

Athletes, Parents, and Family Members:

My name is Amelia Carlson and I am the athletic trainer for Zimmerman High School. I would like to take this opportunity to introduce myself and to give you a little information about my experiences, my role at Zimmerman High School, and services provided.

I graduated with a Bachelor of Science degree in Exercise Science from the University of Minnesota Duluth in 2016 and in 2019 I obtained a Master of Science in Athletic Training from the College of St. Scholastica. I have been an athletic trainer with the Institute for Athletic Medicine & M Health Fairview since August 2019 and have provided athletic training coverage to many of the schools in the north metro as well as several MSHSL state tournaments.

Athletic Training services are provided through the Institute for Athletic Medicine and M Health Fairview. The mission of the certified athletic trainers at the Institute for Athletic Medicine is the commitment to providing the highest quality of sports medicine care and service, using our resources within our professional community to assist our athletic population to achieve optimal health, wellness, and performance.

As an athletic trainer, I work in collaboration with M Health Fairview physicians and Institute for Athletic Medicine Physical Therapists. My responsibilities as an Athletic Trainer include, but are not limited to injury prevention; recognition, evaluation, assessment, immediate care, and treatment of illnesses and injuries; organization and administration, and professional development. Many of you may have had experiences with other trainers but may not understand or know what our credentials are. "ATC" stands for Certified Athletic Trainer, which is a national certification through the National Athletic Trainers Association, an accredited allied health association. In addition to my ATC credential, I am also licensed through the Minnesota State Board of Medical Practice. *I am not a personal or fitness trainer.*

Minnesota State High School League Bylaw 107.02.

Health and safety of our athletes is of utmost importance to the Zimmerman High School. In ordinance with the Minnesota State High School league bylaw 107.02, if at any time an athlete is seen by a physician, for a *surgery, major illness, or injury* (whether the athletic trainer has sent the athlete or not), a physician's note must be provided to the athletic trainer clearing the athlete for participation, this applies to both practice and competition. Clearance notes can be faxed to the athletic department via **763-241-3506** or brought to the Athletic Trainer.

Zimmerman Home Athletic Training Coverage

The athletic training room will be available to all ZHS athletes. However, in-season athletes will have precedence over off-season athletes for treatments and evaluations. Off-season athletes may be seen, but off-season evaluations are not always guaranteed pending availability. An athlete is considered in-season beginning three weeks prior to the first possible schedule contest. Home event coverage is as listed.

Fall 2020	Winter	Spring
ATR Hours: 2:15pm - 5:15pm	ATR Hours: 2:15pm - 5:15pm	ATR Hours: 2:15pm - 4:15pm
All levels of Football All levels of Volleyball Varsity Boys Soccer Varsity Girls Soccer Select Cross Country	All levels of Boys Basketball All levels of Girls Basketball Varsity & JV Wrestling	Varsity Softball Varsity Baseball Track & Field

I hope that you will feel free to contact me any time you have any questions or concerns regarding your student athletes and an injury.

Amelia Carlson, MS, ATC

Athletic Trainer, Zimmerman High School

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ATR Phone: (763) 241-3505, ext. 2829