

Introduction to TCA Sports Medicine Program

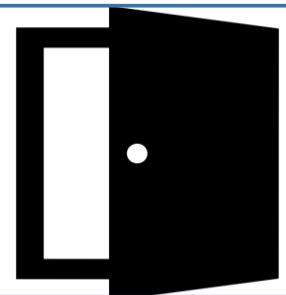
FOR PARENTS

- The health and safety of all TCA athletes is my **top priority**.
- My goal is to ensure all athletes have a safe environment to compete in here at TCA.
- We have an all-inclusive athletic training facility-**ALL** athletes are welcome.



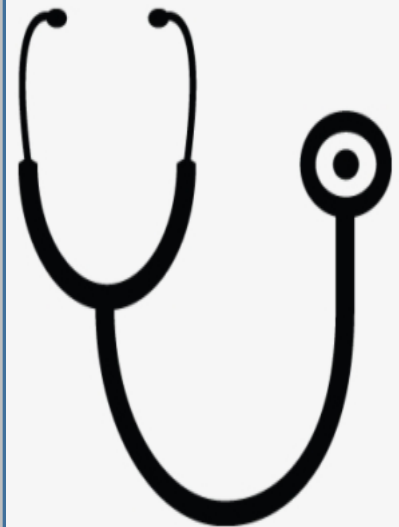
PROACTIVE

- My door is always open to all TCA athletes.
- Your son or daughter is encouraged to come see me when they have any aches or pains related to their sports activities.



PHYSICIAN REFERRALS

- When an athlete is injured enough that a physician's evaluation or treatment is needed, I can provide a referral to a trusted medical professional.
- Regardless if your child sees a physician I recommend or one of your choosing, I must receive written record of the visit that describes treatment and status. **NOTE: This must come to ME and NOT the coach.**
- **WRITTEN** clearance is **mandatory** if seen by a physician for an injury.



OPEN COMMUNICATION

- Please communicate with me how your child is doing at home during injury recovery, this helps me better align his/her return to sport plan.
- I am very honest with the athletes, parents, coaches, and physicians.
- I am **ALWAYS** available if you have any questions, comments, or concerns regarding the healthcare of your son or daughter.

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CONCUSSIONS

- We take concussions **very seriously** and will not hesitate to withhold an athlete from participation if deemed unsafe to play.
- Following a concussion, the athlete must see and be cleared by a physician (MD, DO, Nurse Practitioner, or PA) **IN WRITING** prior to Return to Play protocol being initiated.
- Once cleared by a physician the athlete will then start a graduated 5 Step Return to Play protocol.
- Only after completing all 5 Steps, without lingering symptoms, will the athlete be cleared for full return to play under the ASD20 Concussion Protocol.
- The school psychologist, counselor, and nurse are made aware of the injury to ensure safe return to school brain activity as well. We are a team and work together to ensure proper brain recovery here at TCA.



WHO AM I?

- My name is Kat Weinberg, Head Athletic Trainer at TCA.
- Graduated from Liberty University with a M.S in Human Performance: Nutrition in 2022 and B.S. in Athletic Training in 2019.
- I became a NATABOC Certified Athletic Trainer in 2019.
- As a Certified AT, I am a highly qualified, medical professional trained in primary acute injury care, prevention of injuries, wellness promotion and education, rehabilitation of injuries, therapeutic interventions, examination and clinical diagnosis under the direction of a physician. Please respect my authority as a medical professional.
- Athletics is my passion, caring for your children as athletes is my calling.

