TWIN CITIES ORTHOPEDICS

PROUD SPORTS MEDICINE PROVIDER

Sarah Boo, LAT, ATC, EMT
763-600-5991 | SarahBoo@TCOmn.com

Spring Lake Park High School
Athletic Department

SETTING THE STAGE FOR SUCCESS

The 2026–2027 school year is here, and I'm excited for all that it brings. As part of Spring Lake Park High School's partnership with Twin Cities Orthopedics (TCO), I serve as your Licensed Athletic Trainer. Employed by TCO and embedded within the school community, I work closely with your coaches, student-athletes, parents, and guardians to provide expert care and help ensure a safe, successful season. I also work closely with the school to determine which athletic events are covered, and if you have any questions at all, please don't hesitate to reach out. This letter is meant to outline what you can expect and how I aim to support your student-athlete throughout the year, with a focus on these three key takeaways:

- COMMUNICATION: As your athletic trainer, I will reach out to parents and guardians as needed for new injuries or important updates. However, it is the athlete's responsibility to communicate day-to-day information.
- RETURN TO PLAY: If a student-athlete sees an outside medical provider, they need a written note clearing them to play or authorizing the athletic trainer to manage their return to play.
- REFERRAL SUPPORT: I'm happy to guide athletes and their families through appropriate referrals and

ATHLETIC TRAINER OVERVIEW

Athletic trainers are highly skilled healthcare professionals with specialized education in the prevention, evaluation, and treatment of injuries. They must graduate from an accredited Athletic Training program, pass a national Board of Certification (BOC) exam, and hold a current medical license from the state of Minnesota. From the moment of injury through recovery and return to play, an athletic trainer supports your student-athlete every step of the way. The core competencies of an athletic trainer include:

- Injury Prevention and Wellness Promotion
- Examination, Assessment, and Diagnosis
- Immediate and Emergency Care
- Therapeutic Intervention
- Healthcare Administration and Professional Responsibility

TCO is taking every possible measure to ensure the safety of our student-athletes, using recommendations from the National Athletic Trainers Association (NATA), the Minnesota Department of Health (MDH), and the Center for Disease Control (CDC), along with guidelines set by the school and/or district.

HEALTHY ROSTER

All TCO Licensed Athletic Trainers working in the high school setting utilize Healthy Roster as the electronic medical record platform for your student-athlete. Healthy Roster gives TCO staff an efficient, HIPAA/FERPA compliant, protected platform for documentation purposes and provides a secure communication platform to discuss injury details with parents, coaches, and administrators as necessary.

Scan for more information or visit **HealthyRoster.com**

ABOUT TWIN CITIES ORTHOPEDICS

TCO is committed to providing world-class service to everyone we encounter. Our independent orthopedic specialists deliver individualized care informed by active research and outcomes data. TCO prides itself on being an innovative, nimble organization that can adapt quickly to an ever-changing healthcare environment. Our dedicated teams of physicians, specialty providers, and care coordinators serve patients across Minnesota and western Wisconsin. We provide services in clinic locations, walk-in urgent care locations, and numerous other therapy and specialty care settings. Regardless of the location, TCO delivers an exceptional patient experience, backed by decades of trusted orthopedic care.

TCO SERVICES & RESOURCES

As a TCO partner, your school has access to a wide range of services designed to keep student-athletes healthy and strong. Connect with your athletic trainer to learn more.

Orthopedic Urgent Care

Open 8 – 8 daily, TCO's urgent care clinics offer treatment for sudden, acute injuries. No referral or appointment is necessary to be treated by an orthopedic provider who specializes in muscle, bone, and joint care. Before you go, visit **TCOmn.com** to check wait times and choose the location that works best for you.

Physical Therapy & Hand Therapy

Physical and hand therapy are often critical to an athlete's recovery. At TCO, student-athletes receive expert care from therapists who specialize in orthopedic and sports injuries. With access to advanced treatment techniques, individualized programs, and state-of-the-art equipment, athletes are supported every step of the way. The goal is to rebuild strength, restore movement, and return to sport safely and confidently.

