



GAR-PAL HIGH

CCE PROJECT
NOVEMBER 2025

PRESENTED BY
AUDREY & ELLIEE

(1) RYLEE MEAGHER

**INTERVIEW
TAKEAWAYS**

(2) OUR TEAM

WHO ARE WE?

(3-7) OUR WORK

CCE WORK PART ONE

(8) SOCIAL MEDIA

CCE WORK PART TWO

(9) REFLECTIONS

WHAT WE LEARNED

(10) THANK YOU!

THANK YOU!

OUR TRAINER RYLEE MEAGHER



KEY TAKEAWAYS FROM OUR INTERVIEW:

- THE IMPORTANCE OF HAVING AN ATHLETIC TRAINER EXTENDS BEYOND SPORTS, MEMBERS OF MARCHING BAND CAN ALSO BENEFIT FROM HAVING AN ATHLETIC TRAINER!
- EDUCATION AND OUTREACH OUR VERY IMPORTANT, WHAT EXACTLY IS THE ROLE OF AN ATHLETIC TRAINER
- OPPORTUNITY TO CREATE A DEEPER UNDERSTANDING OF THE ROLE OF AN ATHLETIC TRAINER. THERE ARE OFTEN MISINTERPRETATIONS OF THE ROLE
- BOLSTERING TRUST AND CONSISTENCY WITH STUDENTS AND PARENTS



ELLIE CARPENTER



JACQUE HELLAR



AUDREY YOUNT

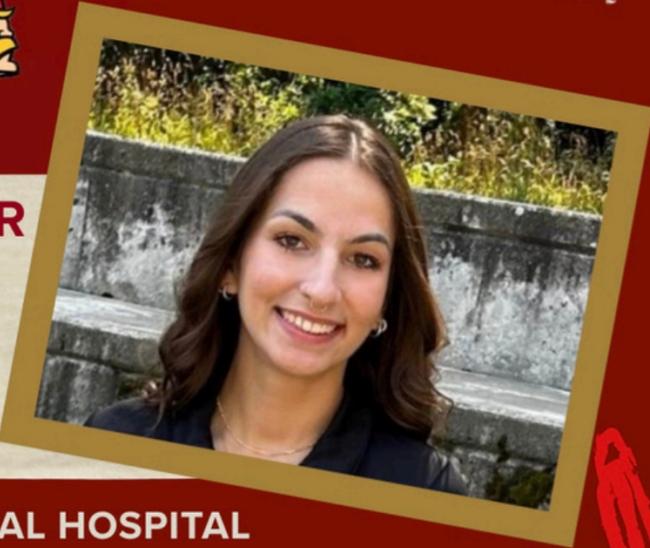
(2) OUR TEAM

BANNERS BY JACQUE

GAR-PAL HIGH SCHOOL
LETS GO VIKINGS!



SUPPORT ATHLETIC TRAINER
**RYLEE
MEAGHER**



SUPPORTED BY PULLMAN REGIONAL HOSPITAL
IF YOU WOULD LIKE TO HELP OUR ATHLETIC TRAINER AND THIS PROGRAM
THROUGH A DONATION, VISIT
pullmanregional.org/donate

LETS GO VIKINGS!
GAR-PAL HIGH SCHOOL

SUPPORT ATHLETIC TRAINER



RYLEE MEAGHER
SUPPORTED BY PULLMAN REGIONAL HOSPITAL

IF YOU WOULD LIKE TO HELP OUR ATHLETIC
TRAINER AND THIS PROGRAM THROUGH A
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BRAND KIT / NEWSLETTER INSERT

BY ELLIE



PULLMAN REGIONAL HOSPITAL CARES FOR VIKING ATHLETES!

Our certified athletic training specialist works with coaches and families to ensure quality care for your student-athletes at ZERO COST!

DONATE TODAY!



MEET YOUR NEW TRAINER RYLEE MEAGHER! MS, LAT, ATC
FUN FACT: INSERT FACT HERE!

