

New Mexico Activities Association Student-Athlete Spotlight

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Eldorado's Biasetto is Dedicated to Keeping the Eagles on the Field

By Tyler Dunkel, NMAA Sports Information Director

Guliana Biasetto, a senior at Eldorado High School, has found the path for her life. As a student athletic trainer for the Eagles, Biasetto believes she has been called to help keep athletes on the field and off the sidelines.

Her path wasn't always so clear, as she started off with the aspirations of being a physical therapist but quickly found that athletic training was where she belonged.

"I wanted to work in physical therapy and the sports medicine program was the closest class Eldorado had to offer and that is how I got started. Now I want to pursue the sports medicine side instead of physical therapy."

She continued by saying, "I love learning about the human body, being tested on it and then being able to apply what I've learned in an actual real life situation. Working with the athletes and the different personalities and building relationships is another great part about being an Athletic Trainer."

So, what was it about Athletic Training that Biasetto fell in love with the most?

"Picking a favorite part about Athletic Training is hard because I really like all the aspects. I love being in the training room, taping athletes, helping them stretch before practice or a game or rehab. I also enjoy being on the field. You never know when someone is going to get hurt, so you have to be ready for that at all times and be ready to act quickly. It is like an adrenaline rush."

"I think building a good relationship with the athletes and earning their trust so they believe that you know what you are talking about and why you are asking them to do certain things to help them get health is key."

Biasetto's mentor during her high school Athletic Training career has been Michele Loftis, Eldorado's head Athletic Trainer. She credits Loftis for pushing her to be better at her craft and says she can't thank her enough for all she has done.

"When I first started in sports medicine, I wasn't sure if I would like it or if I would stick with it but now it is the career path I want to take for the rest of my life. Michele (Loftis) has been a mentor to me and I can't thank her enough for all she has done to help me reach my goals. She means a lot to me personally and anyone would be lucky to have her as a teacher."

Next year, following graduation, Biasetto will attend West Texas A&M and plans to jump right into the Athletic Training program.

"I took a tour of the campus and spoke to one of their directors of the Athletic Training Program and I really liked what



I heard. They want you to aim high and work towards being a Division I or professional Athletic Trainer and I just felt going to West Texas A&M would be the best for me and my future as an Athletic Trainer. I'm excited to start that chapter next fall."

Over the last two years, Biasetto and her fellow students have competed in the NMAA Athletic Training Challenge, an NMAA sponsored activity, helping the Eagles bring home two third place trophies. She said that it really meant a lot personally to represent her school at a state competition and bring home a trophy.

"It felt awesome to bring home two third place trophies the last two years at the state competition. I think sometimes Athletic Trainers are underrated by some people but if you talk to most of the athletes here at Eldorado they would tell you if they didn't have the athletic trainers they may not be able to play because of injury. It was great to represent Eldorado at the state competition and that all the hard work we did during the year paid off."

She continued by saying that all the long hours and time commitment she has devoted to Athletic Training have been worth every second, "It makes me feel good that athletes at Eldorado want me to help them prepare for games, like taping ankles or stretching. It just shows that all the hard work I have put in over the last few years is paying off. I have worked so hard and to have regulars in the training room is a good feeling."

"To be in the program you need 300 hours a year and last year I put in 320, so I really put in the time. It has helped me with my time management. I have to be at practice every day, be there before and after practice and still find time to do my school work and stay on top of my education. It's a lot of work but it has been very rewarding."

In 2015-16, Biasetto was named the Eldorado Student Athletic Trainer of the Year. She was honored and knew that she had made the right decision to pursue Athletic Training.

"To be named the Student Athletic Trainer of the Year last year meant everything. I used to be a member of the band and when I quit I lost a lot of my friends but I have made new friends through athletic training. It was rough at first when I made the switch but to receive that award made all my sacrifice worth it."

Carrying a 3.7 GPA, Biasetto is just as dedicated to her studies as she is to the student-athletes at Eldorado.

"Academics are huge. As much as I would like to say sports medicine comes first, really my grades come first because without good grades I wouldn't be able to be involved in sports medicine. Just like athletes we have to maintain our grades in order to participate and hopefully I'll be able to earn some scholarships for college as well."

Whether on the sidelines, in the training room, taping ankles or guiding a student-athlete in their rehab, Biasetto is set for success as an Athletic Trainer.