

Sports Medicine Info

The following information is to help facilitate sports medicine issues with student-athletes:

With every practice and competition it is important to remember that a student-athlete should have:

1. **Good hydration** – urine should be clear or pale yellow (Dark urine is a sign of dehydration)
 - a. Caution: supplemental drinks should not be the main source of hydration as that can lead to other problems. Water, juices are optimal and sports drinks once sweating starts
2. **Good nutrition** – making sure there is a balanced diet (Carbohydrates, Proteins, Fats)
 - a. Calorie intake should at least equal to caloric expenditure (this is based on effort, work-out time as well as weight of the student-athlete)
3. **Rest** – sleep is as critical as hydration and nutrition. The body and mind recover most during rest and sleep.

It is important that every parent/guardian support and provide the student-athlete drinking fluids for the day, making sure s/he is properly feed (breakfast especially) and extra food on hand for the day. Sleep, especially at HW is difficult, but a must.

INJURY:

When an injury occurs, coach and parent should report it to one or all of the Athletic Trainers!

E-mail and contact numbers:

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(When e-mailing, it is best to copy all the above as well as the Coach)

An initial assessment should be made by an athletic trainer to help facilitate care as well as recovery of the injury. It is important to report any and all injuries as a HW insurance report needs to be made.

At any point a student-athlete may see a doctor and paperwork from that doctor must be returned to that Athletic Training Room with “specific instructions” or “clearance to return to play.” The paperwork must be signed by the MD.

COMMUNICATION:

Every effort should be made by all to communicate any injury and doctor's appointment(s). The coaches and school rely on the Harvard-Westlake Sports Medicine staff to help direct how best to keep the student-athlete participating safely, healthy and enjoying the sport.

Harvard-Westlake and HW Sports Medicine appreciates your cooperation with the above