GO

VIKINGS!

ATHLETIC TRAINING PROGRAM

pullmanregional.org/donate

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INFORGRAPHIC/EMAIL PITCH BY AUDREY



Pullman Regional Hospital Athletic Training Program Program Overview

Pullman Regional Hospital has launched a new athletic training program to support students at Gar-Pal High School and surrounding schools.

Goal: Promote physical education, healthy lifestyles, and athletic success among students.

Target Audience: Student athletes, active students, families, and the local community.

Who

Athletic Trainer: provides hands-on support for students.

Student Ambassador: WSU student promoting the benefits of physical education.

Participants: Gar-Pal High School students and other physically active students.

What

Hands-on athletic training and guidance for students.

Physical education awareness initiatives for healthy, active lifestyles.

Student success stories highlighted in a video collage / feature story.

Where

Gar-Pal High School gym and athletic facilities.

Other participating schools in the Pullman area.

When

Ongoing events and student activities throughout the school year.

Why

Raise awareness of the importance of physical education.

Strengthen relationships between Pullman Regional Hospital, schools, students, and families.

Support student athletes' development and encourage healthy lifestyle habits.

How

Direct Mail Flyers: Distributed to students' families with program information.

Student Ambassador Presentations: Promote PE participation and program awareness.

Video Collage / Feature Story: Showcasing student activities, program impact, and success stories.



Subject: Support Our Student Athletes with GAL PAL Athletic Training Dear Parent's Name,

We're excited to introduce you to the GAL PAL Athletic Training Program, designed to provide our student athletes with access to professional athletic training, injury prevention, and recovery support throughout the school year.

Our new athletic trainer, Rylee Meagher, brings expertise and dedication to ensure every student athlete has the care they need to perform safely, stay healthy, and reach their full potential on and off the field.

To continue offering this vital program, we rely on the generosity of parents and community members. Your recurring gift, no matter the size, directly supports:

- On-site athletic training for practices and games
- Injury prevention and rehabilitation programs
- Educational workshops for athletes and families
- Essential equipment and resources for athlete safety

Join us in keeping our athletes safe and strong! Click below to set up your recurring gift today:



Thank you for investing in the health and success of our student athletes. Together, we can make a lasting impact on their performance and well-being.

Thank you!
GAL PAL Athletic Training Program
[Contact Info]

POM POM STICKERS

BY AUDREY



PULL-UP BANNER

BY ELLIE



PULLMAN REGIONAL HOSPITAL

SUPPORTS VIKING ATHLETES

ATHLETES NEED ATHLETIC TRAINERS.

“An American Academy of Pediatrics (AAP) study found that the presence of athletic trainers can have a significant positive impact on student athlete health, resulting in lower injury rates, improved diagnosis and return-to-play decisions for injuries such as concussion, and fewer recurrent injuries.”

