



Mountain Ridge Athletic Training Room Information for Parents



ATHLETIC TRAINING STAFF

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NAU Master's in Athletic Training Interns

Athletic Training Room D112

Phone 623-376-3044

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TYPICAL HOURS

- Hours are posted weekly in Band
- 2:20-6 PM or later on game days
- Athletic Trainers may be on campus later due to practices or games
- If the Athletic Training Room is locked, athletes should contact their coach to call the Athletic Trainer



ABOUT

Athletic trainers are highly qualified, multi-skilled health care professionals specifically trained in the prevention, examination, diagnosis, treatment, and rehabilitation of medical conditions and emergent, acute, and chronic injuries.



PREVENTION

- Eat balanced meals
- Proper hydration before, during, and after practices and events
- Get plenty of rest
- Warm-up/cool down
- Wash hands often
- Wash practice/game clothes and gear

INJURIES



- Report injuries/illness/etc. to the coach and Certified Athletic Trainer immediately
 - The athletic training staff will evaluate and prescribe, perform treatments/rehab
 - Follow instructions for the treatment of injuries and to prevent further injuries
- **A note is required for all visits to outside medical professionals. Documentation provides continuation-of-care instructions to ensure the health and safety of student-athletes.**
 - **The athletic training staff will provide the final clearance to return to activity**
 - Athletic Trainers can provide a referral form for medical provider appointments if we are notified in advance. The medical provider completes the referral, which is returned to the Athletic Training Room
- General aches and pains after practices/games, ice 15-20 minutes every 90 minutes
 - If pain is affecting normal activities or athletic performance, see the Athletic Trainer for an evaluation



MISCELLANEOUS

- If your child has rescue medications (inhaler, EPI-PEN, glucose testing supplies, etc.) please ensure s/he has the medication every day, informs the coach and Athletic Trainer where it is kept, and we have the specifics for use
- Provide a copy of the medication protocol and/or care plan for chronic conditions
- Please contact the Athletic Training Staff by email or voicemail with any questions