**Sports Medicine Program**

**Informative Letter and Release of Liability**

August 14, 2014

Dear Parents & Student Athletic Trainer,

The 2014-15 school year initiates a new program at Hugoton High School. This year, we are introducing a Sports Medicine Program and organization at HHS. Students will be known as Student Athletic Trainers (SATs). Students will be supervised and educated by Mrs. Katie L. Szymczak. Mrs. Szymczak received her BS in Physical Education from The Ohio State University in 2006. She received her MS in Health and Human Performance from Fort Hays State University in 2014. This course is an elective credit this year.

**What will the Sports Medicine courses do for students?**

Teaches students components of sports medicine, including exploration of the following: therapeutic careers, medical terminology, anatomy and physiology, first aid, injury prevention principles, the healing process, rehabilitation techniques, therapeutic modalities, sports nutrition, sports psychology, and performance enhancement philosophies.

**SATs will be required to do the following:**

1. *Weekly Assignments:* Each week students will keep personal notes and use them to help complete assignments. Some assignments, students may **not** use notes.
2. *Anatomy Quizzes and Chapter Tests:* Chapters that cover anatomy will have a quiz to identify those parts covered in the chapter. Every chapter will have a chapter test that will summarize what was learned during the unit.
3. *Semester (FINAL) Exams:* Exams will be taken at the end of second and fourth quarters. They will be final exams for the semester.
4. *Labs, Discussions, & Participation:* Will take place daily through in-class discussions and online discussions, as well as training room labs and **participation as Student Athletic Trainers of HHS activities**.

**Participation in Activities**

Every SAT will participate as a trainer for a sport and/or activity. Duties include:

* + Training at Home Events/Games
  + Preparing Water and Towels (safety precautions before games/practices)
  + Taping, Wrapping, and Preparing Ice
  + If you are training your own sport – you are an ATHLETE first, trainer SECOND! Your coach will perform your duties during games.

*By signing this form, you as an SAT, and your parents release all liability from HHS and the Sports Medicine program from any negligent act on your part. Student Athletic Trainers should use proper judgment when it comes to training procedures. SATs are NOT doctors, certified therapists, or EMTs. SATs make conservative suggestions when it comes to their sports. If any critical issues or injuries arise, the Emergency Medical Squad will be called and emergency procedures will follow by certified professionals.*

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Student’s Signature Parent Signature Mrs. Katie L. Szymczak, Supervisor