**St. Vincent Sports Performance**

Parent Meeting Information

**A Time of Transition:**

This spring, ZCHS will undergo a transition in Athletic Trainers. This summer Christi Kesler and Jenny Sheets moved on from ZCHS and St. Vincent Sports Performance. We are very thankful for their time and service and they will be missed. For the time being, Corey Richards and Josh Freeman will be filling in and providing Athletic Training services to ZCHS. Corey and Josh will be treating and caring for our student-athletes until St. Vincent Sports Performance hires two full-time Athletic Trainers for ZCHS. Corey and Josh look forward to working with our student-athletes and providing the best possible care for them.

**Contact Information:**

Corey Richards
(260) 402-3597
corey.richards@ascension.org

Josh Freeman
(765)639-1718
Joshua.freeman@ascension.org

**SVSP Locations:**

**Clay Terrace - Carmel**
14455 Clay Terrace Blvd., Suite B, Carmel, IN 46032

Office Hours: M-F 8am - 4:30pm.
Walk-in clinic for acute injuries (within 48 hours): 8 - 10 am, M-F
Saturday walk-in for NEW sports injuries, Mid-August through the end of the fall sports season.

**Our Expectations:**

Athletes may come in to the Athletic Training room before practice for injury evaluation, treatment and rehabilitation. It is the athlete’s responsibility to approach the athletic training staff with injuries or concerning issues. Athletic trainers will not chase down athletes who fail to comply with treatment and rehabilitation plans. Athletic trainers will communicate athletic injuries, progress notes, and return to play notes to parents and coaches via phone, e-mail, and/or Rank One. It is their goal to return athletes from injury as effectively and efficiently as possible. If one of the athletic trainers deems an athletic injury should be evaluated by a physician, they will coordinate an appointment at Clay Terrace (with parent/guardian approval).

**Athletic Training room hours and locations:**

Athletic trainers will typically arrive one hour before school dismissal. They will be on campus until all practices/games have ended.

 High School: Door #28. Back of High School
 875: ZCHS Athletic Complex (Soccer, Tennis, Baseball, Softball)
 ZYSA: Across from Zionsville West MS. (soccer games)

**Coverage:**

All home games, post-sectional travel, and travel with football.

**Concussion protocol:**

If an athlete is suspected to have sustained a concussion, he or she will be removed from all activity until cleared by a physician. Once an athlete has been cleared by a physician, the athlete will undergo a 5 day return-to-play progression with the athletic training staff. This process allows the athlete to ease back into activity and ensures athlete readiness. There is no grey area with this protocol. It is our duty to protect our student-athletes above all else.

**Returning from Injury:**

Athletes are required to provide the athletic training staff with a clearance note if he or she was seen by a physician for any condition or injury. Athletes will not be cleared to participate without an official written note from a physician.

Please see IHSAA bylaw 9-14 regarding missing multiple practices due to injury:

**9-14 Practice Attendance Required to Participate in a Contest**

A student-athlete shall attend and actively participate in regularly scheduled Practice sessions to be eligible for interschool athletic competition. If, as a result of a school strike, student Suspension, athletic Suspension, health limitation or other similar reasons, a student shall fail to attend and actively participate in regularly scheduled Practice sessions, such student shall be required to complete the following prior to participation:

a) Attendance and active participation in preseason Practices, if applicable;

b) Attendance and active participation in Four (4) school-supervised Practice sessions of

normal length, which shall occur on Four (4) separate days prior to the day of the Contest, if the student fails to attend and actively participate in more than Four (4) but less than Eleven (11) consecutive days of regularly scheduled Practice;

c) Attendance and active participation in Six (6) school supervised Practice sessions of normal length, which shall occur on Six (6) separate days prior to the day of the Contest, if the student fails to attend and actively participate in more than Ten (10) consecutive days of regularly scheduled Practice.

INTERPRETATION:

 **Days Missed No. of Practices Required**

|  |  |
| --- | --- |
| 5 to 10 | 4 |
| More than 10 | 6 |

**Nutrition and Hydration tips:**

Please ensure your athletes are well hydrated and are fueling their bodies appropriately. It is imperative that athletes replace fluids and electrolytes and eat a well-balanced diet. We recommend eating breakfast, lunch, a snack before practice, and dinner. Additionally, athletes should have a water bottle with them throughout the day. Please see “Performance Nutrition” attachment for more details.