

**LAKE HIGHLAND PREPARATORY SCHOOL ATHLETIC TRAINING
VISITING TEAM LETTER**

We would like to take this opportunity to welcome you to Lake Highland Preparatory School and inform you of the athletic training services available to you during your visit. If we can assist you during your visit please do not hesitate to contact us.

Lake Highland Preparatory School is located at 901 N. Highland Ave, Orlando FL 32803. The Gina Martin Athletic Training Room is located in the Weng Family Gymnasium, Room WG101. Regular operating hours are Monday through Friday from 10am-6pm. Additionally, an auxiliary Athletic Training room is located in the Meffe Field House (adjacent to the stadium field). The athletic training room is open 90 minutes prior to competition, 30 minutes after competition, and by appointment.

The following items are available for practice and competition:

On Field/Court - Competition	Athletic Training Room	In Locker Room
<ul style="list-style-type: none">● Ice Water● Ice Chest with bags and flexi-wrap	<ul style="list-style-type: none">● Cold Whirlpool● Cryotherapy● Hot Packs● Therapeutic Modalities (with written prescription)	<ul style="list-style-type: none">● Treatment Table● Ice Water● Cups

IF YOUR TEAM WILL NOT BE TRAVELING WITH A CERTIFIED ATHLETIC TRAINER,

PLEASE NOTIFY US PRIOR TO YOUR VISIT.

A Certified Athletic Trainer and Athletic Training Student will be present at all competitions. A physician and emergency medical services will be present for football contests. If your athlete requires treatment and must be taped/braced/wrapped, please make sure they bring adequate supplies.

If you have any further questions or have any special needs, please feel free to contact us at the numbers below. We look forward to meeting you and hope you have a safe and enjoyable trip to Lake Highland Preparatory School.

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