



**TRINITY REGIONAL
MEDICAL CENTER**

IOWA HEALTH SYSTEM

HIGHLAND PARK CENTER

821 SOUTH 25TH STREET
FORT DODGE, IOWA 50501

515-574-6900

FAX 515-573-8327

Dear Coach,

Congratulations to you and your runners for qualifying for the State Cross Country meet in Fort Dodge. We will be providing Certified Athletic Trainers for the event. A physician and ambulance service will also be available at the site.

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. The certified athletic trainers can be found in the green tent at the finish line. 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 the 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 drink, diluted juices, and a light breakfast are examples of ways to help 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.

Thank you for your cooperation and best of luck to all of you at the State meet.

Sincerely,

Michelle Mann, ATC, LAT

Michelle Mann, ATC, LAT
Trinity Regional Medical Center
Highland Park Center
515-408-0527