



Dear Tiger Parents,

Welcome to a new year of athletics at Joliet West High School! Our names are Courtney Prieboy and Nina Guitron, and we are the Certified Athletic Trainers for Joliet West High School. We are looking forward to a great year supporting Tiger Athletics. We'd like to take this opportunity to introduce some of our policies and procedures regarding the care of your student-athletes.

Reporting Injuries: It is very important that all injuries are reported to us ASAP. The resources available in the Athletic Training Room, along with our partnerships with ATI Physical Therapy and various local physicians, are designed to provide our student-athletes with the highest quality of care. In addition to evaluations conducted by us, ATI Physical Therapy offers free injury screenings at all locations. If needed, please contact us, and we would be happy to schedule a screening at your convenience.

Athletic Training Room Hours: During the school year, we will be in the Athletic Training Room by 2:45 PM each school day. Please encourage your athletes to come directly to our room after school before practices or games if they need any assistance. We will be on campus and available during most practices and all home events.

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

Athletic Training Contact Information: Please do not hesitate to contact either of us if you have any questions or concerns. Our cell phone numbers are the best way to contact us, call or text. If we do not answer your call, please leave a message and we will return your call ASAP. We can also be reached by e-mail.

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We look forward to seeing you at the games. Thank you and Go Tigers!