



Dear Parents,

I am pleased to be the certified athletic trainer assigned to work with Clarenceville High School for the upcoming school year.

I am contracted to the school through MedSport, the Sports Medicine Program for the University of Michigan Health System. At our Domino's Farms facility, we have four primary care sports medicine physicians and seven orthopedic surgeons on staff. The Livonia Health Center has physical therapists and athletic trainers that specialize in rehabilitation of athletic injuries. Both sites offer an Acute Injury Clinic which can provide a second opinion to assist the evaluation process. In addition there are MedSport locations at the Ann Arbor Ice Cube and in Brighton.

My role as athletic trainer with the school includes injury prevention, assessment and treatment of injuries, and assisting with rehabilitation of athletic injuries. This also involves things like preventing dehydration and heat illness, teaching proper stretching techniques, giving advice on nutrition, conditioning, or bracing. If your athlete becomes injured, I will do my best to speak with you in person or by phone as soon as possible to keep you informed of the situation. That way we can plan the next steps together, whether that includes treatment at home or transport to a medical facility. In case of emergency, of course we will contact EMS immediately.

Our athletic training contract states that I will cover home games for all "high risk" sports, and be a medical resource to all coaches, athletes and parents throughout the year. As you know, not all injuries occur at home events - someone might get hurt at a road game or just playing around with friends on the weekend. If this situation arises, please feel free to contact me right away. Even if I am unable to meet with you or your child, I can offer medical advice and help facilitate further medical treatment if needed.

As a certified athletic trainer, my goal is always to return injured athletes to participation as quickly and as safely as possible. Please don't hesitate to call me if you have any questions about medical situations concerning your athlete.

Thank you,

Rachel M. Fitch, ATC
Cell phone: 313-587-9872
Clinic phone: 734-930-7400 option #2
E-Mail: fitchr@umich.edu

Information for CHS Parents, Coaches, and Athletes

Minor injuries – please inform me ASAP so won't become significant injury. As often as possible, I'll help the athlete play through minor situations if we can prevent it from becoming worse. They may have limited participation or require treatment such as ice after injury.

R-I-C-E – when in doubt with an athletic injury, follow this principle.

R = Rest – may be crutches or a sling, may be a day off from practice

I = Ice – bag of crushed ice directly to the skin > chemical cold pack

C = Compression – ace wrap – very important for ankle injuries

E = Elevation – keep injured part above the level of the heart

Do not apply heat to a fresh injury – even if the hot tub feels good on that injured knee or ankle, it can cause increased swelling which can slow down the healing time.

Taking Athletes to Doctor – will need a note from doctor that says they went and any instructions, such as “out for 2 days”. If a significant time off, or a follow-up MD appointment is required, will also need a note stating they may return to participation; ATC cannot override the MD.

Heat Illness – Athletes will have easy access to water, and we will be watching for signs and symptoms of dehydration during all situations.

Fluids and Rehydration

- Dehydration can affect ability to concentrate, decrease performance, and place athletes at risk for further heat illness. Athletes can monitor hydration level on their own – color chart in locker room – if urine is plentiful and looks like lemonade, they are well hydrated. If it's a small amount and looks dark like apple juice, they need to increase fluids.
- As much as possible, encourage your child to drink water, sports drinks (Gatorade or Powerade), milk, and fruit juices during their sports season.
- Soft drinks typically have too much sugar, which slows fluid absorption from the stomach. Also the carbonation may make them feel too full, bloated.
- “Energy Drinks” such as Red Bull, Monster, Amp – should be avoided at all costs! They have 3-4x as much caffeine as a regular can of soda, and the additional ingredients have not been proven to help athletes in any way. Some drinks also include small amounts of alcohol, with minimal packaging differences. They are also much more expensive than water or sports drinks.

Pre-Game Nutrition – If the big game is on Friday night, the most important meal is the one the night before – this is when you can add to the energy stores that will be used the following day. This meal should be high in carbohydrate, low in fat, with moderate amounts of protein. Examples are pasta and bread, chicken with baked potato (limit the butter/sour cream), eggs with lots of toast or oatmeal.

Healthy snack ideas – athletes need more calories than the average student, but we'd prefer these come from healthy snacks instead of junk food from the vending machine or fast food establishment.

Here are a few suggestions that are easy to buy in bulk, repack into smaller bags for easy carry to school – these are mostly snacks that are high in carbohydrates, low in fat content: bagels, muffins, raw veggies, popcorn, juice box, nuts, dried fruit, trail mix, low-fat cookies, graham crackers, raisin bread, cheese sticks, fresh fruit, fig bars, cereal, granola bar, pretzels, peanut butter crackers.

If they have to eat from vending machines, try to look for things like this: rice krispie treats, cheese crackers, zoo crackers, pretzels, juices, chocolate milk, dried fruits

Medical conditions – if athletes have: asthma, diabetes, sickle cell anemia, allergies, wear contacts, new orthodontia (braces) – please let me know. Having a medical condition won't affect their ability to participate, but knowing about it helps me help them if something should happen. The one exception – if they need an inhaler and forget it, then it's dangerous for them to participate. If possible, get an extra inhaler and leave it with me in the medical kit or with the coaching staff.

Ankle taping & Bracing – As a rule, ankles are only taped if medically necessary. If athlete has history of “weak ankles” – tell me now and we can get them on an ankle strength program ASAP. Braces may help certain conditions like ankle or knee pain; please speak with me if you have questions or would like recommendations.

MRSA – (Methicillin-Resistant Staphylococcus Aureus-A) - *Information compiled by the CDC*
This is a potentially dangerous type of staph that is resistant to certain antibiotics.

MRSA is spread by:

- Direct contact with another person's infection
- Sharing personal items i.e. towels
- Touching items or surfaces such as used bandages, contaminated by MRSA

Signs and Symptoms

Most staph infections including MRSA, appear as a bump or infected area on the skin that may be:

- Red
- Swollen or painful
- Warm to touch
- Full of pus or other drainage
- Accompanied by a fever

Treatment

Do not drain or pick at the infection

Seek medical attention

Protection

- Know signs and symptoms and get treated early
- Keep cuts and scrapes clean and covered
- Encourage good hygiene—wash hands regularly
- Discourage sharing of personal items such as towels

If concerned, take athlete to physician ASAP to get on the correct form of antibiotics. If confirmed as MRSA, we will take additional precautions around the facility re: cleaning, and will need a note from the doctor regarding when athlete may return to participation