



Dear Parents/Coaches,

Welcome to a new year in athletics at Joliet West High School. My name is Awais Arain and I am the Certified Athletic Trainer here at Joliet West High School. I am looking forward to a wonderful year supporting Joliet West Athletics. I would like to take this opportunity to introduce some of our policies and procedures regarding care of athletic injuries.

Reporting Injuries

It is very important that **ALL** injuries get reported to me **ASAP**. The resources available in the athletic training room and through our relationships with ATI Physical Therapy and Dr. Dworsky of Hinsdale Orthopedics are designed to give our student-athletes the highest quality of care. In addition to being evaluated by me, ATI Physical Therapy offers free injury screenings at all our locations. If needed, contact me and we can schedule a screening at your convenience.

Athletic Training Room Hours

During the school year I will arrive in the athletic training room by 2:30 pm. Please encourage your athletes to come directly to the athletic training room before practice if they need my assistance. I will be present during practice times and at all home events. The schedule for coverage will be posted outside the athletic training room if anyone needs to locate me.

Returning an Athlete to Play

Joliet West High School policy states that any time an athlete seeks care from a physician for an athletic injury, that athlete **may not return to play until we have a signed release from the physician allowing the athlete to participate. Parent notes are not acceptable. THERE ARE NO EXCEPTIONS TO THIS POLICY.**

Athletic Training Room Contact Information

Please do not hesitate to contact me if you have questions or concerns. My cell phone is the best way to contact me. If I cannot answer, please leave a message and I will return your call ASAP. I can also be reached by e-mail.

Cell phone: **(815) 905 1220**

E-mail: **awais.arain@atipt.com**

Again, please do not hesitate to contact me with any problems or concerns. I look forward to seeing you at the games!

Thank you and Go Tigers!

Awais Arain, ATC
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ATI Physical Therapy
Joliet West High School
Head Athletic Trainer