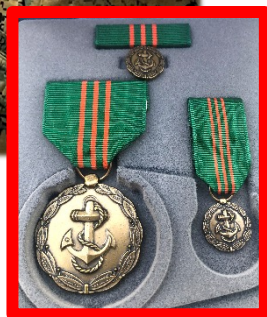


MEMBER SPOTLIGHT

Anne C. Gutierrez MS, ATC, CSCS



In April 2021, Anne was awarded the Navy Civilian Service Achievement Medal – the 5th highest civilian award in the Department of the Navy



How long have you worked in this setting: I began working for the Marine Corps in 2003 as one of 7 athletic trainers hired as part of a pilot program initiated by Training and Education Command (TECOM) at MC Base Quantico. I was the first female athletic trainer to work for the Marine Corps directly in recruit training, caring for all female training recruits and the drill instructor students training on Marine Corps Recruit Depot Paris Island, (MCRDPI). In 2012, I relocated to Okinawa, Japan with my husband. I volunteered at the SMART Clinic on both Camp Hansen and Camp Kinser in Okinawa Japan. Later I was selected as the MCCS Health Promotion Program manager at Camp Butler. After returning to the states in 2015, I spent a year working as a clinical Athletic Trainer at the SMART clinic on Camp Lejeune, and in 2016 I began working with Wounded Warrior Battalion East where I stayed until just recently as my husband and I have PCSed back to Okinawa where I will start another, unknown adventure.

Describe your typical day:

A typical day at the Wounded Warrior Battalion-East consists of a morning meeting and preparation programming. The Battalion offers 5 main cardio activities (running, strength & reconditioning, cycling, swimming, and kayaking) as well as electives (air rifle and air pistol, archery, track & field, wheelchair basketball, and sitting volleyball, and golf). We also provide one on one programming for sports participation runs from 0800-1400. When not in programming, the coaches spend their time preparing plans for future programming, meeting, working on one of many projects, and/or preparing for special events. As the supervisor, I spend much of my day on administrative duties related to programming and event planning.

What advice do you have about your practice setting for a young AT looking at this setting:

First, it's important to understand the setting and the "warrior athlete". They are not necessarily what you would consider your typical athlete and have often experienced things that a typical athlete will never encounter. My experience has been that most job positions in the military setting are not what I would consider traditional athletic training positions. If you are interested in working in this setting, aside from evidence-based methods regarding treatment of musculoskeletal injuries, you need to understand sound methods of prevention and early interventions. It would also benefit you to have a knowledge base in fitness and at least functional strength and conditioning.