



Center Grove High School Athletic Training



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Athletic Training Facilities

Open Monday-Friday 2pm; Wed 1:30pm
Saturday TBD-based on event schedule

Vandermeer Gymnasium

Room 504
Closed March-August

Ray Skillman Stadium

Outdoor Locker Room Door 6
Closed End of Football- March

Twitter @CGHSATinfo

Website: www.centergrove.k12.in.us/CGHSAT



Sports Medicine

Community Hospital Network is the Official Sports Medicine Provider of Center Grove athletics. Two Athletic Trainers work at Center Grove High School to provide preventative services, emergency care, clinical diagnosis, therapeutic intervention, and rehabilitation of injuries and medical conditions athletic trainers will be on-site for all home athletic events. These certified, highly trained professionals are an integral part of the success of the athletic program and a valuable resource to coaches, parents and students. In addition to the athletic trainers, a Community Health primary care sports medicine physician is on-site to during major varsity competitions, and provide immediate care and advice to deal with injuries or illness.

Injury check every Wednesday in the athletic training room, athlete must be signed up to see the doctor. If additional services or testing are needed, the athlete will need to schedule an in-office appointment. Walk-in hours are 8:00 a.m. – 4:00 pm. (Mon.-Fri.); 8:00 a.m. – 10:00 a.m. (Sat.)

Greenwood Orthopaedics

Dr. Evan Armington
317.497.6477

965 Emerson Parkway, Suite K, Greenwood, IN 46143
1550 E. County Line Rd., Indianapolis, IN 46227

Athletic Training Room Rules

- No social media pictures or videos!!
- Offensive and/or foul language is not allowed.
- Horseplay, loud talking, and/or loitering are not allowed.
- No spikes or cleats are allowed in the athletic training room.
- Cold Whirlpool- Dark colored compression shorts/spandex

Treatments and Evaluations

Athletes are able to come in during Period 5/10 (M-F 2pm & Wed 1:30pm) for injury evaluations or treatment if they have weights or study hall. Must have permission/hall pass from their teacher.

Report injuries as soon as possible, do not wait 2-3 weeks, or the day of a game to notify the athletic training staff of an injury.

Athletes need to notify the coaching staff if they are seeing the athletic trainer before practice for an injury evaluation. Depending on coach's preference, rehab will be before or after practice. In-season athletes have priority. All athletes must sign-in on the computer if they are getting treatment (rehab, ice, heat, e-stim, ultrasound, stretch) Do not need to sign-in for taping. If an athlete needs to have an injury evaluation, they need to sign up on the whiteboard and wait to be evaluated. New injury evals will be completed once all other athletes are taken care of for their practice/game. Concussion SCAT5 testing will be done once all other evals are completed. SCAT5 test are one-on-one in the office and takes 15-20min to complete.

Doctor Notes

The athletic training staff must have a note from the doctor with the injury diagnosis, playing status, any restrictions/limitations/cleared for activity, rehab instructions, any medications prescribed and follow-up appointment.

****Please turn in the note directly to the athletic training staff. Do not send to the front office****

Concussion Protocol

A concussion is a type of traumatic brain injury—or TBI—caused by a bump, blow, or jolt to the head or by a hit to the body that causes the head and brain to move rapidly back and forth. This sudden movement can cause the brain to bounce around or twist in the skull, creating chemical changes in the brain and sometimes stretching and damaging brain cells

Any athlete suspected to have a concussion or has sustained a concussion he/she will not be allowed to return to activity for the remainder of the day. The athlete will report to the athletic training room within twenty-four to thirty-six (24-36) hours of incident. The athletic trainer will perform a concussion evaluation and administer the Sports Concussion Assessment Tool 5 (SCAT5). If it has been determined that the athlete has a concussion, they will be put into the concussion protocol.

Athlete is able to return to full activity after successful completion of the RTP stages and written clearance from MD or DO and athletic trainer.

University of Indianapolis Athletic Training Program

Each clinical semester, athletic training students are assigned to a clinical site and a preceptor – a licensed healthcare provider who will guide and mentor the students through their experience. Each clinical rotation is designed to help progress the athletic training students in the competencies needed to pass the Board of Certification Exam. The athletic training students work under the direct supervision of the Center Grove athletic trainers, performing injury evaluations, creating and executing rehab programs, assisting with taping and therapeutic modalities. The student will also be present during events and practices.

Game Day Procedures

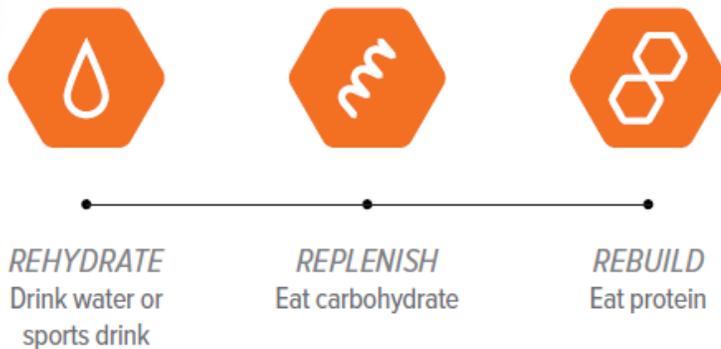
Friday afternoon the taping schedule will be posted on the locker room door with the time for position players to get taped, wound care, wraps etc. Please come in only at the scheduled time for your position, this helps us keep the training room from being crowded and make sure we get players out to pre-game and meetings on time.

Hydration

- Hydrate before, during and after activity.
- Monitor urine color- The darker the color the greater degree of dehydration (lemonade vs apple juice)
- Rehydration should occur within 2 hours post exercise to assure optimal rehydration. Post exercise rehydration should be 150% of body mass lost during exercise. For every 1 kg (2.2 lb) loss, additional 1 L of fluid needed
Pre exercise wt (kg) – post exercise wt (kg) x 1.5 = body mass loss during exercise
- Drink 20-24oz per pound lost

Nutrition

- **EAT BREAKFAST!!!**
- The foods consumed before, during and after competition and training can affect performance and how quickly the body can recover
- **Carbs** are the primary fuel for the body during exercise, replenish energy stores during recovery. Help with performance when consumed in the appropriate amount (30-60g/h) during training or competition lasting more than an hour
 - *Good sources: breads, pasta, rice, potatoes, beans, fruits and vegetables*
 - *Bad-Avoid fried foods. Pizza has carbs but is also high in fat.*
- **Protein**-muscles, hormones and other parts of the body are made of protein. During training and competition, muscle proteins are broken down and need to be built back up. Eating protein post-activity provides the building blocks needed to rebuild muscle.
 - Sources: Meat, fish, tofu, milk, soy, eggs, cheese, Greek yogurt
 - As soon as possible after a game or practice about 20g of protein is the right amount for most athletes (varies by weight)
- *Post-game snacks*: Cheese sticks and crackers, chocolate milk, Greek yogurt, protein muffins or cookies, egg and cheese sandwich



URINE COLOR CHART

