

# SPORTS MEDICINE INFORMATION

## A&M CONSOLIDATED HIGH SCHOOL ATHLETIC TRAINING RESOURCES:

### Connect with your Athletic Trainers

AMCHS Athletic Training Website: <https://www.amctigerclub.com/sports-medicine>

Physical Exams & RankOne Info: [tinyurl.com/CSISDPaperwork](https://tinyurl.com/CSISDPaperwork) , <http://www.amctigerclub.com/physicals>

Injury Treatment/Rehab Appointments: [consolAT.setmore.com](https://consolAT.setmore.com)

Twitter account: @AMCHSAT

Instagram account: @consol\_athletic\_training

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1. **RANKONE:** All parents must have an account in RankOne ([www.RankOne.com](http://www.RankOne.com)). All of the online UIL forms must be completed electronically before the student will be allowed to participate. No hard copies will be accepted. Click [here](#) for a tutorial document about account creation and online paperwork completion. Contact [support@rankone.com](mailto:support@rankone.com) for any help with RankOne.

2. **PHYSICALS:** ALL STUDENTS MUST GET A NEW PHYSICAL EVERY SCHOOL YEAR completed by a physician, on April 1, 2023 or LATER to be eligible to participate during the 2023-24 school year. Must be completed on the UIL and CSISD approved form (can be found on Athletic Training Website) All student-athletes MUST have a physical exam on file in RankOne before they can participate in ANY activity, including summer camps/strength and conditioning etc. No hard copies will be accepted.

3. **TREATMENT/REHAB:** Athletic trainers will be available for evaluation, treatment, and rehabilitation of injuries that occur due to participation at AMCHS. Appointments can be made at [consolAT.setmore.com](https://consolAT.setmore.com) or there will be QR codes at all the athletic facilities to schedule an appointment for care. Treatment will be by appointment during athletic periods.

4. **OUTSIDE OF SCHOOL INJURIES:** The athletic trainers are responsible for injuries that occur due to athletic participation at AMCHS. We will not be able to provide injury evaluation or treatment for injuries that occur due to participation in club/select sports or other outside of school activities unless a doctor's note is provided. The only exception to this is in the case of concussion. If a student is suspected to have sustained a concussion they are to be sent to the athletic trainers regardless of how/where the injury occurred.

5. **SECONDARY INSURANCE:** In the event that your child sustains an injury during their participation in an AMCHS athletic practice or game that warrants a physician referral, a secondary insurance form will be provided to you or your child. This insurance is SECONDARY and will only cover PART of the physician visit after the parents PRIMARY insurance has already been used. The secondary insurance form will ONLY be provided by AMCHS Athletic Trainers when an injury referral is deemed necessary due to participation with A&M Consolidated Athletics. This insurance form DOES NOT cover injuries/conditions that result due to participation in club sports or other outside of school activities.

6. **DOCTOR NOTES:** Anytime a student-athlete visits a doctor for injury or illness, a physician's note detailing limitations or release to full activity MUST be turned into the athletic trainers (NOT just your coaches). This is important for ensuring that doctor's orders are being followed and to allow your athlete to return to activity as safely as possible.