

OFFICIAL SPORTS MEDICINE PROVIDER

Spring Lake Park High School Athletic Department	Sarah Boo, LAT, ATC, EMT Cell Phone: 763-600-5991 Email: SarahBoo@TCOmn.com
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Pre-Season Informational Letter

Our 2021-2022 sports seasons are starting, and it's time for the athletic staff to prepare for a safe and successful season. As the school's Licensed Athletic Trainer, it is important for me to communicate with all coaches, student-athletes and parents in order to provide quality services for Spring Lake Park High School athletics through Twin Cities Orthopedics. I hope this informational letter will contribute to providing student-athletes here at Spring Lake Park with a positive athletic experience.

Twin Cities Orthopedics is taking every possible measure to ensure the safety of Spring Lake Park student-athletes, using recommendations from the Minnesota Department of Health (MDH) and the Center for Disease Control (CDC) along with guidelines set by the school and/or district.

This information letter will walk you through the services that are available to you. Please feel free to reach out with any questions.

What is an Athletic Trainer?

Athletic trainers are highly skilled healthcare professionals trained in the prevention, evaluation, and treatment of injury and illness. From the onset of injury or illness through the recovery process, an athletic trainer is trained to work with your student-athlete through the entire process. The core competencies of an athletic trainer include:

- Injury and Illness Prevention and Wellness Promotion
- Examination, Assessment, and Diagnosis
- Immediate and Emergency Care
- Therapeutic Intervention
- Healthcare Administration and Professional Responsibility

Additional information on the profession of athletic training can be found by visiting: <https://www.atyourownrisk.org/>

Spring Lake Park High School

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Hours and Sideline Coverage

Although I do not attend all events, all the student-athletes at all levels of play are welcome to seek out my care in the Athletic Training Room.

Athletic Training Room Hours

- 2:55pm-5:00pm

Coverage

- **Junior Varsity and Varsity:** Football-All Levels (traveling with only varsity), Boys and Girls Basketball, Boys and Girls Swim/Dive, Boys and Girls Hockey, Wrestling (when at SLP), Gymnastics (when at SLP), Boys and Girls Lacrosse, Boys and Girls Track and Field
- **Varsity:** Volleyball, Boys and Girls Soccer, Baseball, Softball

Healthy Roster

All TCO athletic trainers working in the high school setting will be utilizing Healthy Roster as our electronic medical record platform for your student-athlete in 2021-2022. Healthy Roster gives us an efficient, protected platform for documentation purposes and provides a secure communication platform for me to discuss injury details with parents, coaches, and administrators as necessary. For more information on Healthy Roster, visit <https://www.healthyroster.com>

I will contact parents/guardians as needed in the event of an emergency. If you have questions, concerns or would like to discuss the plan of action for your child's injury, please contact me at:

- **Phone** – 763-600-5991
- **Email** – SarahBoo@TCOmn.com or Sboo@district16.org

Physician Visits

If your child is in need of a physician visit during the year due to an injury, please contact me directly and I will assist you with identifying a **sports medicine physician**. I can also facilitate a quicker appointment through the use of our team physician and supervising clinic.

For ALL doctor visits:

According to the Minnesota State High School League Rule (Bylaw 107.00), if your child receives care from a physician for injury or illness "the attending physician must certify in writing the students readiness to return to competition." THE ATHLETE WILL NOT BE ALLOWED TO PARTICIPATE WITHOUT A NOTE FROM A PHYSICIAN STATING SPECIFIC CLEARANCE FOR ACTIVITY.

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Concussion Management

Primary concussion management will be provided through the site Licensed Athletic Trainer, the student-athlete will then be referred to a sports medicine trained physician **if deemed necessary**. Referrals to a Sports Concussion Specialist are available and may be made based on your symptoms. If you would prefer to work with a physician regarding a concussion, please contact your Licensed Athletic Trainer so they can assist you in seeing a physician trained to treat this type of injury.

The ImPACT concussion test is a tool we have available to our student-athletes to help us in our clinical diagnosis and return to activity decisions. This is a computer-based test that uses multiple different tasks to determine aspects such as memory recall, reaction time, etc. This test is not required for participation in athletics by the school or the Licensed Athletic Trainer but may be required per coach's discretion. If you would like your child to take a pre-injury baseline ImPACT test (should the event of a concussion occur it is beneficial to have a baseline in order to compare results rather than using the normative data) please email Sarah Boo, LAT, ATC, EMT at Sboo@district16.org with your athletes first and last name, grade and sport(s). You will receive a follow-up email within 48 hours with how to proceed.

