



ANNA ZIGMOND MS, LAT, ATC, PTA, NASM-PES

HOW IT STARTED



PIAA GIRLS LACROSSE
BETHEL PARK HIGH SCHOOL

HOW IT'S GOING



ATHLETIC TRAINER
BETHEL PARK HIGH SCHOOL

I have been an Athletic Trainer for 7 years. I participated in cross country and girls lacrosse at Bethel Park High School where I am also currently one of the athletic trainers. It's been a blast to come back and be able to provide athletic training care to the athletes that I once was. I also hold my master of science in athletic training and my associate of science in physical therapist assistant.