

HORIZON MIDDLE SCHOOL ATHLETIC TRAINING SERVICES



WHO

ASHLYNN DIX
MS, LAT, ATC

Head Athletic Trainer at Horizon MS
Associate Athletic Trainer at Century HS

WHAT

Athletic Trainers evaluate injuries, provide first aid and emergency care, create rehabilitation plans, help prevent injuries, and determine when someone can safely return to activity.



WHEN

A schedule is always posted outside the athletic training room OR you can find Ash's schedule on the BPS website (Sports Medicine page) under Century High School



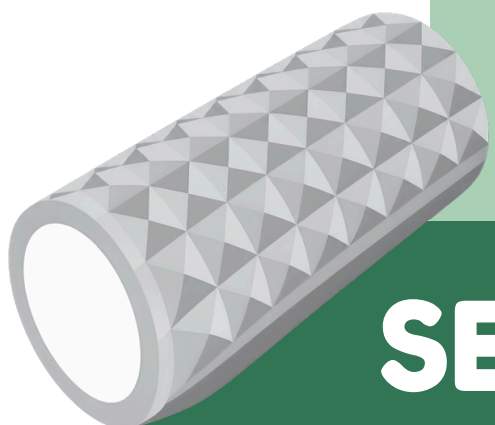
WHERE

The ATR is located in the same hallway as the gyms. It is across from the West gym. It has a sign on the door: 'Athletic Training Room'



WHY

To prevent, evaluate, and treat athletic injuries to help determine if/when an athlete can safely return to play. Helps most athletes skip a visit to a walk-in clinic and is free of charge.



FOOTBALL

The athletic trainer conducts Concussion Sway Baseline Testing with both 7th and 8th Football players. An athletic trainer will also be on the sideline for all HOME HMS Football games.



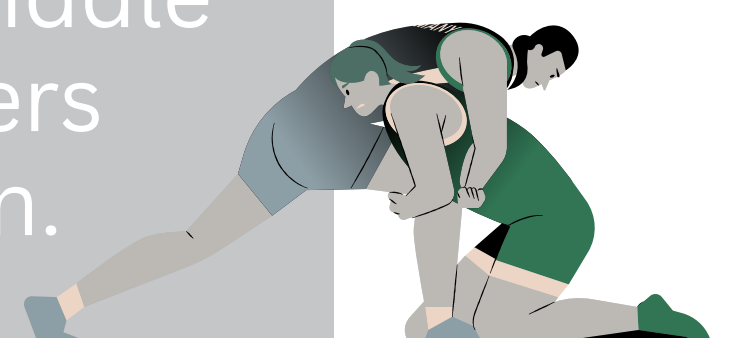
SERVICES

- Injury Evaluations
- Therapeutic Exercise
- Therapeutic Modalities
- Concussion Testing
- Concussion Return to Play
- Patient Education
- Taping



WRESTLING

The athletic trainer conducts weekly skin checks for the middle school wrestlers during season.



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CONCUSSIONS



All Horizon MS athletes must be cleared by the athletic trainer before they can return to play. A doctors' clearance note will not work. If your child sustains a concussion reach out to Ashlynn ASAP.



HEALTHY ROSTER

Download the Healthy Roster App to communicate with Ash, get notified when your athlete is evaluated for a new injury, and receive any updates Ashlynn may have for you. Refer to the Healthy Roster brochure for more info!

CONTACT ASH

Cell: 701-449-9116

Email:
ashlynn.dix@sanfordhealth.org

OR Message on Healthy Roster

CENTURY HIGH SCHOOL

If an athlete needs to be seen by Ash but she is not at HMS, the athletes are more than welcome to stop by Century HS's ATR to see her! Just text her to give a heads up!



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