

Dear RPCS Parents,

Welcome back to another year of RPCS Athletics! For those of you who do not know me, I am the full-time Certified Athletic Trainer here at RPCS. As an AT, I am trained in the prevention, recognition, treatment and rehabilitation of athletic injuries. I am also trained in first aid and CPR, nutrition, and strength and conditioning. My responsibilities include taking care of injuries that occur at RPCS practices and games, as well as helping our students return to pre-injury condition.

I would like to take this opportunity to remind you of the athletic training guidelines for participation in athletics.

- Each athlete should have appropriate footwear for her sport. Regular running shoes are not the best choice for sports involving change of direction. Cleats, turf shoes, court shoes, cross trainers, or trail shoes will give your daughter more support and help protect her from injury. If you need assistance in choosing the appropriate footwear, don't hesitate to contact me or your daughter's coach. Any athletic shoe that has been used for one year or more probably needs to be replaced.
- If an injury or illness has occurred, you or your daughter should let me know as soon as possible. Fast, appropriate treatment results in fast recovery.
- Any injury or illness that results in a loss of practice or game time, or is serious enough to be evaluated by a doctor, must be brought to my attention before returning to athletics. An athlete who sustains an injury in an outside school activity should see me for follow-up care before resuming participation in RPCS athletic activity.
- Any athlete who is held out of an activity by a physician must have a note from a physician to return to play. Upon receiving a note, I will be responsible for making the decision as to whether she is cleared to return to full activity. (The reason for this is that many physicians will clear an athlete for activities of daily living, while she may not be functionally ready for all of the demands of her sport.) I cannot allow an athlete to return to participation at any level without a note from her treating physician.
- No athlete will be allowed to practice or compete if she cannot perform and pass a functional, sports specific test. If an athlete has not been cleared for participation at school, she should refrain from participation in outside sports activities as well.
- An athlete who misses sports due to an injury is expected to participate in a rehabilitation program, either at school or at a physical therapy clinic, until cleared by her physician, me and/or her physical therapist. (This rule applies even if she has returned to full activity.) Thorough rehabilitation helps to decrease the chance of re-injury.
- While every head injury is treated on an individual basis, any athlete presenting with signs of a concussion for an extended period of time will be required to see a physician. Return to play decisions will be based on previous history, severity of injury, and length of time it takes for symptoms to completely subside. An athlete, who has sustained an injury to the head, may not practice or compete if she has presented with signs of a concussion in the previous 24 hours, including: headache, dizziness, blurred vision, nausea, difficulty concentrating, etc.
- Please assist your daughter in making appropriate choices concerning the volume of training she is doing. Overtraining will affect any athlete's performance, often leading to overuse injuries, poor performance and burnout. Better to slightly under-train, than over-train.
- Any athlete who has special medical needs, carries an inhaler, needs an epi-pen, has diabetes, or other condition requiring individualized care, should have those items with her at all practices and games.

Let's all hope for a successful and healthy year of athletics at RPCS. If you have any questions or concerns, feel free to call me at 410-323-5500 x3075.

Thank you,
Sharon Barbosa MAEd, ATC, CSCS