Trainer Kristy Aguirre, LAT, ATC.

Texas A&M University-Commerce Alumni

Kristy has proudly served Northside Athletes for 17 years!

She loves spending time with her 2 kids Adianna, 14 and Ezekiel, 12.

My why: "I love helping athletes return to the game they love when they feel things can't get better."

"I love athletic training because it's the only medical profession that sees their patient from the moment of injury to the moment they are released. All other medical professions only see their patients for moments at a time during their recovery."



Meet Holmes' Assistant Athletic Trainer Trevor Carter, ATC, LAT
University of Arkansas Alumni

Trevor has served NISD 12 years and has been a professional athletic trainer for 30yrs!

My why: I love helping athletes get back to play in a quick and safe manner. I appreciate that my daughter will see her father as someone who dedicates their time helping people.

JAY HIGH SCHOOL



Meet Jay's Head Athletic Trainer Chris Larose, LAT, ATC

Messiah College Alumni

Chris has served NISD for 2yrs and has been a professional athletic trainer for 3yrs.

My Why: I became an athletic trainer because I love being around athletes and all the games as well helping athletes get back on the field or court. I have played sports my whole life from 4 years old all the way through college. I did not know what an athletic trainer was until I got injured in college. My athletic trainer helped get me through my injury, got me back on the field and introduced me to the world of athletic training. I love that I can now pay it forward for other athletes and understand what they are going through with my background.

Being down in the dugouts or sideline and being part of the comradery among the athletes and coaches as well as helping athletes get back on the field.



Meet Jay's Assistant Athletic Trainer Maygen Wray MS LAT ATC

Kent State University (BS in A.T.) and Concordia-Irvine University (MS in Coaching and Athletic Administration)

This is Maygen's 1st year with NISD and 2nd year as a professional athletic trainer.

My Why: I enjoy being able to help athletes return to the sports they love and helping student trainers find their passion for the profession. Growing up, I knew that I wanted to be in the medical field, but I thought I wanted to be a doctor. When I got to college, I had a professor pull me aside after class and tell me that they thought I would be interested in athletic training because I always talked about the sports I played and how much I loved sports.

I soon realized that I loved the medical field and also being able to work with sports teams. My why is that not only am I able to be in a field I love, but I am also in a position to inspire athletes and my student trainers around me and show them that the way they grow up does not need to define their future. They can create their own destiny just like I did.

Marshall HIGH SCHOOL



Meet Marshall's Head Athletic Trainer Evelyn Villalobos ATC, LAT
UIW Alumni

This is Evelyn's 3rd year with NISD and 17th year as a professional athletic trainer.

My why: I thought athletic training seemed like something cool when I was in high school. I had an awesome AT. Then I started pursuing athletic training in college. And I loved the relationships that I was able to build with the athletes and coaches.

Being able to see the injuries and help athletes rehab and return to the sport they loved. The pride I felt when watching an athlete return to the sport they loved. It IS a great feeling. Now I get to do it all the time. I love my job, even on my hardest days.

I am a product of Northside. I was part of the first class to start at O'Connor HS as a freshman. I went on to get a BS in Athletic Training from The University of the Incarnate Word. After graduating from UIW I moved to NY to work on my masters to be able to teach high school at St. Thomas Aquinas College.

I have a big family that enjoy spending time with them. I also have 2 dogs that I love very much. I enjoy spending time with my family and friends every chance I have. For fun, I go to the movies. When I can I enjoy hiking. To prevent burnout, I work on trying to go to the gym and work on my mental health. I also enjoy spa days monthly.



Meet Marshall's Assistant Athletic Trainer John Carollo, MS, LAT, ATC, SHRM-SCP
Southwest Texas State University - BESS
The Ohio State University - MS

John has proudly served Northside 5 years and has been a professional athletic trainer for 28 years.

He loves spending time with his wife Marli, and 3 kids Robert, Lillian, & Joseph.

John was recently inducted in the Texas State Athletic Trainers Association 2022 Class of the Hall of Honor

My why: "I want to make sure all students, coaches, and officials are able to go home at the end of every game. I have dedicated my career to being ready for any/all emergencies"

John has worked at all levels of athletics, culminating with being a part of the Team USA medical staff for the London 2012 Olympic Games. John's current professional interests include CPR/AED Instructor training, StopTheBleed, lightning & atmospheric safety, and mentoring new athletic trainers. John represents Marshall and Northside on many district, local, state & national committees. John is an appointed member of the Texas School Health Advisory Committee.

O'CONNOR HIGH SCHOOL



Meet OC's Head Athletic Trainer
Domingo Sifuentes, LAT.
Texas State Alumni

Domingo has been with NISD for 14 years, all With O'Connor High School

I enjoy my family time every chance I can get. I have been happily married to my wife since college, and I have a 13yr old son in middle school and a 6yr old daughter in elementary. I'm also a proud veteran that served in the U.S. Navy for 6 years.

