



Dear Trojan Families,

After an interesting end to our spring semester, I hope your summer is going well! The 2020-21 sports seasons will likely look a little different than typical, however our staff are still working through our exact plans for fall and beyond. We will communicate that information as soon as possible.

In the meantime, I wanted to take a moment to introduce myself and provide you with a little information about the services the TVS Athletic Trainers provide. TVS has two full time athletic trainers who work directly with the Athletic Department to prevent and treat musculoskeletal injuries. The athletic trainers serve as a key component within the Health and Wellness Department of Trinity Valley School.

The athletic trainers (AT) at Trinity Valley School provide immediate care for athletic injuries and illnesses. Whether a student suffers a sprained ankle or a concussion, the TVS team has the tools to manage the situation. The ATs can evaluate and manage simple injuries, while also have the capability to refer more complex injuries to a physician for further care. With a close working relationship with many medical offices, the ATs serve as a link from school injury to timely medical care. After any injury, rehabilitation is necessary to restore range of motion, strength, and full function. The TVS team focuses on creating a program beginning with basic exercises and leading up to sport-specific functional exercises.

To better align with medical standards of care, TVS requires all students to have a current **Pre-Participation Physical Exam** along with a current **Student Medical History** form on file with the TVS Nurses' Office prior to participation in extracurricular activities. *If your child plans to participate in a fall sport, please submit this information as soon as possible and no later than July 24th. If for some reason this is not possible, please let us know.*

1) Pre-Participation Physical Evaluation Form

- This is the actual physical exam performed by a physician, to be completed once every 12 months.
- The form can be accessed through the TVS Sports Medicine Page Required Medical Forms Physical Exam
- If your child has already had a physical done anytime within the previous 12 months, please send the paperwork in now so they will be cleared to participate in August.
- Submit to medforms@trinityvalleyschool.org or drop off at Administration Office

2) Student Medical History Form

- This form is accessed and submitted electronically through the TVS Parent Portal. This is the same form used by our nurses, TOE, field trips, etc. You only need to fill this out once and all necessary parties can access as needed. This form must be updated yearly with new medical information, medications, allergies, etc.

---All Medical Paperwork, Immunization Documents and & Pre-Participation Physical Evaluations should be directed to medforms@trinityvalleyschool.org or the TVS Nurses' Office:

Trinity Valley School
ATTN: TVS Nurse Coats
7500 Dutch Branch Road
Fort Worth, TX 76132

OR
Drop off at Central Administration

Thank you,
Carrie Morrison, M.Ed, ATC, LAT
morrisonc@trinityvalleyschool.org
(817) 321-0173

For more information on the TVS ATs, check out our website: <https://www.trinityvalleyschool.org/athletics/sports-medicine>