Tavita Okonjo-Brennan

Certified Athletic Trainer (ATC, LAT)

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SUMMARY

Certified and licensed athletic trainer with 7 years in NCAA Division II and high school athletics. Provides daily care for about 140 athletes across 5 sports, runs concussion baseline testing and return-to-learn plans, and cut practice days lost to soft tissue injuries by roughly a quarter through a preseason screening program. Calm on the sideline and clear with coaches and parents.

EXPERIENCE

Assistant Athletic Trainer — Kestrelmoor College

Durham, NC · Jul 2021 – Present

- Provide prevention, evaluation and rehab for about 140 athletes on 5 teams, covering 220+ practices and 60 home and away games a year.
- Built a preseason movement screen and hamstring program for 3 field teams, and practice days lost to soft tissue injuries fell 27% over 2 seasons.
- Run baseline concussion testing for 300+ athletes each August and manage graduated return-to-play for 15 to 20 concussions a year with the team physician.
- Rewrote venue emergency action plans for 4 facilities and lead 2 timed drills a year with campus police and EMS, cutting simulated time to AED from 3 minutes to under 90 seconds.

Athletic Trainer (Outreach) — Haw River Sports Medicine

Burlington, NC · Aug 2019 – Jun 2021

- Covered a 1,100-student high school as its only athletic trainer, caring for about 350 athletes across 14 sports.
- Logged 1,800+ injury and treatment encounters a year in the electronic record, with 100% of concussions referred and documented within 24 hours.
- Introduced a heat policy with wet bulb readings and cold-water immersion tubs, with zero exertional heat illness transports in 2 summers.

SKILLS

Injury care: Injury evaluation, taping and bracing, therapeutic exercise, manual therapy, wound care, modalities

Sideline emergencies: Emergency action plans, spine boarding, AED and airway management, heat illness, concussion management (SCAT6)

Systems: ATS (Athletic Trainer System), Sportsware, Smartabase, Excel injury tracking

CERTIFICATIONS

BOC Certified Athletic Trainer (ATC)

Licensed Athletic Trainer, North Carolina

BLS for Healthcare Providers and Emergency Cardiac Care

EDUCATION

M.S. Athletic Training (CAATE-accredited), Cardinal Ridge University, 2019

B.S. Exercise Science, Cardinal Ridge University, 2017

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