My Why: My passion in the Athletic Training Profession is mentor students-athletes to become better individuals in all aspects in life in and outside the school setting. I have always enjoyed assisting an athlete through his or her injury process, so they can come back stronger than before. We do not always get recognized, and all Athletic Trainers know this coming into our profession, but we do know that we do positively impacted our Athlete's injury career at their lowest point.



Meet OC's Assistant Athletic Trainer: Kali Murrah, LAT, SFMA.
Texas A&M University Alumni

Kali has proudly served Northside 6 years and has been a professional athletic trainer for 13 years.

I love spending time with my husband, Blake, and two kids Magnolia & Liberty.

My why: "I have been in the athletic training world for 20 years. I was a student athletic trainer in high school, college, and now professionally I love the 'detective' work that goes into figuring out the cause of an athlete's injury, how to get them functional, and then progressing them back to play.

All the hard work in college, extra course work, and thousands of hours of preparation to hone your skills to decrease pain and assist in rehabilitating a person is good for the soul. I'm proud to work for a district that values the well-being and health of its student-athlete population."

SOTOMAYOR HIGH SCHOOL



Meet Soto's Head Athletic Trainer Brittany Garcia M.A., LAT, ATC, SFMA.
TAMU- Corpus Christi Alumni

This is Brittany's first year at NISD and has been a professional AT for 10 years.

My why: "I love building relationships with athletes & seeing them at their best and worst I love when I see an athlete come back after an injury and knowing I was part of their progress and growth."

I'm a San Antonio native and fell in love with sports and athletics in high school. I became an athletic trainer because I LOVED sports but was not athletic enough to play them. I started playing basketball and soccer and quickly realized my athletic talent was not on the court or field but that I found my talents in helping others.

Currently reside on the southeast side of San Antonio with Husband Nick Garcia. Love to go fishing, go to the lake, water ski, travel, and spend time with my family.



Meet Soto's Assistant Athletic Trainer Emily Pena, MAT, LAT, ATC.
Texas State University Alumni

This is Emily's first year serving NISD and her first year as a professional athletic trainer.

My why: "I love being able to be around a team environment and help the athletes get back to sports."

I decided to become an athletic trainer because I found the medical side of athletics very interesting and felt like I could relate to the injured athlete. I played sports throughout my childhood and dealt with numerous injuries so I had met my fair share of physical therapists, sports doctors, and athletic trainers.

My dad also had a huge impact on my decision to become an athletic trainer. He has been a coach my entire life so I grew up around sports since before I could remember. Whether it was him coaching my older sister and I or being on the sidelines for high school football games to support him and his team. His influence led me to really fall in love with sports and want to help the injured athlete get back to their sport.

STEVENS HIGH SCHOOL



Meet Stevens' Head Athletic Trainer: Cara Marcella, MEd, LAT, ATC

University of the Incarnate Word:

- Bachelors of Science in Athletic Training
- Masters in Education

This is Cara's 5th year with NISD, and 9th year as a certified athletic trainer.

My why goes back to when I first started as a student athletic trainer in college, the relationships you get to build with your athletes. Especially as a high school athletic trainer where you get to watch them grow from adolescence into adulthood. We spend so much time with our athletes; from watching them practice and compete every week, getting to support and advocate for them in their most vulnerable moments, to sending them off to continue their athletic and educational careers in college. Knowing that they have one more person in their corner when they need it most, makes this job worth it every day.

In my spare time I enjoy working out and catching up on every TV show I've missed during the week. I enjoy spending time with my friends as we manage our busy schedules between work and kids, and I take full advantage of my holiday breaks to visit with my family or travel around the country. I'm also a big advocate for staying in tune with your mental health in order to prevent burnout so I like to find new ways to unplug, relax, and just breathe through the craziness that is our day to day lives.



Meet Steven's Assistant Athletic Trainer Erika Soto, MS, LAT, ATC, PES

TAMU-Corpus Christi (BS A.T.)

California University of PA (MS A.T.)

This is Erika's 1st year with NISD and 8th year as a certified athletic trainer.

My why is simple, knowing that I had a small part in the smile and pride that beams from an athlete when they are cleared after a long-term injury. My favorite part of being an athletic trainer is all those small moments that no one gets to see. It's the relationships we get to build with incredible humans who have incredible talents. It's the small moments when there are no fans in the stands and they still feel as though they just scored the winning run, goal, point, etc.. It's the smiles on their faces when they get to return to the sport they love after an injury that make the long days, weeks, months of hard work worth it.

I am engaged and am getting married this summer. In my spare time I like to craft and sew, most of the time I am making bandanas or other crafts for my 3 puppies! My 3 dogs are my pride and joy, Bean, Maverick & Layla and they are always there for me after a long day of work. My fiancé is a teacher so when we get the chance in the summers we like to take road trips to visit family or just explore the US.

