



MAYO CLINIC
HEALTH SYSTEM

ATHLETIC TRAINING SERVICES

MCHS Athletic Training Services

Our goal is to serve the student athletes with the best medical care by athletic training room services, on field/court/ice services, liaison to healthcare providers and expertise to athlete/coaching staff.

AT SERVICES

- Mayo Clinic Health System staff
- An Athletic Trainer will be present every weekday
 - Hours
- An AT will be present or on-site at the following sporting events:
 - Home and Away Varsity FB
 - Home JV and C FB
 - Home Volleyball
 - Home Cross Country
 - Home Boys and Girls Soccer
 - Home Boys and Girls Basketball
 - Home Boys and Girls Hockey
 - Home Gymnastics
 - Home Wrestling
 - Home Track
 - Home Boys and Girls Lacrosse
 - Home Baseball
 - Home Softball



When to use AT services

- If your child's injury is not an immediate emergency, try to use the Athletic Trainer as the first step in the process
 - To provide the best course of action for their injury
 - Assist as a liaison to health care providers
 - Assist in streamlining care
 - Track injury and progress
 - Assist in communication to coach/parents/athlete



HEALTHY ROSTER

- App or web based platform that the Athletic Trainers use to document injuries
- Communicate with the athletic trainer
- Provides injury information

*If you don't have an account:
invitations will be sent out early in
the season to create an account*



CONCUSSION PROTOCOL

- There are some new updated guidelines in Concussion management that was released back in June.
- You may see or hear some slight changes in how the protocol is performed
- Important to note there are no changes in the timeline in how fast someone can return to play following a concussion
- ImPACT Testing



IMPORTANT INFO

- Athletic Training Room location
- Nutrition and Hydration
- Weather (Heat/Lightning)
- Emergency Action Plans

NEW PRAGUE ORTHO PROVIDERS



Neil Olmscheid, M.D.



Kenzie Neisen, P.A.

There are now Mayo Orthopedic providers close to home in New Prague to take care of your Orthopedic needs.

THANK YOU AND LOOKING FORWARD TO A FUN
AND HEALTHY SPORT SEASON