

St. Vincent Sports Performance

OFFICIAL PROVIDER OF SPORTS PERFORMANCE SERVICES FOR CARMEL CLAY SCHOOLS

Carmel Clay Schools, in exclusive partnership with St. Vincent Sports Performance, provides comprehensive sports performance services to the student-athletes of Carmel High School, Clay Middle School, Carmel Middle School, and Creekside Middle School.

At CHS, both the Eric Clark Activity Center and the stadium house fully functional athletic training facilities for providing the best treatment and rehab care. In addition, the Fitness Center at the high school includes a weight room and cardio room for specialized training of athletes.

The St. Vincent Sports Performance team at Carmel High School includes:

Dr. Robert Czarkowski, MD- is an alumnus of the University of Notre Dame and the University of Illinois School of Medicine.

Dr. Todd Arnold, MD- is a graduate of Colorado State University and the University of Colorado Medical School.

Anna Foster MS, LAT, ATC- is a graduate of Ball State University, and joined the St. Vincent Sports performance team in 2008. She was the sole athletic trainer at Seccina Memorial High School for 7 years, until transitioning to join the Greyhound staff the past school year. Anna also coordinates the student athletic training program for the Greyhounds.

Brittani Moore LAT, ATC- graduated from the University of Indianapolis in 2010, and was hired by the university in fall of the same year as an Assistant Athletic trainer. She began her working with St. Vincent Sports Performance in 2011, and is also new to the Greyhounds' Sports performance staff this past school year. Brittani previously served the last 3 years as the athletic trainer at Creekside Middle School.

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Jacob Crow MS, LAT, ATC - Crow joins the St. Vincent Sports Performance team after working at Indiana University from 2014-2016. While at IU, Crow worked with the cross country and track & field teams. Crow completed his master of science degree in exercise physiology with an emphasis in athletic training at Kent State in 2014. While at Kent State he worked with track & field, cross country and football teams. Crow earned an undergraduate degree in athletic training from Franklin College in 2012.

Aaron Bosket, CSCS- is a graduate of Oregon State University and has served as strength coach for Greyhound athletics since 2005. In addition, he assists in the advanced physical conditioning classes during the school day.

Each of these professionals is an employee of St. Vincent Sports Performance and is contracted to Carmel High School to provide their expertise to the student-athletes, parents, coaches, and staff members.