

Introducing: Arturo “Roy” Flores, NYSATA president & athletic trainer at New York University

Arturo “Roy” Flores is an athletic trainer at New York University (NYU) and the current President of the New York State Athletic Trainers’ Association (NYSATA). Roy’s interest in athletic training began while he was an athlete at Stony Brook University. Though a life-long swimmer, it wasn’t until Stony Brook that he noticed individuals on the side of the pool he would later learn were athletic trainers. It was then that Flores met his first mentor, [NYSATA Hall of Famer](#) and Head Athletic Trainer at the time, Kathy Koshansky, who introduced him to athletic training, a profession that combined his love for both sports and medicine.

Over the next 20 years, Flores would receive his master’s degree from Long Island University-Brooklyn in advanced athletic training and sports sciences, oversee sports medicine for all baseball and soccer student-athletes at Fairleigh Dickinson University in Teaneck, NJ, work as an athletic trainer for baseball and soccer programs at Stony Brook University, become the president of NYSATA, and land at NYU, where he is a healthcare provider for 20+ NCAA Division III teams.

Throughout the course of his career, Flores says his favorite memories are of watching participants return to sport after an injury, especially a season ending one. “There are multiple instances where I would watch a participant in surgery, then perform on the field just as comfortable as before the injury. It’s very fulfilling.”

Equally as important are the relationships he has made along the way. “New York State athletic trainers are a family. I love my experiences with everyone, from hall of famers and leaders to students and those just starting out. I want to continue these relationships with every level of athletic trainer, learning from my mentors and passing along wisdom to students and young professionals.”

Looking forward, Flores shares his advice for anyone aspiring to be an AT or is early on in their career. “Always keep learning and diversify yourself. Find mentors and be a mentor. Show your worth by educating others about your profession. Ask for help because no one person knows it all. And finally, always have room for me time!”