



OFFICIAL SPORTS MEDICINE PROVIDER

Rosemount High School
Athletic Department

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Pre-Season Informational Letter

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

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

Sports Medicine, Physical Therapy and Rehabilitation Services

About Twin Cities Orthopedics

Twin Cities Orthopedics is an all-inclusive orthopedic, sports medicine and wellness provider. For more than 75 years, TCO has proudly provided a full spectrum of orthopedic care devoted to the diagnosis, treatment, rehabilitation and prevention of injuries and conditions that affect the body's muscles, joints and bones. TCO's expertise includes services such as imaging, outpatient care, orthotics and prosthetics, and custom research based sports performance programs.

TCO's integrated team led by 115+ orthopedic physicians strive to provide superior quality care for people of all ages and abilities at more than 35 state-of-the-art facilities in the Twin Cities and at nine orthopedic urgent care clinics. Visit TCOmn.com to learn more.

TCO's programs include:

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

TCO Blaine
TCO Edina - Crosstown
TCO Stillwater

TCO Burnsville
TCO Maple Grove
TCO Waconia

TCO Eagan – Viking Lakes
TCO Minnetonka
TCO Woodbury



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

Sports Injury Prevention	Biometric training/testing
Functional Movement Screening (FMS)	Nutritional Services
ACE – Athletic Competition Enhancement	Sports Chiropractic Services
Golf Medicine	Sports Massage
Baseball & Softball Throwing	Sports Psychology

- **Training HAUS Powered by TCO**

Training HAUS is conveniently located in Eagan at Viking Lakes. Adjacent to the Twin Cities Orthopedics Performance Center, the new home of the MN Vikings, this elite performance facility brings everything under one roof. With 22,000 square feet of turf, court, studio, and sports science lab space, this is a place for athletes to train, improve performance and recover. Powered by TCO (Twin Cities Orthopedics), every detail that went into the development of this unique facility is built on a foundation of science, research and world-class sports medicine expertise.

Visit [TrainingHAUS.com](https://www.traininghaus.com) to learn more.

Primary TCO Clinic Location

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

TCO Burnsville
1000 W 140th St, #201 | Burnsville, MN
952-808-3000

TCO Eagan-Viking Lakes
2700 Vikings Circle | Eagan, MN
952-456-7600

Training HAUS
2645 Vikings Circle, #200 | Eagan, MN
952-456-7650

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

Rosemount High School
Courtney Syverson, MS, LAT, ATC
Email: CourtneySyverson@tcomn.com | Phone Number: 605-419-1287

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Hours and Sideline Coverage

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

Hours

- **Fall and Winter seasons** – 2:30pm – 6:00pm
- **Spring season** – 2:30pm – 6:00pm

Coverage

- **Junior Varsity and Varsity:** Football (traveling with only varsity), Volleyball, Boys and Girls Basketball, Boys and Girls Hockey, Wrestling, and Gymnastics
- **Varsity:** Boys and Girls Soccer, Baseball, Softball, and Boys and Girls Lacrosse

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** : 605-419-1287
- **Email** : CourtneySyverson@tcomn.com

Concussion Management

Primary concussion management will be provided through the site 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 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 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 contact Courtney Syverson for administration of the test.

Concussion Return to Play management will be supervised by your Athletic Trainer according to the [Minnesota State](#)

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[High School League guidelines](#). There is a mandatory 24 hours between each of the 5 phases of supervised return to play.

Please contact your Athletic Trainer with any questions.

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.

Meet the Rosemount High School Sports Medicine Team



Jason S. Holm, MD | Team Physician

Fellowship: Sports Medicine

TCO Locations: Burnsville, Eagan-Viking Lakes

Jason S. Holm, MD, is a fellowship-trained, board certified sports medicine surgeon with a special interest in facilitating the return of all his patients to an active and healthy lifestyle. His specialties include management of sports-related injuries including shoulder, knee, and hip arthroscopy as well as joint preservation. He also specializes in total joint replacement including anterior approach total hip arthroplasty as well as fracture care.



Courtney Syverson, MS, LAT, ATC | Certified Athletic Trainer

Education: Master of Science in Athletic Training, Northern Arizona University | Bachelor of Science in Kinesiology, University of South Dakota

Courtney enjoys working for Twin Cities Orthopedics because of the dedicated and personable staff that is housed within the company, along with the abundance of sports medicine services they provide the athletes of Rosemount High School.