



[RBR Athletic Trainer Recognized with National Athletic Trainer Association Award](#)

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Little Silver, NJ - Christina Emrich, MS, ATC of Tinton Falls, Red Bank Regional High School (RBR) athletic trainer, was recently recognized by the National Athletic Trainer's Association (NATA) with its first annual Secondary School Athletic Training Committee/Gatorade Award at their June annual meeting. One athletic trainer from each of the NATA's 10 districts across the country was so honored. Ms. Emrich represents District 2 which encompasses the states of New Jersey, New York, Pennsylvania and Delaware.

According to the NATA, the award (which is peer nominated) was created to recognize certified athletic trainers who have provided exceptional service and dedication to their schools and who additionally are significantly involved in the greater school community.



Christina Emrich of Tinton Falls, the Red Bank Regional High School athletic trainer, was recently recognized by the National Athletic Trainer Association with its Secondary School Athletic Training Committee/Gatorade Award.

RBR athletic director Del DalPra states of Ms. Emrich, "We are delighted that Christina was recognized by her peers for her outstanding job performance and extraordinary efforts. She is the utmost professional who is always prepared and plans for every situation. Christina has a great reputation with students, teachers, administration and parents. I am personally lucky to have her here."

A 1987 graduate of RBR, Ms. Emrich played softball and ran track for RBR, but her favorite activity in high school was that of student athletic trainer, a position she now supervises among her many other duties at RBR. In her senior year, she recalls telling RBR's then athletic director George Fallon that she would be back as the school's athletic trainer someday. She fulfilled that promise 15 years ago. Ms. Emrich also serves as the assistant athletic director aiding with administrative duties. As RBR's ATC (certified athletic trainer) she begins her day at 11 am and works till all practices and games are done traversing the numerous playing fields by golf cart supervising play and springing into action when needed. An Athletic trainer's function in the high school is to prevent athletic injuries and to manage and rehabilitate injuries once they have been recognized and evaluated.

As a certified teacher, she teaches health and physical education, including Senior CPR certification health classes, and conducts teacher and student CPR certification. As a certified EMT she also covers the nurse's office one period a day. In September, Ms. Emrich will assume her role as a lead teacher for RBR's new Sports Medicine and Management Academy as RBR debuts its five new small learning community academies. Her input was instrumental in devising curriculum and course sequence and her collaboration with area colleges will enable students to apply for a dual credit option in the academy. She was also instrumental in obtaining automated external defibrillators or AEDs for the high school and in training staff for use of the AED.

Outside of the classroom, Ms. Emrich has participated in many RBR school activities including Project Prom Education Week, Prom chaperone and, Senior Picnic. She also functions as the School's American Red Cross liaison. In the greater community she is on-call one evening a week from 6 pm to 6 am for the Tinton Falls Emergency Medical Services squad. She is also a member of Little Silver's EMS. In her first eight years at RBR, she volunteered to be an athletic trainer for the All Shore Football Classic in the summer; five of those years she served as Head ATC. Professionally, She has also served on the Executive Council of the ATSNJ (Athletic Trainer's Society of New Jersey) as the Central Regional representative for two terms and still serves on that association's Secondary School and Public Relations committees.

Christina expresses particular satisfaction to have mentored students who have worked as student athletic trainers and notes that at least seven have graduated college to work in the athletic training or related medical fields.

She states, "My students call me often for advice, just as I always sought advice from my mentors, and I am delighted to help them anyway I can. I am proud to say that two RBR graduates are currently certified athletic trainers in the shore conference."

The National Athletic Trainers' Association (NATA) is the professional membership association for certified athletic trainers who support the athletic training profession. It has 30,000 members nationally and many state chapters. Athletic Trainers are certified by the NATA Board of Certification and also possess a license issued by the State Board of Medical Examiners to practice athletic training. In the traditional setting, ATC's work in high schools, colleges and professional sports. Recent legislation in New Jersey; however, will now allow ATC's to work in any setting including youth sports, Pop Warner and Little League as well as industrial settings and performing arts. For more information on NATA and Athletic Training links, please see their website at www.nata.org.

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