



Bloomington High School South

"Home of the Panthers"

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2022-2023

Dear Parents,

We, the certified athletic trainers (ATC) who work with all sports teams at Bloomington High School South, are providing this letter which is intended to give you general information about our services.

A certified athletic trainer's main responsibilities are the prevention, care, evaluation and rehabilitation of injuries. We will be covering all sports practices and games. Our main concern is the health and well-being of the athletes. Therefore, the following are some general guidelines for the athlete and their parents.

COVID-19: Please refer to the MCCSC COVID-19 Information/Impact Page on the MCCSC website. If you have any questions or concerns regarding COVID-19, contact your coach, ATC or administrator. The sports medicine staff along with the administration have worked diligently to put policies in place regarding the health and safety of the student-athletes.

Injuries: If your child is injured during a game or practice please have them see one of the ATC. If we are not available, please call us or see one of us immediately after school in the athletic training room. This will expedite the plan to improve the health of the athlete. The team physician for Bloomington South is Dr. Kevin Miller and he visits the school weekly as well as Dr. Jim Lindner, an orthopedic surgeon.

Physician Visits: If the athlete sees a physician whether recommend by the athletic trainer or they go on their own, they must **provide a note from the PHYSICIAN for clearance for participation**. This will allow the athletic trainer to work with the physician to ensure the optimum care for the athlete. **No athlete will participate until a doctor's note has been given to the athletic trainer.**

Concussions: Based on the Indiana Sports Concussion Alliance, the baseline ImpACT test has been discontinued. Due to state legislation on concussions, the school is following the recommended guidelines for a concussion set by the National Federation of State High School Association. **All three criteria must be met to be cleared for participation: cleared by physician (documentation must be presented), passed the post-concussion ImpACT test only IF recommended by physician, and passed a set of exertional tests.** Once exertional tests are passed, an athlete must participate in one full practice before participating in a game.

Sudden Cardiac Arrest: SCA is the sudden, unexpected loss of heart function, breathing and consciousness. All student athletes and parents will be provided a fact sheet and must return acknowledgement form. If an athlete exhibits any warning/emergency signs, the athlete cannot return to play until proper paperwork has been signed and returned by parent/guardian and in some cases clearance by a physician.

Hydration: Practicing especially in the heat causes our bodies to lose water and electrolytes. Dehydration can be the result of not properly replacing the fluids lost by the body during exercise. For every liter of fluid lost by the body, our body temperature rises 0.3 degrees Celsius, heart rate increases, the heart pumps less blood and the body becomes fatigued. A loss in fluid results in the loss of body weight. If the athlete drinks fluids adequately during exercise, he/she should weigh the same after exercise (This is the purpose of weight charts). The athlete should drink 20-24 ounces of fluid per pound of weight lost. The athlete should be drinking before, during and after practice to ensure proper hydration. If they wait until they are thirsty to drink, they have waited too long. Sport drinks such as Gatorade are good because they contain electrolytes essential for hydration and muscle function. It is preferred that the sport drink contains 6% carbohydrates which allows the body to absorb it quicker and therefore, replaces fluids and electrolytes quicker. Any drink with more than 6% will take the body longer to absorb.

Energy Drinks: These are advertised to provide more energy and performance. Energy drinks are mainly caffeine and or sugar providing “energy high” for a short period of time. We do not recommend these drinks. If the athlete is eating and hydrating properly, there is no need for an energy drink.

Nutrition: Proper nutrition is imperative to muscle function, energy level, and overall health. The diet should include carbohydrates, proteins and fats. Although carbohydrates are used mainly for energy, protein and fats are important to ensure proper nutrition for our bodies. Our body uses carbohydrates stored in the muscles to generate energy. Therefore, complex carbohydrates (pasta, oatmeal, rice, potato, bagel, fruit, and vegetables) are the best choice. They take longer to digestion which will provide energy that lasts for a longer duration. Plus, they are loaded with fiber, vitamins and minerals. Simple carbohydrates (candy, cola, most fruit juices, etc) are digested quickly and only provide a short circuit of energy. Good healthy snack foods are granola bars, yogurt, cheese crackers, peanut butter crackers (be careful of anyone with allergies), trail mix, fruits, raw vegetables, bagels, almonds etc. **The first 30 minutes after activity** is the prime time to refuel with a healthy snack.

Supplements: These are supposedly used to boost athletic performance, ward off fatigue and increase muscle mass and strength. Some supplements may contain banned substances. Read ingredients and follow the proper dosage. They can also lead to other health issues. Again, **there is no need** for these and are **not recommended** if the athlete has good nutrition, exercises and well hydrated.

Methicillin-resistant staphylococcus infection (MRSA): Cases developed from person-to-person contact, shared towels, soaps, improperly treated whirlpools, and equipment. MRSA infections usually manifest as skin infections. Maintaining good hygiene and avoiding contact with drainage from skin lesions are the best methods of prevention. Some preventive measures are washing hands, showering after activity, avoid sharing water bottles, towels, personal items etc. and properly wash athletic gear. If a lesion is suspected, please seek proper first aid and a physician if needed.

We hope that this information is helpful. The health of the athlete is our main goal. If you have any questions, please contact us at any time. We are excited about the season and look forward to a great season.

Thank you,

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