

# Meet Your Athletic Trainer

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## Emma O'Keefe, ATC, LAT

Emma is a nationally certified and Connecticut licensed Athletic Trainer. She has served as the Head Athletic Trainer at Rocky Hill High School since July 2023, and became a full time employee in August of 2025.

Emma earned a Bachelor of Science degree in Athletic Training with a minor in biology from Massachusetts College of Liberal Arts in 2022. At MCLA, Emma worked with numerous college and high school athletes completing over 1,000 hours of clinical rotation in Massachusetts and Vermont. While at MCLA, she was a three year member of the Women's Basketball team. Emma has wanted to be an Athletic Trainer since she was 8 years old. Her passion for sports and curiosity for sports medicine made Athletic Training the perfect fit.



### What is an Athletic Trainer?

“Certified ATC’s are healthcare professionals who collaborate with physicians to optimize activity and participation of patients and clients. Athletic Training encompasses the prevention, diagnosis and intervention of emergency, acute and chronic medical conditions involving impairment, functional limitations and disabilities. Athletic Training is recognized by the American Medical Association as a healthcare profession.”  
- Board of Certification

### Are they qualified?

All certified and/or licensed Athletic Trainers must have a Bachelor’s or Master’s Degree from an accredited college or university and pass the Board of Certification a National Exam in order to practice Athletic Training.

If there are any questions, do not hesitate to reach out via email:

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