



ANN STEVENS

Welcome Ms. Ann Stevens, Arcadia's Athletic Trainer and Sports Medicine teacher! This is her second year teaching, but her first year at Arcadia. Ms. Stevens' educational background includes:

- Bachelors of Science in Athletic Training from Northern Arizona University
- Masters of Science in Sports Performance Enhancement and Injury Prevention for California University of Pennsylvania
- Nationally Board Certified Athletic Trainer
- Performance Enhancement Specialist
- National Speed and Explosion Certified
- CTE Teaching Certificate

On campus, Ms. Stevens sponsors HOSA Sports Medicine, a state and national student-run organization that is geared toward health professionals. She's been a sponsor for four years and plans to help the program grow in the future. In addition, she has continued Arcadia's Sports Medicine internship program where students come in 3-4 days a week to learn the skills and practices of the athletic training profession.

When describing her favorite thing about teaching, she shared: "Getting to introduce individuals to the world of Sports Medicine and Athletic Training and that there is much more to it than knowing how to tape an ankle."

Along with two sisters, Ms. Stevens was born and raised in Scottsdale. They all graduated from Saguaro High School. Through childhood, Ms. Stevens always thought about being a doctor, but loved athletics! After a football game where she was helping some players on the sidelines with cramping issues, she told her Athletic Trainer, Jeff O'Desky, "I'm going to be you when I grow up." Nine years later and here she is-- doing what she loves!

### **WHAT MAKES YOU PROUD?**

I am proud of all the hard work that has gone into becoming the professional that I am today-- while maintaining friendships and close family time. To me, maintaining those connections are some of the greatest parts to life.

### **HOBBIES OR FAVORITE THINGS TO DO WHEN NOT WORKING**

I enjoy working out (Pure Barre), going on Hikes and playing with my Dog Teddie. My Dog is a 1 year old Blue Heeler, that is constantly full of energy. I also love to just hang out on the couch with Cat Tavish, while reading a good book.

### **DOG OR CAT PERSON?**

I have a cat named Tavish and a Blue Heeler puppy named Teddie!

### **A RANDOM FACT ABOUT MS. STEVENS:**

Some people would've thought I'd have been a music major, as I was in Orchestra and Choir all through elementary school, middle school and high school. I was even the orchestra president and participated in jazz choir.

*Submitted by Amanda McCauley Spring 2017*