I have been a member of NATA since 2015. I also have my Performance Enhancement Certification.

TAFT HIGH SCHOOL



Meet Taft's Head Athletic Trainer

Vanessa Reyes, ATC, LAT
New Mexico State University, and
University of the Incarnate Word
Alumni

Vanessa has served NISD for 14 years and a professional athletic trainer for 21 years.

My why: I've always enjoyed keeping athletes as safe as possible, from equipment, to taping, to keeping track of the weather. I enjoy knowing my athletes and understanding how a particular person reacts to an injury. In knowing them I know how best to help them from the moment they are injured till they are back in full competition.

I grew up in El Paso and my parents and brother still live there. I live with my younger sister and she is my closest family member in San Antonio. I do also have several cousins who live in San Antonio who have kids who graduated and currently go to Northside schools, and I enjoy supporting them as often as I can in their school activities (theater, athletics). We look forward to taking our students to AAATA every year, it's the thing they enjoy the most I think. It's amazing to me how competitive they get before we even get there. It's a really fun build up and they deserve it so much for all the work they put in the whole year.



Meet Taft's Assistant Athletic Trainer
Chassity Gomez, LAT

Texas Lutheran University (Bachelors in
Athletic Training; St. Mary's University
(Masters in Educational Leadership)

Chassity has proudly served NISD for 12 years

My why: My favorite thing about being an athletic trainer is being on the sidelines/dugouts. I love being so close to the action. Watching the games from there is a totally different view and I have always loved it. I love watching the kids grow into young adults and see them become successful. I enjoy the smiles on their faces when they come back from an injury. This job is overall fun and I love every minute of it....

There was nothing else I have ever wanted to do but be an Athletic Trainer. I only know how to do this job (besides being a teacher =)). I have been in this profession since I was a freshman in high school. My why is I love helping athletes. The fun has never stopped since I started.

I am married (10 years this year 2013) I have 2 kids (17 year old; 7 year old) It's really hard to have fun when this job is all year long. However, when summer starts that's when we as a family travel. We don't go far but we enjoy MLB (Astros) games and our beach getaways.

WARREN HIGH SCHOOL



Meet Warren's Head Athletic Trainer
Micah Ramos, MS, LAT, ATC

Texas State University (BS), Tarleton
State University (MS) Alumni

This is Micah's 4th year with NISD and
6th year as a professional Athletic
Trainer.

My why: My why has changed throughout the years. However, I believe that I do this job to this best of my ability, because as a dad, I want to know that one day my child will be safe when playing a sport that he loves. I enjoy working with our students and watching them succeed. It drives me everyday when at work.

I enjoy spending my time with my family while not at work. Hanging out on the couch, watching movies, eating popcorn, laughing, etc. I also enjoying reading and trying new restaurants. On my own time, I have found that exercising and working out has been a great benefit to staying mentally prepared and in tune.



Meet Warren's Assistant Athletic
Trainer
Stanley Mikolajczyk ATC, LAT
Texas State Alumni

This is Stanley's 2nd year with
NISD and 6th year as a
professional athletic trainer.

My why: I want to provide student athletes with the utmost quality healthcare. My favorite part of being an athletic trainer is being able to see student-athletes succeed when they are given adversity. Rather it is a season-ending injury, or a chronic injury they are working through to finish the season. The joy of seeing them participate and being successful once they have returned to play is exhilarating. That is by far the best feeling as an athletic trainer you can feel.

I am married to my beautiful wife Shelby Mikolajczyk who I have had a relationship for 10 years with. We have a dog son named Brentlee which is turning 8 this year. Me and my wife love to travel and spend time with family and friends.

I am a part of multiple organizations. AAATA, NATA, TSATA and SWATA.

NISD STADIUM ATHLETIC TRAINERS



Meet NISD's Stadium Athletic Trainer
Kelli Brock, LAT, ATC

Midwestern State University Alumni

Kelli has served NISD for 15 years
and has been a professional athletic
trainer for 20 years.

My why: I enjoy helping athletes because I like getting them back to the game they love. Athletic training allows me the opportunity to use my evaluation skills to assess injuries. Being a part of the team allows me to work for the safety and health of our student-athletes, coaches, and my fellow athletic trainers.

When I am not working, I enjoy traveling, the outdoors, spending time with family and friends, and reading a good book.



Meet NISD's Stadium Athletic
Trainer Nico De La O, LAT

UIW Alumni

Nico has served NISD for 9yrs
and has been a professional
athletic trainer for 13yrs.

My Why: My favorite part of working as an Athletic Trainer is providing quality care for injured student athletes, especially during emergency situations. Being a calm and reassuring presence during a difficult time gives me purpose in my job.

When I'm not working, I'm playing guitar or at the park on a long hike. I enjoy reading books on philosophy and psychology and in another life I'd be a therapist.