

Importance of Athletic Trainer Involvement in Athletic Department Operations

NORTH MONTGOMERY HIGH SCHOOL

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Introductions



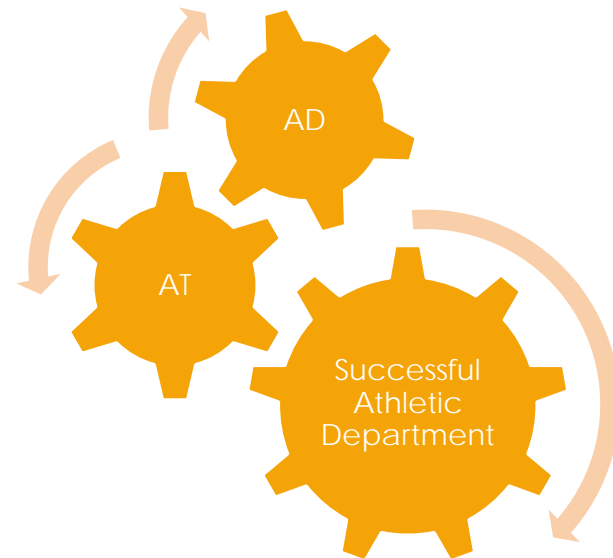
- ▶ Matt Merica
- ▶ Isaac D. Hook
- ▶ We been working together at North Montgomery for 13yrs

Why I am Here?



Goal of Today's Session

- Explain the reasons and benefits of the athletic trainer being an integral part of the athletic department and its success.



Importance of AT Involvement in Athletic Department Operations



From the AD's Perspective

- ▶ Respected partner with different views than the coaches and/or the administration.
- ▶ Excellent rapport with the student-athletes

From the AT's Perspective

- ▶ ATC becomes a part of the school
- ▶ Acquainted with school personnel:
 - ▶ Coaches
 - ▶ Secretaries
 - ▶ Administration
 - ▶ Teachers
 - ▶ Custodians

Emergency Preparation



Emergency Actions Plans (EAP)

- ▶ Written and updated yearly by the athletic trainer.
- ▶ Site specific
 - ▶ Each coach has one for each location they might practice, compete or condition in
- ▶ Practice
 - ▶ Real life scenario
 - ▶ Local EMS

Weather

- ▶ Lightning
 - ▶ Visual and auditory
 - ▶ Apps
- ▶ Heat Related
 - ▶ Modify length, intensity and mandatory break times.
- ▶ Cold Related

Medical Management



Physicals

- ▶ AT plans physical night
- ▶ Athlete needs to have physical prior to any off season workouts after Memorial Day
- ▶ AT reviews and stores all physicals
- ▶ A completed physical is turned into the only the Athletic Director or Athletic Trainer, the sheet is updated and the coach can see that student is cleared to participate
- ▶ "Cleared to participate" card has evolved into a live Google sheet that all coaches have read access to

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Medical Management



Concussion Management

- ▶ Yearly concussion education for coaches
- ▶ We administer the ImPACT baseline to all athletes as freshman and juniors
 - ▶ At the middle school, it is administered yearly per ImPACT recommendations
- ▶ Also have a live Google sheet that coaches can view where a student athlete is at in the concussion protocol
- ▶ Our school nurse is an irreplaceable part of our management team
 - ▶ Daily symptom checks during lunch

Sport	Days Symptomatic	Days to RTP	Attending Practioner				Therapy	Injury Date	Injured During	Symptom Free Date	Normal ImPACT Date	Progression				Full Cleared	Last Symptom Check Date
			Name	Type	Intitial Visit Date	Clearance Visit Date	Yes or No					Day 1 Low	Day 2 Mod	Day 3 Heavy	Day 4 Contact		
Football	7	22	Jeffrey Williams	PCP	16-Aug	16-Aug	No	2-Aug	Practice	9-Aug	13-Aug	20-Aug	21-Aug	22-Aug	23-Aug	24-Aug	4-Sep
Soccer	12	19	Dr. Kyle Graper	PCP	2-Aug	13-Aug	No	2-Aug	Practice	14-Aug	14-Aug	16-Aug	17-Aug	18-Aug	20-Aug	21-Aug	23-Aug
Football	3		Corrina Cain	PCP	6-Aug		No	3-Aug	Practice	6-Aug	6-Aug						13-Aug
Soccer	8		Jeffrey Williams	PCP	28-Aug	28-Aug	No	16-Aug	Practice	24-Aug	20-Aug	29-Aug	30-Aug	31-Aug	1-Sep		5-Sep

Financial



Budget

- ▶ We spend about \$25 per roster spot
 - ▶ ImPACT subscription
 - ▶ We want every student athlete to be able to have access no matter who their provider is or their financial means
 - ▶ Capital supplies
 - ▶ Consumable supplies

Fundraising

- ▶ Athletic Training budget is not exclusively funded by fundraiser
- ▶ Wreath Sales
 - ▶ Yearly one time
- ▶ Gatorade Sales
 - ▶ Take advantage of packages offered by Gatorade
 - ▶ Receive coolers, bottles, mix as part of the packages
 - ▶ Sell out of Athletic Training Room
 - ▶ Protein bars and shakes, fuel bars and chews

Athletic Trainer Extras



- ▶ Athletic Awards
- ▶ Supervision
 - ▶ Single events during spring and fall

Conclusion

- ▶ Find ways to involve your AT in responsibilities that will benefit you as the AD and the Athletic Department.