

Your son/daughter may periodically come home after practice or a game complaining of aches or pains. This is normal as the level of competition increases throughout his/her development in the athletic program. The district does employ an Athletic Trainer who is trained to manage and treat injuries that occur during athletic practices and competitions. If you have any questions about the health of your son/daughter, please contact the Head Athletic Trainer Kaitlyn Naumik.

**Here are some basic tips to keep in mind:**

1. Never apply heat to a recent injury. Always apply ice for 15-20 minutes to help reduce swelling and pain. Application of ice is recommended every few hours for acute injuries.
2. Bumps and bruises are normal and should be treated accordingly.
3. It is HIGHLY recommended that your student sees the Athletic Trainer before going to doctor. Doing so may prevent your athlete from missing multiple weeks of his/her sport.
4. Anyone who does go to the doctor MUST have a note completed by that doctor and returned to the Athletic Trainer. This note should state his/her practice or game status, recommended treatments, or special instructions. Please note that a return to school note is not the same as a return to participation note. If your son/daughter is in PE, please provide a copy of the note to his/her PE teacher as well.
5. If your son/daughter is diagnosed with a concussion, there is a STRICT return to play process that will be followed regardless of clearance from a physician. This protocol is used statewide to ensure each athlete is not returned to competition too soon.
6. The Athletic Trainer has contact with several local doctors and orthopedic specialists, as well as the team physician. The Athletic Trainer can help schedule appointments with them to speed the diagnosis of any injury.
7. Infections, such as "Staph", can be prevented. Please keep all wounds clean and covered during activity. Wash practice clothes daily and don't allow your child to share towels, soap or personal items with others.
8. If your son/daughter has an inhaler, diabetic medicine/testing supplies or epi-pen, please ensure he/she has it with him/her at ALL times. If your child plays football, the Athletic Trainer can keep a clearly marked spare in her medical kit. The Athletic Trainer cannot allow your son/daughter to use another athlete's inhaler, etc.
9. Hydration is important and begins weeks before regular workouts. Please note that athletes should be drinking approximately 1 gallon of water (total) on a daily basis. Gatorade, Powerade and/or other electrolyte drinks should ONLY be used to help replenish during and/or after practice or competition. Otherwise the body will only absorb the sugar, which can contribute to dehydration. Coke, tea and other caffeinated beverages are NOT recommended during the season.
10. Urine color can help determine hydration levels.
  - a. Clear to lemonade in color = hydrated
  - b. Tea colored = dehydrated
  - c. Coke colored = severely dehydrated
11. Meals. It is IMPERATIVE for all athletes to have a substantial meal prior to practice and/or game. So often we see athletes unable to complete an event due to not getting enough pre-competition fuel. Meals should be eaten approximately one hour before competition. They should include protein and complex carbohydrates. Avoid sugary and fatty foods.
12. It is the job of the Athletic Trainer to keep your son/daughter on the field/court. However, sometimes, it is necessary for the safety and treatment of the athlete to keep him/her from participating in practice/game. It is important to the Athletic Trainer to make sure your son/daughter can play at 100% without risk of additional injury. Please communicate any questions or concerns regarding this as soon as they arise.