

Michael Estrada

Assistant Athletic Trainer

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Biography

A talented athletic trainer with outstanding credentials, Michael Estrada has been a key part of Cal State LA's sports medicine staff since joining the program in July of 2022. Estrada has been a valued member of the staff and is known for his dedication and care for all student-athletes' well-being. He builds strong relationships, strives to advocate for student-athletes' needs, pushes boundaries professionally and is always learning of new ways to help those that he treats. He was cites the national championships with the volleyball program in 2023 as being a career highlight and an unforgettable experience. Estrada attended the 2025 NCAA Division II Professional Development Workshop for Athletic Trainers at the NCAA headquarters in Indianapolis. The workshop focused on leadership, networking and professional development. Estrada has been certified since 2020 and has earned experience at both the collegiate and high school level. After earning his bachelor's degree from Cal State LA in 2018, Estrada received his Master's degree from Azusa Pacific in May of 2020. Estrada came to Cal State LA from Whittier College, where he was an assistant athletic trainer and provided coverage for all 22 sports with primary duties for football, men's basketball, softball and women's water polo. His highlight from Whittier came when the women's water polo team played for the NCAA Division III national championship. He was also the head athletic at Northview High School in Covina from March 2021-June 2021 before joining Whittier. He provided medical coverage for all 16 teams. While earning his undergraduate degree at Cal State LA, Estrada was part of a research study focusing on heat acclimation protocols. He was also the program organizer for the Eagle Fit fitness program for students, faculty and staff. He enjoys golfing, going to Los Angeles Dodgers games and spending time with family, his girlfriend, his son, and their dog Mookie.
