



833 METRO DRIVE • LEBANON, PENNSYLVANIA, 17042 • TELEPHONE: (717) 273-8551 • FAX: (717) 273-0534 • www.lcctc.k12.pa.us

April 17, 2025

Dear Sports Therapy Sciences Students and Parents/Guardians:

Congratulations on your acceptance into the Sports Therapy Sciences program. I look forward to seeing all of you in the fall. This is a great first step into the field of health, wellness, and fitness. The focus of this program is to combine aspects of many career paths to provide a well-rounded education and open the doors for new opportunities. Our goal is for you to be able to take the knowledge and skills that you have learned and move forward into your chosen career path, whether that is continuing your education or entering the workforce.

We have a tradition of excellence both in and out of the classroom. I expect that you will follow in the footsteps of those who came before you to seek a path of success that includes academic achievements, skills training and certifications, leadership training, teambuilding, and service projects. The LCCTC's **Shop of the Year** competition is a school-wide competition that is based on overall grades, attendance, and activities in program and school spirit. Over the years, we have earned this honor numerous times. My hope is that together, we continue the tradition. I am excited to see what we can accomplish in the upcoming school year. The work is challenging, but with perseverance and a growth mindset the work is achievable and rewarding.

To kick start your journey with us, you are invited to our **New Student Celebration Night on May 29, 2025, from 6-8pm**. During the *Celebration*, you will have the opportunity to meet business and industry representatives aligned with our program. Meet with me in our classroom, B-109, at 6:30pm to discuss the curriculum, expectations, how to order uniforms from the checklist in the link below and answer any of your questions. We will also discuss our student organizations and other opportunities for leadership at LCCTC. Watch your mail for a postcard inviting you to this important event.

Below, you will find a link to our school's website. Once on the page, click on the Sports Therapy Sciences tab; you will find a copy of this letter and a list of items to be purchased or completed **prior** to the start of school. Please make sure to thoroughly read over the information and contact me with any questions.

<https://www.lcctc.edu/welcome-letters/>

The best way to reach me over the summer is through email. My email address is hseyfert@lcctc.edu. You may also contact the main office at (717) 273-8551 for assistance.

Sincerely,

Hanna Newell-Seyfert, Med, LAT, ATC

Sports Therapy Sciences Instructor

Penn HOSA Chapter Advisor

Lebanon County Career and Technology Center

Our Motto: Every Learner, Every Day, Career-Ready in Every Way!

Listed below are the items that are required and optional for enrollment in the Sports Therapy Sciences program. Delivery of all the items from Major League will take several weeks. To ensure delivery of the items before the first day, plan to place your order several weeks in advance.

*Please have all required items purchased and/or completed **prior** to the start of the school year.*

Parents and guardians: please update all your contact information including home and/or cell phone number as well as email address with the Lebanon County CTC attendance office.

If you have any questions, please contact Mrs. Hanna Seyfert at 717-273-8551 ext. 2127 or by email at hseyfert@lcctc.edu.

Sports Therapy Sciences Program Checklist		
Required or Optional	Item	Check when Purchased or Completed
	<i>**Indicates the items that are required to be purchased through Major League</i>	
Required for 1st year and 2nd year students	<u>Classroom Uniform</u> <ul style="list-style-type: none"> • Polo-style shirt (Qty: 2)** • ¼ Zip Pullover** • Chino-style or Khaki Pants – color choices: khaki, gray or black • Chino-style shorts with a minimum 7” inseam – color choices: khaki, gray or black • Athletic shoes/sneakers • Socks <p><i>Please note: NO denim pants or shorts, yoga pants or leggings, bike shorts, Crocs, sandals, slides or boots are allowed to be worn in class</i></p>	<input type="checkbox"/>
Required For 2nd year students ONLY	<u>Lab Uniform</u> <ul style="list-style-type: none"> • Competitor Tee – cotton or performance (Qty: 2)** • Athletic Shorts with a minimum 5” inseam – black or gray (no blue)** • Athletic Shoes (low top) • Socks <p><i>Please note: NO denim pants or shorts, yoga pants or leggings, bike shorts, Crocs, sandals, slides or boots are allowed to be worn in class</i></p>	<input type="checkbox"/>

<i>Optional For 2nd year students ONLY</i>	<u>Lab Uniform – Optional Items</u> <ul style="list-style-type: none"> • Long Sleeve T-shirt** • Black Athletic Pants** or black athletic pants approved by the instructor <p><i>Please note: NO denim pants or shorts, yoga pants or leggings, bike shorts are allowed to be worn in class</i></p>	<input type="checkbox"/>
Required for all students	Watch with second hand (or digital)	<input type="checkbox"/>
Required for all students	2025-2026 PIAA Sports Physical	<input type="checkbox"/>
Required for all students	Reusable Water Bottle	<input type="checkbox"/>
Required for all students	3-Ring Binder 2” (Qty: 2), 1” (Qty:2)	<input type="checkbox"/>
Required for all students	Pencils/Pens (black or blue ink only)	<input type="checkbox"/>
Required for all students	Index Cards (Qty: 400)	<input type="checkbox"/>
Required for all students	Notebooks (Qty: 2)	<input type="checkbox"/>
Required for all students	Multicolored Pencils (Pack of 12 or greater)	<input type="checkbox"/>
Required for all students	Highlighters – various colors	<input type="checkbox"/>
Required for all students	HOSA-Future Health Professionals Annual Membership Cost: \$20	<input type="checkbox"/>
<i>Optional for 2nd year students</i>	NASM (National Academy of Sports Medicine) Certified Personal Trainer Exam, Cost: approx. \$599	<input type="checkbox"/>