

# Athletic Training/Sports Medicine

## Sports Medicine Staff



Anna Naranjo, Athletic Trainer

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<http://centegra.org/service/sports-care/>

Dr. William Cox, Team Physician  
Northwestern Medicine-McHenry County Orthopedics

<http://centegra.org/physician/william-d-cox-md/>

420 N. IL Route 31

Crystal Lake, IL 60012

P: 815-356-5200

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Parabolic Sports Performance

<http://goparabolicmidwest.com/>

420 N. IL Route 31

Crystal Lake, IL 60012

P: 815-788-2020

**Welcome to the Sports Medicine web site, which contains important information for parents, athletes and coaches of PRHS.**

### **CONTACTING YOUR ATHLETIC TRAINER**

Contact via email at [aholke@d155.org](mailto:aholke@d155.org), [anna.naranjo@nm.org](mailto:anna.naranjo@nm.org) or via her office extension at the school x5137. Please leave a detailed message if she is not in or is unavailable to answer your call. You can also reach your athletic trainer via your coaches.

### **ATHLETIC TRAINING ROOM HOURS DURING THE ACADEMIC YEAR (subject to change without notice):**

**Monday through Friday 1:30 PM – 7:30 PM** (depending on event coverage); **evaluations and treatments may be done 1:30 PM – 2:50 PM and can resume at 3:30 PM.** Taping and first aid treatments are from **2:50-3:30 PM.**

**Evenings and Weekends:** Event Coverage Only, unless otherwise deemed by the athletic trainer.

*The athletic trainer will be available at all home competitions and will travel with varsity football to away games. Most on-site practices will be covered as well unless coaches have not communicated times or schedule changes in a timely fashion. The athletic trainer will be physically present at the most high-risk event on-site unless called to another site by a coach or administrator. Coaches are responsible for calling the athletic trainer when necessary and the athletic trainer will respond accordingly.*

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