

Physiotherapy Associates

Soccer Coach,

Re: 2012 State Tournament Sports Medicine Information

Physiotherapy Associates provides the Athletic Training and Sports Medicine services to the 2012 IHSAA state boy's soccer tournament. Our staff provides a certified athletic trainer for each field during tournament play. The athletic trainers arrive to the complex 90 minutes before the first match each day. We are located in a tent marked with a Physiotherapy Associates banner. Please contact me via the numbers listed below if you have any questions, concerns, or needs prior to (or during) the tournament.

1. Licensed – Certified Athletic Trainers are on the sidelines for each game. They will be located between the two team benches. The Athletic Trainer will introduce themselves to a coach prior to the start of your team's first game of the tournament.
2. Water is available for your players. A 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.**
3. 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.
4. Modality treatments (heat, ultrasound, electrical stimulation, etc) will not be available at the tournament site. If such treatments are needed for your athlete(s), 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.
5. Please bring your player emergency information sheets/cards with you to the tournament.
6. 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.
7. Our Athletic Trainers will tend to injured players on the field once play has been stopped by the official.
8. If your team's Certified Athletic Trainer will be attending your games, please have them contact me prior to the tournament or contact 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.
9. **Head Injuries: The medical staff working the state soccer tournament utilizes the information listed on the IHSAA web site regarding the definition, immediate care, and return-to-play guidelines for head injuries sustained in IHSAA athletic events. Any deviation from these guidelines must be discussed between the student's primary medical care provider and the IHSAA tournament physician prior to clearance for participation. The IHSAA boys' state soccer tournament physician, using the IHSAA guidelines, has final authority regarding an athlete's return to participation following a head injury.**

Congratulations to you and your team on qualifying for the 2012 state tournament!

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