

# Fugett Middle School Athletic Training Information

## What is an Athletic Trainer?

Athletic Trainers (ATs) are healthcare professionals who collaborate with physicians to optimize the health and safety of athletes. ATs specialize in injury prevention, assessment, treatment, and rehabilitation of sports-related injuries. They are certified and licensed medical professionals who play a critical role in ensuring student-athletes remain healthy and safe.

## Athletic Training Hours

The athletic training room is open **Monday through Friday, from 10:00 AM to the end of the last scheduled practice or game of the day**. Hours may vary based on game or practice schedules.

## Contact Information

If you have questions or need assistance, please don't hesitate to reach out:

Steve Sedlak MS, LAT, ATC, PES

- **Email:** [ssedlak@wcasd.net](mailto:ssedlak@wcasd.net)
- **Phone:** 484-266-3015

## Services Provided

The Fugett Middle School athletic training program is dedicated to the care and well-being of our student-athletes. Services include:

- **Injury Prevention:** Techniques such as taping, bracing, and injury education to help avoid injuries.
- **Evaluation and Assessment:** Immediate evaluation of acute and chronic injuries sustained during practices or games.
- **Emergency Care:** Providing immediate first aid and managing injuries on-site.
- **Rehabilitation:** Developing individualized rehabilitation programs to help student-athletes return to play safely and efficiently.

- **Communication:** Coordinating care with parents, coaches, and healthcare providers to ensure athletes receive the best care possible.

## Returning to Sports After Seeing a Doctor

If a student-athlete is evaluated by a doctor for any injury or illness:

### 1. Proper Documentation Required:

- a. A note from the doctor must be provided to the athletic trainer. This note should outline whether the student-athlete is:
  - i. Cleared to return to sports.
  - ii. Restricted from participation and for how long.
  - iii. Allowed to participate with specific limitations or modifications.

### 2. Rehabilitation and Exercises:

- a. If prescribed, rehabilitation and exercises can be completed with the athletic trainer at school.
- b. A detailed rehab plan will be followed to ensure the student-athlete returns to play safely.

### 3. Communication with Care Providers:

- a. The athletic trainer will collaborate with the doctor and parents to ensure all recommendations are followed.

It is essential to submit all medical documentation as soon as possible to avoid delays in returning to practice or competition.

## Fugett Middle School Concussion Policy

Our concussion management policy follows best practices established by the National Athletic Trainers' Association (NATA) and complies with the Pennsylvania Interscholastic Athletic Association (PIAA) standards.

## Signs and Symptoms of a Concussion

Common symptoms include:

- Headache or pressure in the head
- Nausea or vomiting
- Dizziness or balance issues
- Blurred or double vision
- Sensitivity to light or noise
- Difficulty concentrating or remembering
- Feeling sluggish, hazy, or foggy
- Mood changes (e.g., irritability, sadness, nervousness)
- Loss of consciousness (not required for a concussion diagnosis)

## What Happens if a Concussion is Suspected?

### 1. Immediate Removal from Activity:

- a. Any student-athlete suspected of having a concussion will be immediately removed from practice or competition.
- b. The athletic trainer will perform an initial evaluation and notify parents/guardians.

### 2. Referral to a Physician:

- a. The student must see a physician experienced in concussion management for further evaluation and documentation of their condition.
- b. No student-athlete will be allowed to return to activity without medical clearance.

## Steps to Return to Play

Returning to play is a gradual process designed to ensure the student-athlete's safety. This process will only begin after the student is symptom-free at rest and has been cleared by a physician.

### *Graded Steps for Return to Play:*

#### 1. Day 1: Symptom-Limited Activity

- a. Light cognitive and physical activities as tolerated.

#### 2. Day 2: Light Aerobic Exercise

- a. Walking, stationary biking, or light jogging. No resistance training.

#### 3. Day 3: Sport-Specific Exercise

- a. Running drills, basic agility movements. No head impact activities.

#### 4. Day 4: Non-Contact Practice

- a. Full practice activities excluding any contact. Gradual introduction of strength training.

**5. Day 5: Full-Contact Practice**

- a. Participation in normal training activities, including controlled contact drills.

**6. Day 6: Return to Competition**

- a. Full clearance to participate in games or matches.

### **Important Notes:**

- If symptoms return during any step, the student-athlete will stop activity immediately and return to the previous symptom-free step.
- Communication between the athletic trainer, physician, parents/guardians, and coaches is essential to ensure a safe and successful return to play

### **Lunch Time Lift:**

Your child has the opportunity to participate in **Lunch Lift**, a supervised strength and conditioning program led by Fugett Middle School Athletic Trainer Steve Sedlak. This program is currently offered exclusively to **7th and 8th grade students** and is designed to promote physical fitness, injury prevention, and healthy exercise habits in a safe and structured environment.

**Supervisor:** Steve Sedlak, ATC, PES

**Location:** Fugett Middle School Weight Room

**Time:** During Lunch Period (after students have fully finished their lunch)

**Workout Overview:** (Approximately 15-20 Minutes)

- **Warm-Up:** Dynamic stretches and light aerobic activity to prepare the body for exercise.
- **Strength Training:** Exercises using weight room equipment, including the bench press, leg press, lat pull-down, leg curl, leg extension, and shoulder press machines, along with dumbbell exercises.
- **Mobility and Injury Prevention:** Hip mobility exercises and shin splint prevention techniques will be integrated into the program.
- **Cool-Down:** Stretching and recovery exercises to promote flexibility and reduce soreness.

**Goals of the Program:**

- Teach proper technique and safe use of weight room equipment.
- Enhance strength, flexibility, and overall physical fitness.
- Promote a fun and supportive environment for students to stay active.

**Waiver**

**If you have any concerns or questions about athletic training services or your student-athlete's health, please don't hesitate to contact us. We are here to support Fugett's athletes every step of the way!**