



Donita Valentine is currently the athletic trainer for the Colts of Calvin Coolidge High School in Northwest Washington, D.C., where she is responsible for the care, reduction, and rehabilitation of injuries sustained while participating in athletic activities. Ms. Valentine also serves as the athletic trainer for the surrounding feeder schools, to include, Whittier, Takoma, Riggs LaSalle, Ida B. Wells, and Brightwood Education Campuses.

Dr. Valentine is no stranger to the world of athletics, having led a very active childhood, her participation in various sports created an appreciation for an active lifestyle early in life. Her love of movement combined with a fascination with science eventually led to a desire to study sports medicine.

After obtaining a Bachelor of Science degree in Exercise Sport Science with a concentration in athletic training, from Frostburg State University. Donita returned to Frostburg to receive a Master of Science Degree in Human Performance in 2006. Dr. Valentine recently completed her Doctor of Athletic Training Degree at A.T. Still University. Ms. Valentine developed an interest in the biopsychosocial aspect of patient care focusing on muscular dysfunction related to trauma and tension. The focus of Dr. Valentine's active research centered on implementing a systematic process of movement screening into the pre-participation evaluation process.

Ms. Valentine is passionate about the availability of quality health care for active individuals, most especially adolescent athletes. Her teaching is fueled by the belief that quality athletic health care is a multidisciplinary health care team, beginning with athletic trainers.

Prior to her tenure with D.C. Public Schools, Ms. Valentine worked as a track coach, and special education aid at Joppatowne High School in Hartford County, Maryland, this experience further solidified her foundation as an athletic trainer. Donita has also worked with numerous sports teams and camps, including U.S. Junior Nationals AAU Basketball.

Dr. Valentine has recently accepted the role of At Large Member of the National Athletic Trainer's Association ATs Care Commission. Prior to her At Large role with the ATs Care Commission, Dr. Valentine was responsible for leading the Mid-Atlantic Athletic Trainer's Association in the National Athletic Trainer's Association's ATs Care Initiative to provide peer-to-peer support for athletic trainers, through the development and implementation of a critical incident and stress management team. Lastly, Dr. Valentine also serves as a committee member on the Board of Certification's Standard's Committee.