Scan to learn more about TCO or visit **TCOmn.com**

Physician Visits & Clearance to Return to Sports

If your athlete needs to see a physician during the school year due to an injury, please contact your athletic trainer directly. We work closely with the care team at TCO to help your athlete get in quickly with the right specialist. From scheduling to follow-up, we make the process as smooth and seamless as possible.

IMPORTANT REMINDER – PHYSICIAN NOTE

According to the Minnesota State High School League Rule (Bylaw 107.02), 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.

Clinical Navigator

TCO provides priority scheduling support for partner athletes and families through our Clinical Navigator. Whether your athlete needs to schedule an initial evaluation, specialized treatment, or help navigating their recovery journey, the Clinical Navigator ensures quick and seamless access to exceptional orthopedic and sports medicine care. For easy access to appointments, connect with your athletic trainer or reach out directly at **ClinicalNavigator@TCOmn.com** or call **952-456-7415.**

Scan to learn more or visit **TCOmn.com/Clinical-Navigator**

Sports Nutrition

Sports nutrition plays a key role in helping student-athletes perform their best. Through TCO Nutrition solutions, athletes receive personalized guidance on fueling for training, improving recovery, building strength, and staying healthy throughout the season. Whether it's pre-game prep, post-practice recovery, or everyday nutrition habits, our team helps athletes make smart choices that support their goals on and off the field.

Scan to learn more and find a registered dietician or visit **TCOmn.com/Services/Nutrition-Wellness**

Specialty Care

Student-athletes have access to TCO's advanced care options that support performance, recovery, and overall well-being. These services go beyond traditional rehab and are designed to meet the unique needs of competitive athletes.

- Dry Needling
- Blood Flow Restriction
- Sports Chiropractic Services
- Sport Psychology
- Return to Sport Testing
- Sports Science

Concussion Management

Concussions should never be taken lightly. Delaying treatment can lead to a longer recovery and impact participation in school, sports, and daily life. TCO's premier Sports Concussion Program provides expert care to support a safe and confident return to play. At clinics across the metro, including Minnesota's most advanced concussion center at TCO Eden Prairie, athletes receive personalized treatment plans tailored to their needs. Using the latest technology and evidence-based techniques, our team is committed to helping athletes recover fully and perform at their best.

