

Carmel Athletics Parent Meeting

St. Vincent Sports Performance (SVSP) provides athletic training services to all Carmel Clay Schools; and offers a variety of services to the active population.

- **Services**
 - SVSP Performance Training
 - SVSP Nutrition Consultation
 - SVSP Sports Psychology Consultation
 - SVSP Physician Services : *Dr. Todd Arnold- Carmel Team Physician*
 - Walk-in clinic open M-F 8am-10am for acute injuries (injuries occurring within 48hrs)
 - Call (317) 415-5795 to make appointments
- **Communication**
 - Healthy Roster- If your Child is injured we will upload their injury to our new reporting system for you to follow updates on your child
 - If your child states that the doctor at school; that is likely the case saw them. Our Team, physician makes weekly visits to the school. If there is a concerning injury, you will be contacted directly regarding follow-up care.
 - If your athlete sees a physician for any injury or condition, we will need a doctor's note stating any restrictions and/ or clearance for participation instructions.
- **Medication**
 - The athletic trainers do not keep or distribute any medications to any athletes. Please see the nurse if medication is needed.
 - All Athletes needing an inhaler or epi-pen should keep this with them at all times. A back-up may be needed to give to their coach for use if needed.
- **Coverage**
 - The athletic trainer may not be at all practices, due to having multiple sites to cover.
 - Student athletic trainers will be at all practices and games. They are only responsible for taping and first aid needs. They **do not** evaluate injuries. Please do not ask them to.
- **Concussions**
 - Baseline Impact testing is done on all freshmen, juniors, and new athletes before the first official practice each season.
 - Any athlete suspected of having a concussion will be removed from activity
 - Any Athlete with a concussion has to have written clearance by a physician trained in concussion management in order to return to activity. No exceptions.
 - After written clearance is received, the athlete must complete a 5-stage return to play progression with 24hrs between each stage. In order to pass each stage there must not be any return of symptoms with exertion.

Anna Foster MS LAT ATC

Brittani Moore LAT ATC

Jacob Crow MS LAT ATC

Anna.foster@ascension.org

Brittani.moore@ascension.org

Jacob.crow@ascension.org

(765)760-1501

(317)281-5539

(317)717-7311