

Concussions

Concussions can occur in any sport and adolescents are more susceptible than adults, since their brains are still in development. We continually monitor prevention and care guidelines, and will update our approaches as new research become available.

Signs and symptoms of a concussion

- ◆ confusion,
- ◆ forgetfulness,
- ◆ clumsy movement,
- ◆ behavior or personality changes,
- ◆ loss of consciousness (however brief), or
- ◆ an athlete reporting sensitivity to light or sound,
- ◆ headache,
- ◆ dizziness or sluggishness,
- ◆ double vision,
- ◆ nausea,
- ◆ ringing in the ears,
- ◆ concentration or memory problems

If any of these signs are noticed, the athlete shall be removed from practice or competition and evaluated by an athletic healthcare provider with experience in the evaluation and management of concussion (i.e. Athletic Trainer). An athlete diagnosed with a concussion shall be withheld from the competition or practice and not return to activity for the remainder of that day. Before returning to any physical activity, the athlete must be cleared by the medical care team.

New Trier High School District 203 is a winner of the Safe Sports Award



Services

The New Trier Athletic Training staff is here to provide professional and progressive rehabilitation through personalized care that emphasizes athlete education and prevention of future injury. We provide these services through skilled evaluations and recommended treatment options. We work in conjunction with the student's treating physicians to create programs that assist our athletes in returning to optimal performance levels on and off the athletic field.

Our services are provided free of charge to our student athletes. New Trier High School has three full-time Certified Athletic Trainers. Two are staffed on the Winnetka Campus (847-784-2297) and one on the Northfield Campus (847-784-7750). Each campus is fully equipped with all the modalities needed to treat and rehabilitate athletic injuries. We also have three team physicians that assist us during the school year; Dr. Richard Sherman, and Dr. Benjamin Davis Illinois Bone and Joint Institute, and Dr. Carrie Jaworski, Northshore University Health System.

- ◆ CRYOTHERAPY
- ◆ MANUAL THERAPY
- ◆ THERMOTHERAPY
- ◆ LIGHT THERAPY
- ◆ ELECTROTHERAPY
- ◆ STRENGTH DEVELOPMENT

Athletic Training Room Hours

Hours subject to change due to event scheduling. All home athletic events will be covered.

- ◆ Monday thru Friday: 10:40 A.M. – 6:00 P.M.
- ◆ Saturday/School Holiday: 8:00 A.M. – 12:00 P.M. and during all competitions (If there are no scheduled practices or games, the ATR may be CLOSED)
- ◆ Student athletes wishing to utilize this facility and its personnel during the hours of operation are welcome.
- ◆ The Athletic Training Room and its personnel are also available during those hours when athletic contests are in progress.

New Trier Sports Medicine



NEW TRIER TOWNSHIP
HIGH SCHOOL
DISTRICT 203

To commit minds to inquiry, hearts to compassion,
and lives to the service of humanity.



Dale F Grooms

Head Athletic Trainer
847.784.2297
groomsd@newtrier.k12.il.us
Winnetka Campus

Emily Espinosa

Athletic Trainer
847.784.6601
espinose@newtrier.k12.il.us
Northfield Campu

Tim Mc Nair

Athletic Trainer
847.784.7750
mcnairt@newtrier.k12.il.us
Winnetka Campus

Danah M Ouimette

Athletic Trainer
847.784.7739
ouimett@newtrier.k12.il.us
Northfield Campus

WHAT IS AN ATHLETIC TRAINER?

Certified Athletic Trainers (ATCs) are American Medical Association (AMA) recognized health care professionals who collaborate with physicians to provide preventative services, emergency care, clinical diagnosis, therapeutic intervention and rehabilitation of injuries and medical conditions.

Certified athletic trainers must earn a degree from an accredited athletic training curriculum. Accredited programs include formal instruction in areas such as injury/illness prevention, first aid and emergency care, assessment of injury/illness, human anatomy and physiology, therapeutic modalities, and nutrition. Classroom learning is enhanced through clinical education experiences. Athletic trainers education and practice are centered on 5 distinct domains:

- ◆ Injury/illness prevention and wellness protection
- ◆ Clinical evaluation and diagnosis
- ◆ Immediate and emergency care
- ◆ Treatment and rehabilitation
- ◆ Organizational and professional health and well-being

Certified athletic trainers in the state of Illinois must be certified by the Board of Certification (BOC) by passing a comprehensive board examination and maintaining a certain number of continuing education hours. ATC's in Illinois must also be licensed in the state of Illinois and must adhere to the state's practice act for athletic trainers.

Hydration

Dehydration is PREVENTABLE

As temperatures rise, so do your children's risk of suffering dehydration and heat illnesses. Teach your children to take special precautions on "Defeat the Heat" days - when the heat index* is 87° Fahrenheit or higher.

* Heat index is the temperature the body feels when heat and humidity are combined.

HELP YOUR CHILD DEFEAT THE HEAT

- ◆ Think of fluids as essential safety equipment for sports, like



- ◆ Leading health professional organizations recommend kids drink at regular intervals, not just when thirsty. By the time thirst kicks in, they're likely already dehydrated.

The key to prevention is drinking the right amount of the right fluid. Fluid Examples for Kids:

Following a drinking schedule helps ensure that your children drink enough to stay hydrated without over drinking.

| When | Kids < 90 lbs. | Kids > 90lbs. |
|---|--|---|
| 1 hr. before activity | 3-6 oz. of fluid | 6-12 oz. of fluid |
| During activity every 20 minutes | 3-5 oz. of fluid | 6-9 oz. of fluid |
| After activity, to replace fluids lost through sweat. | Up to 8 oz. of fluid, per 1/2 lb. lost | Up to 12 oz. of fluid, per 1/2 lb. lost |

Physician Notes

In order to provide quality care for our student athletes, we do our best to work along side doctors and other health care professionals. If your son/daughter is seeing or is going to see a physician for an injury, we need a note clearing them for participation. If they do not have a note, they will be unable to practice or compete. It is important that we have this communication to protect our athletes from further injury as well as enhance our rehabilitation capabilities.

Supplements/Nutrition

Nothing is more important to athletic performance than proper nutrition. A properly balanced diet, rich in protein, carbohydrates,

fats, vitamins, minerals, and water, provides the body with the nutrients needed to perform. We encourage our athletes to maintain a properly balanced diet, and faithfully follow prescribed strength and conditioning programs which will enable them to reach their full genetic potential.

As a department, the sports medicine staff, team physicians, and coaching staff discourage any of our athletes from partaking in the use of any form of supplementation. The scientific literature on these supplements has focused on adults, not adolescents. This same literature shows some supplements seem to be safe (e.g. whey protein), others (e.g. androstenedione (Andro) and dehydroepiandrosterone (DHEA) may have serious side effects, which include, but are not limited to: liver abnormalities; lowering HDL/LDL cholesterol ratio; testicular atrophy; breast enlargement in men; prostate hypertrophy; mood swings; excessive hair growth in women; and in adolescents, premature closure of growth plates.

For further important information on the following topics:

- ◆ Heat Guidelines
- ◆ Nutrition Guide
- ◆ Supplementation
- ◆ Concussion Management

Please visit our Sports Medicine web page at:

<http://www.newtrier.k12.il.us>