## Frank Perez, MAT

that setting. And then a big thing again, life changes, married that young lady and then we had kids and it was time to come home. And so, you know, when we came home came back here. That was one of the things that I really wanted to do was to be able to give back to those that had given to me and to continue that legacy. I've you know, I look at my little tree of individuals that I've worked with and my students and I've got people in the NFL, NBA, multiple different colleges.

What would you say to somone who thinks athletic trainers only work

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## How important is it to focus on the prevention aspect of athletic training?

7:21

You know, prevention is everything. And so the more work we can do on the prevention side, the better we're going to have our athletes being available, you know, best athletes around is, those that are there, you know, and that can perform and that they're at their optimal level. And that's where our part and where our communication that happens with strength and conditioning with our coaching staff, to make sure that we can keep those players available. We need robust athletes that are adaptable. And so that's part of our deal. We have to make sure to try to help manage some of that stuff.

What's your favorite part of your job? 7:58