

## Athletic Training for the 2025-2026 Sports Seasons

Dear Parents and Guardians of Glencoe-Silver Lake Student-Athletes,

We are excited to announce a new partnership between **Glencoe Regional Health** and **Glencoe-Silver Lake (GSL) High School** as the **Official Athletic Training and Sports Medicine Provider** for GSL athletes. This collaboration reflects our shared commitment to student health, safety, and athletic excellence.

### On-Site Athletic Training Services

We're proud to provide a **licensed and certified athletic trainer, Hailey Phelps, MAT, LAT, ATC**, who will be on-site after school to evaluate, treat, and manage student-athlete injuries.

Hailey offers a full range of services, including:

- Injury and illness prevention
- Emergency response and concussion management, including ImPACT testing
- Therapeutic rehabilitation
- Referrals for continued care at Glencoe Regional Health

She will be present for most home varsity and JV events across multiple sports, with priority given to those with higher injury risk or greater participation.

**Hours:** After school daily (typically until 6 p.m. on non-game nights)

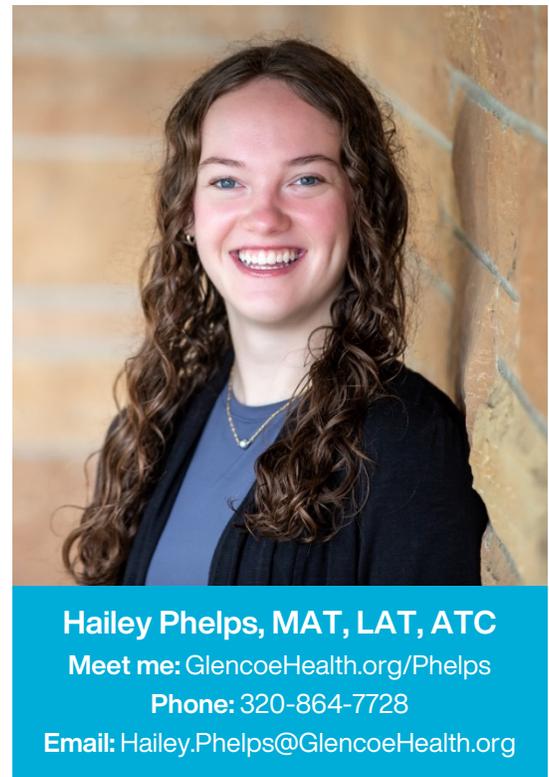
**Location:** GSL High School Athletic Training Room (inside the Black Gym)

### Injury Communication & Parent Involvement

Hailey will maintain open communication with coaches and will directly contact the primary parent / guardian if an injury:

- Changes in athlete's playing status
- Requires imaging or evaluation by a medical provider
- Does not improve after two weeks of treatment

Parents are always welcome to reach out to Hailey with questions regarding their student's care.



## Continued Care Beyond the Field

Commitment to your athlete's well-being doesn't end on the sidelines. Through the Glencoe Regional Health **Sports Medicine Program**, athletes of all ages gain seamless access to follow-up care for more complex or persistent injuries — helping them prevent setbacks, recover faster, and perform at their best. A specialized team collaborates to support both health and athletic performance.

Comprehensive services include:

- **Sports-focused physical therapy**
- **Orthopedics**
- **Occupational therapy**
- **Podiatry**
- **Pain management**
- **Concussion recovery**
- **Urgent Care services with evening hours**
- **Primary and family care for long-term health**

Learn more on our website at [GlencoeHealth.org/SportsMedicine](https://GlencoeHealth.org/SportsMedicine). Please check with your insurance provider for specific coverage details related to these services.

We look forward to supporting your student-athletes in staying strong, healthy, and ready to compete. Thank you for trusting Glencoe Regional Health to be part of your child's athletic journey.

*Go Panthers!*

**- Glencoe Regional Health Sports Medicine Team**