Orthopedics:
Top priority should be to do ortho rotations (3-4) at places you think you might want to match. Do these in summer and fall and consider them an audition.
If you lack confidence clinically and want to build skills and have some coaching then rotate with our VA rotation or Nemours peds ortho first. (and reduce above to 3 rotations)
In all ortho rotations if you see a research project or case report subject volunteer and work hard to get it done.

One or more supplementary rotations in supportive fields like anesthesia, emergency medicine, general surgery (trauma especially), peds surgery, surgery ICU, etc.

For class of 2021 “away” rotations may not be possible due to Covid 19. Some project this to affect class of 2022 also. Unfortunately this is unprecedented so we have no success stories to draw from. Whatever you do, choose experiences that will show you are creative in addressing your development as a student and prospective ortho resident. We don’t yet know when our VA will be doing enough ortho yet but hope by July or August 2020.