

SCHS General Athletic Information

Athletic Trainer: NHC Healthcare and TOA provide athletic trainer coverage to all Rutherford County High Schools. These individuals are licensed by the state and certified by the Board of Certification. They are here to ensure that the student athletes of this school district have the utmost care when it comes to their athletic injuries. They will actively participate in the prevention, treatment, and care of any athletic injury that occurs to your child during the course of their participation in SCHS athletics. Every attempt will be made by the staff athletic trainer to be in attendance for all home athletic events. There are times, due to overlapping events in the schedule, that all events that occur at the high school are unable to be covered. Emily Spears is our athletic trainer at SCHS, she also teaches in the health science pathway. If you have any questions or would like to discuss your child's physical condition please do not hesitate to contact her. You may reach her at spearse@rcschools.net or 615-904-6771 ext 31608.

Medical Referral: If, in the unfortunate event that your child will need a medical referral to a doctor, someone on the coaching staff or the athletic trainer will contact you to let you know. As your child's parent, you are free to take your child to whichever doctor that you choose. From time to time there will be local doctors on site during RCS athletic contests. If your child becomes injured and is evaluated by a doctor at the event site, you are not obligated to continue your child's treatment with this doctor if further medical treatment is warranted. If and when your child is seen by a doctor for an injury or illness, he/she are to bring a note from that doctor stating their activity level for both practices and games. This note is to be given to their coach or the athletic trainer, or you may upload a picture of it on the DragonflyMax app. Once the note is received stipulating an amount of time for restricted/no athletic activity, it will be followed by SCHS staff.

Insurance: Stewarts Creek High School and Rutherford County Schools do not provide a secondary insurance policy that covers students involved in interscholastic athletics. As the parent or guardian, you will be responsible for any medical bills that you may incur if your child becomes injured while participating in extracurricular activities for SCHS.

Required Paperwork: TSSAA requires athletes have a yearly preparticipation physical examination, these physicals must be dated after April 15, 2018 to be valid for the 2018-2019 academic year. Tennessee Orthopedic Alliance hosts a free physical day each spring. Please see information below regarding this service. If a student athlete does not get his/her physical at that time they will be expected to get it on their own at their own expense. Additional required paperwork can be found on the SCHS Athletics website www.creekathletics.com under the More tab or on the DragonflyMax website and app. In addition to the required paperwork you have to fill out you will need to upload pictures of your child's actual physical form showing the physician's signature, the front and back of an electric bill showing the student's address, and the zone verification from the Rutherford County Schools website- To obtain a this verification go to www.rcschools.net, Click on School Zone/Bus Route Info, type in your complete street address and student's grade, take a picture or print the screen that verifies that you are zoned for Stewarts Creek High School.

Each team's individual coach may have additional paperwork requirements.

DragonflyMax: ALL student athletes and their parents must have a DragonflyMax profile and complete/upload all required documents to their athlete profile. DragonflyMax is available via their app or website. If you already set up an account for your athlete in middle school you do not need to make a new account. You will simply need to click the tornado icon, click "connect to a school or athlete", click your role and enter the SCHS code which is "QA4YKA". **Do not do this until your child has completed all athletic participation at the middle school, or their middle school coach will no longer be able to access their information**
If you do not currently have a DragonflyMax account: Download the "DragonFly MAX" app from either the Apple App Store or Google Play Store or go to www.dragonflymax.com Click "Get Started" and create your account. Choose the correct role for you (i.e. Parent, Coach, Athlete, etc.). Enter our school Code when prompted: QA4YKA

ImPACT Testing:

Rutherford County School mandates that all athletes in football, soccer, volleyball, basketball, baseball, softball, and cheerleading take a baseline concussion test every two years. These tests are transferable throughout the county schools. RCS uses a software tool for these tests called ImPACT (Immediate Post Concussion Assessment and Cognitive Testing). The Impact test will assist our team physicians/athletic trainers in evaluating and treating head injuries. ImPACT is a computerized exam utilized in many professional, collegiate, and high school sports programs across the country to successfully diagnose and manage concussions. If an athlete is believed to have suffered a head injury during competition, ImPACT is used to help determine the severity of head injury and when the injury has fully healed. The computerized exam is given to athletes before beginning contact sport practice or competition. This non-invasive test is set up in "video-game" type format and takes about 15-20 minutes to complete. Essentially, the ImPACT test is a preseason physical of the brain. It tracks information such as memory, reaction time, speed, and concentration. It, however, is not an IQ test. If a concussion is suspected, the athlete will be required to re-take the test. Both the preseason and postinjury test data is given to a local doctor or, to help evaluate the injury. The information gathered can also be shared with your family doctor. The test data will enable these health professionals to determine when return to-play is appropriate and safe for the injured athlete. If an injury of this nature occurs to your child, you will be promptly contacted with all the details.

Free Preparticipation Physical Examinations:

Tennessee Orthopaedic Alliance and physicians/staff from Middle Tennessee Medical Center will again offer free pre-participation exams for prospective Rutherford County middle and high school student athletes on Saturday, April 21, 2018. To make this day go as smooth as possible, please note the following:

- Exams will be at TOA, 1800 Medical Center Parkway, in Murfreesboro.
- **Please have the correct form and all required parent/guardian signatures filled out at the time of arrival.** Athletes without completed and signed forms will not be eligible to receive an exam. DragonFly Max is currently updating their website to include the 2018-19 TSSAA physical form. Once the site is updated, your coach will receive information on how to create a DragonflyMax account for your athlete. The instructional information will also be on the TOA website, www.TOA.com. Once you have completed the forms on DragonFly Max, please print off the history, consent for athletic participation and medical care, and blank physical form. **Printers will not be available the day of physicals.**
- **This will be the only opportunity for athletes to receive these exams – no make-up will be done.**
- Athletes are not required to attend these exams, but a physical is required for participation in sports.
- Please avoid any caffeine/energy drinks. Blood pressure will be taken and athlete may not be cleared.
- Athletes should dress in shorts/t-shirts to allow physicians to evaluate extremities as needed.
- Contact information is listed below. Please do not contact TOA with questions about exams.
- Parents are welcome to accompany their children throughout the entire process.
- Exams will be complimentary; however, donations will be accepted. Proceeds will be used to purchase medical equipment used by the Rutherford County Athletic Trainers.
- Please note that some medical problems detected during physical exam may require clearance from the athlete's physician. Parents may wish to schedule a complete physical evaluation from their physician.
- Each student is responsible for delivery of forms to their coach – copies will not be available.

Please adhere to the scheduled times for our school, which is 9:15 am. A small wait should be expected.

Please contact Brad Rohling at toaphysicals@hotmail.com as soon as possible should there be any conflicts with scheduled times. Do not hesitate to email with problems, questions, or concerns. Please do not contact the physicians/staff of TOA with questions.