

Dear Parents/Coaches/Athletes of Avon High School

Hartford HealthCare Rehabilitation Network (HHCRN), is proud to be the provider of Sports Medicine and Athletic Training services at Avon High School. Our healthcare system is based on a core set of values: Excellence, Safety, Care and Integrity. Our Sports Medicine Team follows these values through injury prevention, injury assessment, rehabilitation, strength and conditioning and returning to sport. Your athletic trainers are Justin LeDuc and Dana McPherson, they also work out of the Hartford Hospital Rehabilitation Network physical therapy office located at 100 Simsbury Road, Suite 102, Avon, CT. 06001

An Athletic Trainer (ATC) is a healthcare professional who, collaborates with a physician in the areas of prevention, emergency care, evaluation, therapeutic intervention, and rehabilitation of athletic injuries and general medical conditions. Some of the common injuries treated could be anything from ligament sprains, and muscle strains to fractured bones or concussions.

Justin LeDuc and Dana McPherson, are available primarily after school until the last contest has concluded. The weekly schedule, posted on the athletic training room door, varies daily and is dependent on the current sports season. Justin and Dana are responsible for the evaluation and treatment of injuries as they occur during practices and games. Should further intervention, such as x-ray or physician evaluation, be needed for an injury, you can expect communication from Justin or Dana regarding the care plan of an injury. Should a physician's evaluation be needed, it is required that written clearance from the physician be given to an athletic trainer in order to be cleared to return to play. Justin and Dana also work closely with Dr. Clifford Rios who designates time to Avon High School as the team physician.

The HHCRN Sports Medicine Team looks forward to working with you and your student athlete. Refer to the school's athletic training section of the athletic handbook or website for school specific policies and procedures. Please do not hesitate to contact me Justin LeDuc with any questions, comments or concerns regarding sports medicine and athletic training services at **860.378.4754** or Justin.leDuc@hhchealth.org Thank you and see you on the sidelines!

Sincerely,

Justin LeDuc, LATC

Certified Athletic Trainer