

Parents & Athlete's Welcome to the 2016 – 2017 Sports Year

What is an Athletic Trainer?

- According the National Athletic Trainers' Association, "Athletic Trainers (ATs) are health care professionals who collaborate with physicians to provide preventative services, emergency care, clinical diagnosis, therapeutic intervention, and rehabilitation of injuries and medical conditions."

What will an Athletic Trainer do for your student athlete?

- Prevention of athletic injuries
- Recognition, evaluation and immediate care of athletic injuries
- Rehabilitation and reconditioning of athletic injuries
- Help coordinate care with your personal physician or our team physician, as needed

Where will you see your Athletic Trainer?

- Most onsite practices
- Most home matches or games
- Most away football games
- Select away matches or games

Have an injury after hours or on weekends?

- Call our Sports Medicine Hotline
 - Speak with an on call sports medicine professional
 - Phone: 877-482-5420
- Visit a Wellspan Walk-in Clinic
- Hours may vary
 - Wellspan Urgent Orthopedics – York
 - 2319 S. George Street, York PA 17403
 - M-F, 8:00am – 8:00pm
 - Sat & Sun, 9:00am – 6:00pm
 - Hanover Orthopedics Walk-in-Injury Care
 - 207 Blooming Grove Road, Hanover PA 17331
 - M-F, 9:00am – 8:00pm
 - Saturday 9:00am – 2:00pm
 - CLOSED Sunday

**Part of the Wellspan Health Sports Medicine Team
Caring for the Athlete in all of Us**

Who is your Wellspan Athletic Trainer?



Ms. Heather Hair, MS, LAT, ATC,
CKTP

A 2005 graduate of California University of Pennsylvania.

A 2012 graduate of Shippensburg University of Pennsylvania.

Bachelors of Sciences majoring in Athletic Training. Masters in Organizational Development and Leadership.

Office located in Athletic Training Room 204 by Gyms/Locker Rooms

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(Athletic office)



Go Knights!!