



Athletic Training 2023 – 2024

Board of Education Meeting
June 20th, 2024

Overview

- Athletic Training Review
- Daily Schedule
- Weekly Schedule
- “Pre” & “Off” season
- Communication
- Treatment and Rehabilitation



Athletic Training Program

- Emergency Action Plan (EAP) for athletics
- Baseline Concussion Assessment – SWAY medical
 - 280 student athletes assessed in year one
- Electronic Medical Records (EMR) system (AT Genius)
 - Tracks all aspects of patient documentation, student athlete sign-in information & scheduling

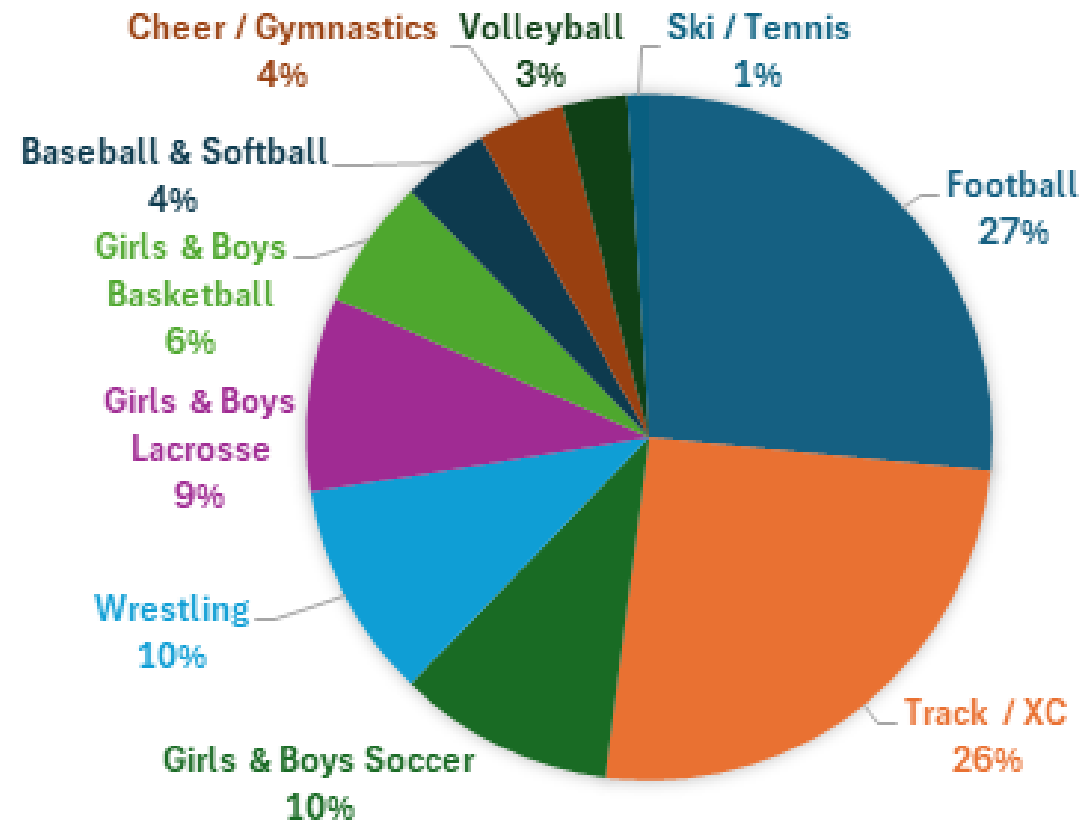


Impact of Athletic Training

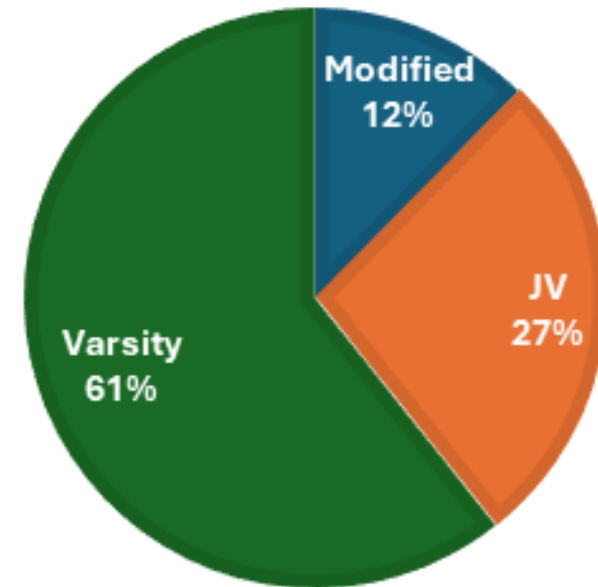
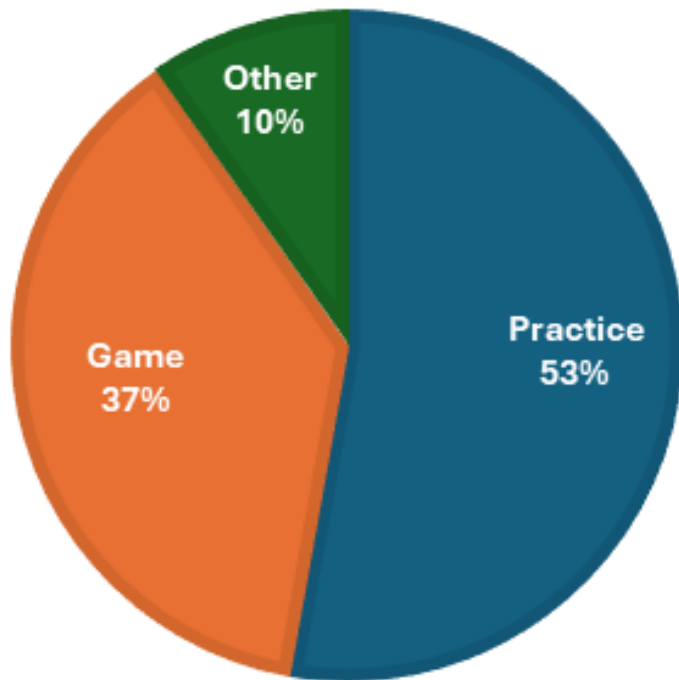
- Over 600 patient sign ins from 08/2023 to 06/01/2024
 - Sign in data includes student athlete's seeking evaluations, treatment, rehabilitation and immediate care (such as wound care, taping etc)
 - Data is underreported
 - Interactions on the sideline or in passing throughout the day
- Over 260 Injury Evaluations
 - Average urgent care visit \approx \$120
 - Provided families in our district \approx \$30,000 in evaluation costs
- Every home contest at the high school level was provided ATC coverage
 - Modified sport barriers



Injury by Sport



Injury by Event



Sample Athletic Training School Day

11:15 – 12pm

- ATC arrives

12 – 2:30pm

- ATC available by appointment throughout school day
 - Parental / teaching faculty consent
- Rehabilitation, treatment, conditioning and recovery of athletic injuries
- Averaging 1-3 student athletes in peak season

• 2:30 – 3pm

- Rehabilitation, treatment, taping needs for games / practices.
- Quicker plans more routine based things during this time

• 3pm – 4pm

- More involved rehabilitation, treatment needs.
- The preference is to schedule these.

