

SPAIN PARK HIGH SCHOOL ATHLETICS DEPARTMENT

Parents: Please keep this letter for future reference.

Athletic Trainers: Spain Park High School employs two full time athletic trainers. These individuals are licensed by the state of Alabama and certified by the National Board of Certification. They are here to insure that the student athletes of this school have the utmost care when it comes to their athletic injuries. They will actively participate in the prevention, treatment and care of any athletic injury that occurs to your child during the course of their participation. Every attempt will be made by the staff athletic trainers to be in attendance for all high school athletic events. There are times, however, that all events that occur at the high school are unable to be covered due to overlapping events in the schedule.

Medical Referral: If in the unfortunate event that your child will need a medical referral to a doctor someone from the SPHS athletic training or coaching staff will contact you to let you know. As your child's parent, feel free to take your child to whichever doctor that you choose. From time to time there will be local doctors on site during athletic contests and for weekly checkups during the fall and monthly checkups during the spring. We currently partner with Andrews Sports Medicine and Orthopedic Center as our provider for medical services along with Encore Rehabilitation, with a unique service of on-site physical therapy. If and when your child is seen by a doctor for an injury or illness he/she are to bring a note from that doctor stating their activity level for both practices and games. This note is to be given to one of the staff athletic trainers at the high school or the student athlete's coach. Once the note is received and the amount of time for restriction/ no athletic activity is documented, it will be followed by the SPHS staff.

It is important to remember that we as athletic trainers have the student athlete's best interest in mind. We will not make a decision to allow a child to play if we feel it will jeopardize his health simply to give their team a better chance to win.

Athletic Training Room Procedures: The athletic training room will open every morning that school is held at 7:00 am except during final exam week. Any student athlete who has a new or existing injury is expected to be here at that time to be evaluated by one of the staff athletic trainers. After the initial evaluation, the student athlete may need to perform rehabilitative exercises to improve the condition of their injury. If a student athlete is unable to come for morning treatment, he/she needs to make arrangements with the staff athletic trainers for an alternate time. All rules for the athletic training room are posted for all student athletes, their parents and staff to see. They are to be adhered to if the student athlete is to receive treatment for their injuries.

If you have any questions or would like to discuss your child's physical condition please do not hesitate to contact either of us.

Athletic Training Room:

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