



UnityPoint Health

Trinity Regional Medical Center

Dear Coach,

Congratulations to you and your runners for qualifying for the 2013 State Cross Country meet in Fort Dodge. UnityPoint Health-Trinity Regional Medical Center will be providing certified athletic trainers for the event.

The certified athletic trainers will be available one hour prior to the first race for any taping or other needs. We do ask that you provide your own taping supplies if you have an athlete who does need to be taped. Once the race begins, we will be located at the finish line and in golf carts following the runners.

All certified athletic trainers will be easily identified. Golf carts, used by the athletic trainers, will also be clearly identified.

Please note that races start earlier in the day and the temperatures are usually cooler than what the athletes have experienced throughout the fall season. I urge you to help decrease the effects of dehydration by reminding your athletes that pre-event hydration and nutrition are extremely important. Water, sports drinks, diluted juices, and a light breakfast are examples of ways to combat dehydration and fatigue.

Feel free to contact me at 515-408-0527 with any questions, concerns with a specific athlete or comments prior to the meet.

Sincerely,

Michelle Mann, ATC, LAT

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