• 4pm on

- Game day coverage as needed
- Rehabilitation and treatment as needed on practice days



Week of October 2nd 2023

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
OFF	Tennis Varsity 4:15 Mod volleyball 4:30 Practices V/JV boys soccer 2:45 – 4 V/ JV football 2:45 – 6 V/JV Volleyball 2:45 – 5 Cheer 2:45 – 6 Mod sports 2:45 – 4pm	Golf (away) Practices All teams practice 2:45 - 6pm	V X/C 4:15 Practices Soccer v/jv Football v/jv Mods 2:45-6pm	JV football 4:15 Practices G soccer V football Cheer Mods 2:45 – 6	JV/V boys Soccer 4:15 Practices Mods, volleyball, cheer 2:45-6:00	V FB @Warwick 1:30

Week of April 15 2024

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
OFF	Modified T/F 4:15 Practices (V) Baseball 3-5:30 (V) Softball 3-5:30 (V) Boys Lax 3-5:30 (JV) Boys Lax 3-5:30 Mod baseball	Varsity T/F 4:15 JV girls lax 4:45 Practices Mod track 2:45 – 4pm (V) Girls lax 245-4 Mod baseball / softball	V Baseball 4:15 V Softball 4:15 JV G lax 4:00 V G lax 5:45 Practices JV softball 3 to 5 JV / V B lax 3 to 5:30 Mod baseball / softball	Mod Lax 4:30 All teams practice typically, 3 – 5:30	Mod Baseball / Softball 4:15 Tennis 4:15 Practices V/ JV boys and girls lax 3:5:30 Mod baseball	Softball V/JV 11am, 2pm Practices Boys lax 8am

A look at the “pre-season”

- August 21st – September 2nd
- 2 weeks of athletics without school scheduling conflicts
- 2 sessions
 - Monday – Saturday
 - 8-11:30am
 - 4-8pm



A look at the “off-season”

- Fall sports concluded November 7
- Winter sports began November 13
- Winter sports concluded March 9
- Spring sports began March 11



Day to Day Communication

- Updates on injury and participation
- Updates on environmental conditions
 - Heat, lightning, etc
 - New for 2024 – WBGT (NYSPHAA approved)
- In person, email and text
- Medical information
 - In person or via email through injury reports



Communication – Daily Injury Updates



Wallkill Central School District

Name	Injury Date	Injury Area	Injury Type	Status	Status Notes	Treatment Compliance	Comments
Brian Devincenzi	6/5/2024	Lower Leg	Stress Fracture	Limited	Shin splints	Excellent	Shin pain, unable to hop without pain, pain free activity only.
Bill Earl	6/5/2024	Shoulder	Muscle Strain	Out	Rotator cuff strain	Poor	muscle strain with strength loss and functional deficits, OUT

License Number:

School: Wallkill Central School District

Eric Levasseur MS, ATC, NYS-EMT
Athletic Trainer



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Treatment and Rehabilitation

- Strengthening
 - Updated resistance modalities
 - Therabands and cuff weights
- Balance and proprioceptive training
 - BOSU ball and balance pad
- Advances in treatment capabilities
 - Moist heat (Hydrocollator)
 - Electric stimulation (TENS unit)
 - Percussive therapy device (Thera gun)
 - IASTM (Instrument assisted soft tissue mobilization)
- As capabilities were expanded, they were immediately incorporated to our treatment plans



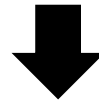
Patient Case 1

17-year male track athlete

- Injury - recurrent hamstring strain -
- Athlete utilized their 9th period study for rehabilitation



- Moist heat, dynamic warm up, modest range of motion exercise and light strengthening



- Utilizing the weight room, athlete progressed to appropriate resistance exercise and sport specific training



- Athlete returned to spring track without enduring a recurrent hamstring strain for the season. Continued to report to the athletic training room for warm up, routine strengthening, and light recovery for the season**



Patient Case 2

- 17 year old female Volleyball athlete
 - Sustained a low / mid grade lateral ankle sprain during preseason
- Injury evaluated on site & at the time of injury
 - Parent phone call made after evaluation
 - Agreement injury was non urgent and parent comfortable holding off on further evaluation



- Athlete treated with light range of motion, massage for swelling, light strengthening exercises



- Athlete progressed to modest strengthening and functional activity



- Athlete taped, functionally tested and returned to VB activity as tolerated around day 10



Thank you for your time
and support!

