



Physiotherapy Associates

Soccer Coach,

Re: 2010 State Tournament Sports Medicine Information

Physiotherapy Associates provides the Athletic Training and Sports Medicine services for the 2010 IHSAA state boy's soccer tournament. Our staff provides a certified athletic trainer for each of the fields during tournament play. The athletic trainers will be at the complex 90 minutes before the first game each day. We will be located in a tent marked with a Physiotherapy Associates banner prior to the start of the games. Please contact me via my cell number listed below if you have any questions, concerns, or needs prior to or during the tournament.

1. A representative of our Athletic Training Staff will be available for your team **90 minutes prior to the start of the first game Thursday, Friday, and Saturday.**
2. Licensed – Certified Athletic Trainers are on the team bench sidelines of each game. They will be located between the two team benches. An Athletic Trainer will introduce themselves to a coach prior to the start of your team's first game of the tournament.
3. Water is available for your players. The cooler will be located within the team bench areas of the game field. I recommend that you bring team water bottles with you to fill for your game and ask that you stress hydration measures to your players prior to, during, and following play at the tournament to prevent dehydration episodes.
4. We encourage you to stock and bring your team medical/tape kit to use for routine pre-game taping needs as you would any road game. Medical supplies will be available for use during the tournament. Contact one of our Athletic Trainers for assistance with supplies or pre-game needs.
5. Modality treatments (heat, ultrasound, electrical stimulation, etc) will not be available at the tournament site. If such treatments are needed for one of your athletes, please contact me **prior to** the start of the tournament so arrangements can be made within our local facilities. We have office locations a short distance from the soccer complex.
6. Please bring your player emergency information sheets/cards with you to the tournament.
7. A team of medical providers (physicians, dentists, emergency rooms, etc.) is available to us, should the need arise, while you are in Des Moines. Contact me for assistance with connections to these professionals.
8. Our Athletic Trainers will tend to injured players on the field once play has been stopped by the official.
9. If your team's Certified Athletic Trainer will be attending your games, please have them contact me prior to the tournament, or a member of our staff upon arrival at the game site. Our staff is available to assist them. Your athletic trainer can also contact me prior to the tournament with any specific requests if they are unable to be with your team.

Congratulations to you and your team on qualifying for the 2010 state tournament!

Troy Kleese LAT, ATC

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