Scan to read Minnesota State guidelines

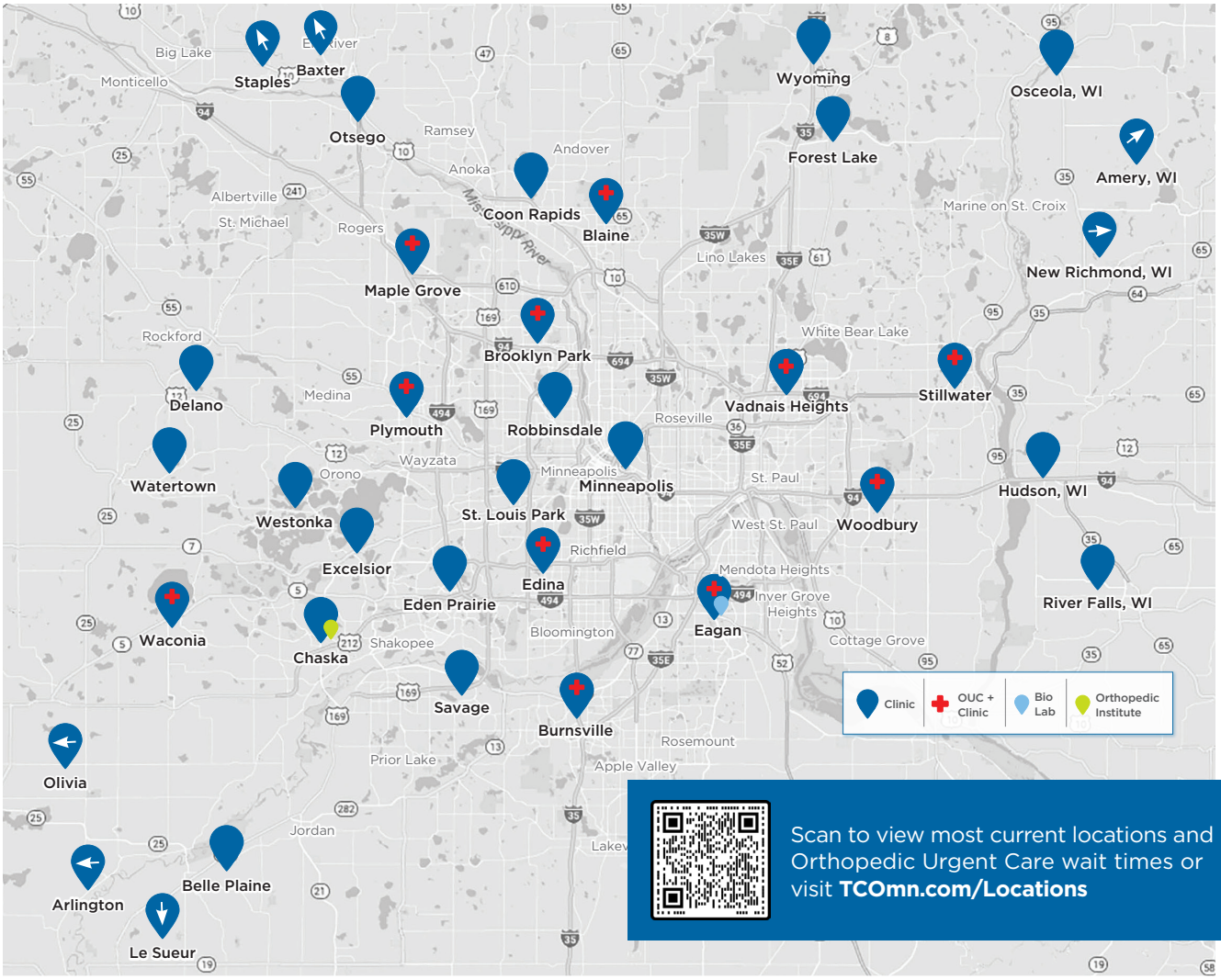
Scan for insurance resources

Sports Performance – Training HAUS

Training HAUS, powered by TCO, offers elite sports performance training for athletes of all ages and skill levels. With locations across the metro, athletes can train at the HAUS to build strength, improve speed, and elevate their game. TCO and Training HAUS work in tandem to offer a complete continuum of care, giving athletes the ultimate competitive advantage.

Scan to learn more about Training HAUS or visit **TrainingHAUS.com**

TCO LOCATIONS



Scan to view most current locations and Orthopedic Urgent Care wait times or visit **TCOmn.com/Locations**

TCO IN THE COMMUNITY

500+
LOCAL ORGANIZATIONS SUPPORTED ANNUALLY

48,000+
FREE BASELINE CONCUSSION TESTS TO LOCAL HIGH SCHOOLS

9,000+
FREE HIGH SCHOOL PHYSICALS

YOUR SIDELINE TEAM

At TCO, it's all about teamwork. Your athlete's care starts on the sideline, where athletic trainers, physicians, and specialists work together to keep them healthy, strong, and ready to compete. It's a team approach built around trust, communication, and doing what's best for every athlete.

SARAH BOO, LAT, ATC, EMT
Licensed Athletic Trainer | Spring Lake Park High School

SarahBoo@TCOmn.com | 763-600-5991

DR. JASON BARRY
Team Physician | Spring Lake Park High School

Orthopedic Surgery, Board Certified, Sports Medicine Fellowship
TCO Blaine | TCO Coon Rapids | TCO Otsego | TCO Plymouth