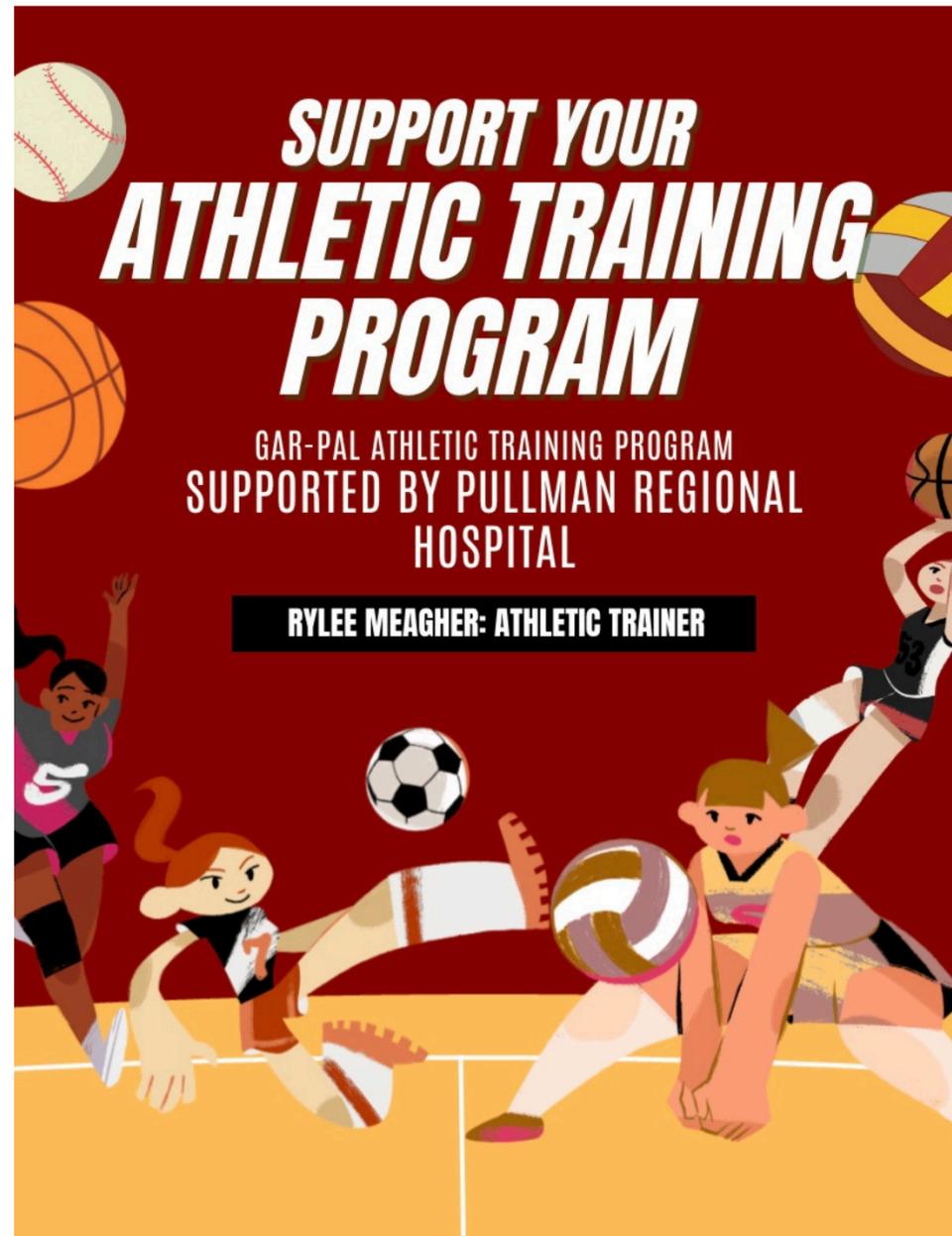
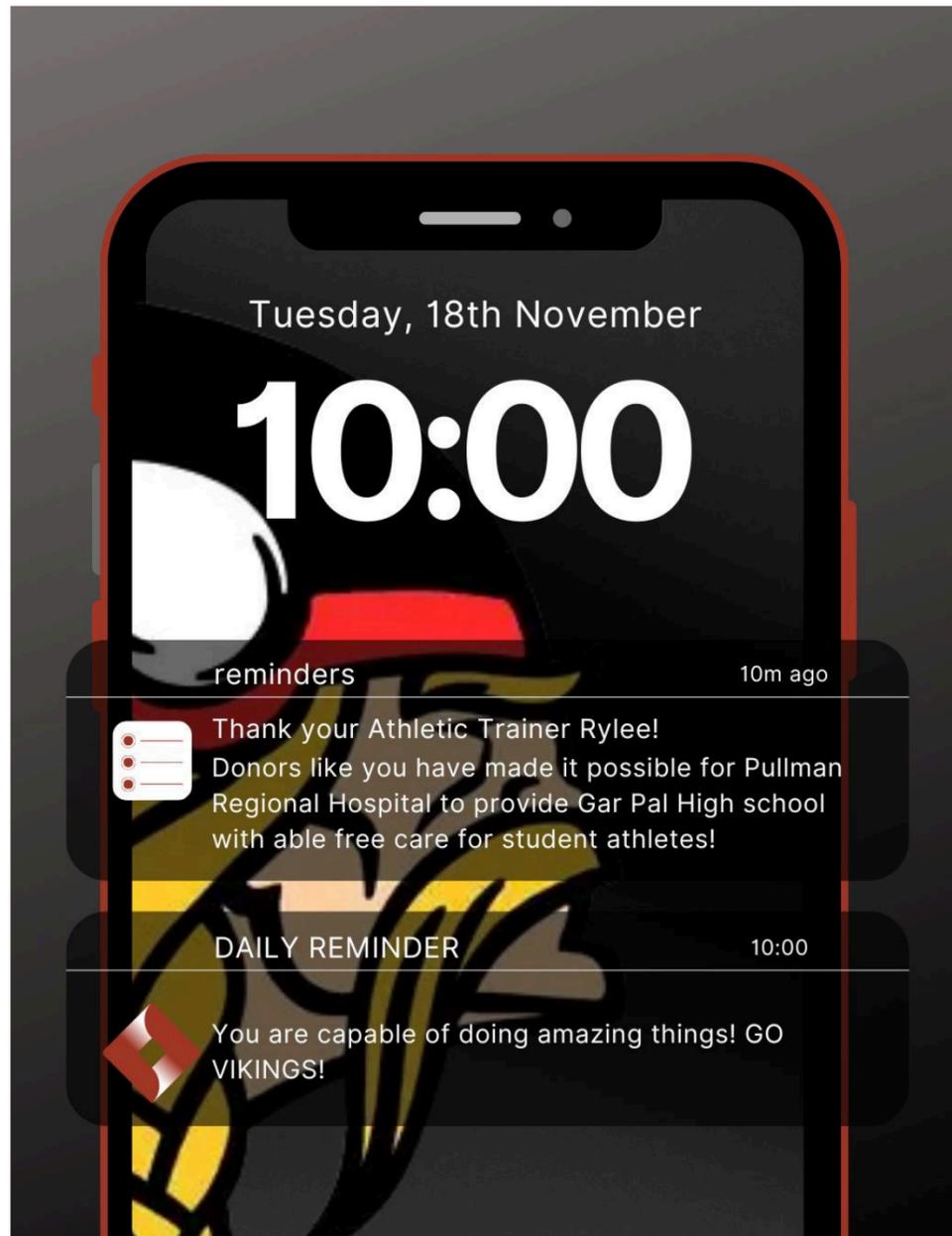
SUPPORT YOUR ATHLETIC TRAINER, RYLEE TODAY!

GO VIKINGS!

SWAG BY JACQUE



SOCIAL MEDIA POSTS



REFLECTION

OVER THE SEMESTER, WORKING ON A TEAM TO PROMOTE A DONATION-LED ATHLETIC TRAINING PROGRAM FOR SMALL RURAL HIGH SCHOOLS HELPED ME SEE HOW STRATEGIC COMMUNICATION CAN DIRECTLY SUPPORT COMMUNITY WELL-BEING. COLLABORATING CHALLENGED US TO THINK CREATIVELY ABOUT HOW TO RAISE AWARENESS FOR AN ISSUE THAT OFTEN GOES UNNOTICED, DESPITE ITS REAL IMPACT ON STUDENT SAFETY. WE LEARNED HOW TO TAILOR MESSAGES TO SPECIFIC AUDIENCES, BALANCE MULTIPLE MEDIA TACTICS, AND ADJUST OUR APPROACH BASED ON FEEDBACK. OVERALL, THE PROJECT REINFORCED THE POWER OF THOUGHTFUL PR STRATEGY TO ELEVATE IMPORTANT CAUSES AND GIVE UNDERSERVED COMMUNITIES A STRONGER VOICE.



THANK YOU!