Concussion Return to Play management will be supervised by your Licensed Athletic Trainer according to the [Minnesota State High School League guidelines](http://www.mshsl.org/mshsl/news/ConcussionGuide.htm) (<http://www.mshsl.org/mshsl/news/ConcussionGuide.htm>) There is a mandatory 24 hours between each of the 5 phases of supervised return to play.

Please contact your Licensed Athletic Trainer with any questions.

Primary TCO Clinic Location

As your Licensed Athletic Trainer, I will be utilizing the following TCO clinic, and therapy as the primary location I refer to in order to provide Spring Lake Park student-athletes with a complete injury care and management program.

TCO Blaine – Clinic
11225 Ulysses St NE | Blaine, MN 55434
763-302-2600

TCO Blaine Therapy
11225 Ulysses St NE | Blaine, MN 55434
763-302-2550

TCO-Coon Rapids Clinic
3111 124th Ave NW Suite 200 | Coon Rapids, MN
763-427-7300

A wide range of health plans are accepted, and self-referrals are welcome. Please contact your insurance carrier directly for coverage details.

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Sports Medicine, Physical Therapy and Rehabilitation Services

About Twin Cities Orthopedics

Twin Cities Orthopedics (TCO) is committed to providing world-class service. TCO's dedicated teams of independent physicians, specialty providers and care coordinators serve patients in clinic locations, walk-in orthopedic urgent care locations, and numerous other therapy and specialty care settings across Minnesota and western Wisconsin. Regardless of the location, TCO delivers an exceptional patient experience, backed by decades of trusted orthopedic and sports medicine care.

To learn more, visit TCOmn.com.

TCO's programs include:

- Orthopedic Urgent Care clinics, open **7 days a week from 8am – 8pm**

TCO Blaine
TCO Burnsville

TCO Eagan – Viking Lakes
TCO Edina – Crosstown

TCO Maple Grove
TCO Minnetonka

TCO Waconia
TCO Woodbury

- **Specialty Programs offered through Twin Cities Orthopedics (at various locations):**

Sports Injury Prevention
Functional Movement Screening (FMS)
Athletic Competition Enhancement (ACE)
Golf Medicine
Throwing/Baseball

Biometric Training/Testing
Nutrition Services
Sports Chiropractic Services
Sports Massage
Sports Psychology

Running Program
Concussion/Vestibular
Soccer
TRAC

- **Training HAUS Powered by TCO**

Training HAUS, with a flagship location in Eagan, is an elite athletic performance and recovery philosophy that is unparalleled in the Twin Cities. Utilizing innovative, science-based methods, our industry-leading team of experts work together to form a personalized approach for the athlete. Collectively, we establish a foundation for athletic performance that promises to challenge, inspire and produce real results. Sports performance services are available at the Training HAUS flagship location in Eagan, TCO Sports Performance facilities or at your school, field or facility.

To learn more, visit TrainingHAUS.com.

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Sideline Team



Jason A. Barry, MD

Team Physician | Spring Lake Park High School

Orthopedic Surgery, Board Certified
Sports Medicine Fellowship
Sports Medicine Subspecialty Certification

TCO Locations | Blaine, Coon Rapids, Otsego

Jason (Jay) Barry, MD, is a board certified fellowship-trained orthopedic surgeon specializing in sports medicine and arthroscopic surgery, as well as minimally invasive knee and shoulder replacement. His special interests include ACL reconstruction, hip arthroscopy, rotator cuff repair and shoulder instability.



Sarah Boo, LAT, ATC, EMT

Licensed Athletic Trainer | Spring Lake Park High School

Education: Bachelors of Science in Athletic Training and Bachelors of Science in Community Health

Number of Years at Spring Lake Park: 8

SarahBoo@TCOmn.com | 763-600-5991



Sarah Sievert, DPT, OCS

Physical Therapist

Education: Doctor of Physical Therapy and Bachelors of Science in Exercise Science

SarahSievert@TCOmn.com | 763-302-2550

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