



FOX HIGH SCHOOL

ATHLETIC TRAINER INFORMATION



Mary Schmank –Fox High School Athletic Trainer

- School Phone Number – 636-296-5210 ext. 2258
- Cell Phone Number – 314-616-0835
- Email Address: schmankm@foxc6org
- Parents/Coaches, please have your children/athletes see me prior to seeing a doctor. If they see a medical doctor, I am bound by the state to obey the doctor's orders
 - If a doctor tells you your child/athlete they are unable to participate for 10 days, they must sit-out for 10 days
- After I see your child/athlete, I will contact parents with reports of injury and will help schedule appointments with appropriate doctors.

Physicals

- If your physical is dated prior to Feb. 1st, you will need another physical
- Athletes will not be allowed to participate without an up-dated physical
- Local physicians who do sports physicals
 - ProActive Chiropractic 636-464-8360
 - Logan Chiropractic 314-8493800
 - Dr. Jenkins 636-296-6840
 - Dr. Abercrombie 636-282-9899
 - Dr. Haudrich 636-282-9899
 - Dr. Bonnot 636-282-8333
 - Dr. Pappas 636-296-8123
 - Dr. Wertel 314-352-7000
 - Dr. Matthias 314-574-1907

Concussions

- Concussions are a very serious medical condition and will be treated as such at Fox High School
- If you child is sidelined for concussion symptoms, please do not ask that your child be allowed to continue playing as for us to do so would breach Missouri State Law
- See Concussion Attachment

Heat Illness – Definitions and Warning Signs

- If your child/athlete faints, collapses, or shows signs of heat stroke, this is a medical emergency and an ambulance will be called to campus
- Parents, if you think your child/athlete is suffering from any heat illness, take to an emergency medical facility for evaluation and treatment
- Water is available at all practices in which there are scheduled water breaks
 However, if your child feels that they need water, they can go get it at any time
 Our coaches will never deny water to their athletes
- Heat index is monitored every ½ hour with our own heat index monitor
- Heat index is also checked hourly through the national weather
- If the temperature/heat index is 101-102, practice will be modified
- If the temperature/heat index is 103-104, practice is modified so that no equipment is worn
- If the temperature/heat index is 105deg or higher, outside practices will be moved inside
- See Lightning and Heat Attachment

Diabetes

- Inform the athletic department or training room if your child is diabetic
- Training room has a glucose monitor if your child needs to have a reading taken
- The training room does not have and will not provide glucose tablets or insulin

Allergies

- Inform the athletic department or training room if your child has allergies
- Make sure your child has their epi-pin with them everyday
- Training room does have an epi-pin for emergencies
- Training room is latex free from band-aids to ace wraps

Nutrition

- Eating breakfast and continual hydration and food intake throughout the day is extremely important
- Pedia-Lite, GatorAde or PowerAde can be drank in the evening or right after practice
- Water is the best beverage during practice and throughout the day
- Avoid soda and caffeinated beverages which cause dehydration

Supplements

- Many athletes consume supplements during training for their sport
- Make sure you know what your child is consuming to ensure legality and safety
- Most parents and athletes understand that anabolic steroids are illegal, but they don't understand that many over the counter supplements can have adverse effects
 Supplement should not be taken if training in the heat
 Aid in dehydration, increase the heart rate, and limit the body's ability to cool itself
 Many over the counter supplements are banned by NCAA
 For a complete list of NCAA Banned Supplements visit:
 www.ncaa.org
 www.drugfreesport.com
 MSHSAA does not perform drug testing, but the NCAA list establishes a great guideline as to what your child should not put into their body

Jewelry

- Jewelry of any kind is prohibited by MSHSAA during all practices and competition