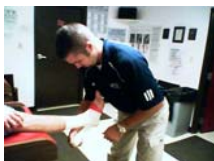


What is an Athletic Trainer?

An Athletic Trainer is an allied health professional that specializes in the athletic population. The role of the athletic trainer is prevention, assessment, treatment and rehabilitation of injuries. The responsibilities of the athletic training staff at Homewood-Flossmoor High School is to perform emergency management and evaluation of injuries sustained during practices and competitions. The athletic trainers work with local physicians of various specializations and will make a recommendation to the injured athlete's parents as to whether or not a visit to a physician is warranted and which type of physician would be the most appropriate. They can also recommend specific physicians if necessary. The athletic trainer will then perform treatment and rehabilitation of the injury to allow the athlete's soonest safe return to practice and competition.



Qualifications of the Athletic Trainer

Educational Competencies

- Athletic Training Evaluation
- Human Anatomy
- Human Physiology
- Exercise Physiology
- Biomechanics
- Nutrition
- Psychology
- Pharmacology
- Physics
- Health Care Organization and Administration

Accreditation

Passage of the National Athletic Training Association Board of Certification Examination

Licensure

Licensed to practice as an Athletic Trainer in the State of Illinois

Continuing Education

Athletic Trainers must have 75 contact hours of continuing education every 3 years to maintain certification and licensure. This ensures the athletic trainer is up-to-date on current trends in sports medicine.

Professional Organizations

National Athletic Training Association

www.nata.org

Great Lakes Athletic Training Association

www.glata.org

Illinois Athletic Training Association

www.illinoisathletictrainers.org

Homewood-Flossmoor High School Athletic Trainers



Steve Szymkowiak, MA, ATC, CSCS

Fall and Spring Seasons

Steve Szymkowiak is a tenured faculty member who has served as the Athletic Trainer since '98 at HFHS a NSCA Certified Strength and Conditioning Specialist his teaching responsibilities include curricular Fitness and Performance instruction and the direction of the Introduction to Sports Medicine honors course in PE/Health/Drivers Education Department. A past Board Member and Public Relations Director of the Illinois Athletic Trainers Association, he is an active presenter and participant throughout the state and regional symposiums.



Brad Kleine, ATC, NASM-PES

Fall, Winter, and Spring Seasons

Brad Kleine is a certified athletic trainer and performance enhancement specialist. He has worked with athletes from professional, collegiate, high school, middle school and club levels. He is a 2001 graduate of the University of Illinois at Chicago with a bachelor's degree in Athletic Training and a minor in Psychology. Mr. Kleine obtained his advanced specialization as a Performance Enhancement Specialist from the National Academy of Sport Medicine in 2003. He is contracted to Homewood-Flossmoor from AthletiCo Rehabilitation, Fitness and Performance.



Matt Zalewski, ATC

Winter Season

Matt Zalewski has just completed his first season as Head Athletic Trainer for the Schaumburg Flyers Professional Baseball Team. He received his Bachelor of Science in Kinesiology with an emphasis on Athletic Training from Western Illinois University. He has been an Athletic Trainer for Lincoln-Way East High School for the past 3 years and has worked with the Chicago Fire Professional Soccer Team, AVP Volleyball Tour and several US National Soccer Teams. He is contracted to Homewood-Flossmoor from AthletiCo Rehabilitation, Fitness and Performance.

Facilities



The Athletic Training Room is located in the Mall Building between the North and South Buildings at the south end of the football field. The HF Athletic Training Room is one of the best equipped in the State of Illinois. It contains three taping tables, two treatment tables, two whirlpools, an ultrasound/electrical stimulation machine and is large enough to accommodate several athletes at one time for taping, treatment and rehabilitation.



Athletic Training Aides

Several Homewood-Flossmoor High School students choose to assist the Certified Athletic Trainers as Athletic Training Aides. This is done in conjunction with the Sports Medicine Class offered to upper classmen on the honor's level and taught by Mr. Szymkowiak. Underclassmen are accepted on a probationary status until they can take the class. Working as an Aide and taking this class can provide a valuable start for students interested in an allied health care career such as athletic training and physical therapy.

HF Sports Medicine Parent's Injury Care Guide

Injuries are an unfortunate part of participation in athletics. Proper care of the injuries that occur during sports can make the difference between a safe and quick return to play or a lingering injury that never seems to get better.

All athletics-related injuries should be evaluated by the Certified Athletic Trainers in the Athletic Training Room. They are trained to evaluate and assess the injury and will make an appropriate recommendation for the plan of care. This can include referral to a physician, a home care program or rehabilitation and/or athletic taping. Most injuries can be taken care of in the Athletic Training Room saving time, inconvenience and health care cost to the athlete's family. If a referral to a physician is necessary, the Athletic Trainer will contact you and provide recommendations to physicians who specialize in the area to be addressed.

Home care of injuries can be kept to a few basic principles.

- Rest-* Avoid unnecessary strain to a new injury by limiting the stress to the area.
- Ice-* Ice is the best option for limiting the amount of swelling that enters the injured area. Heat can significantly increase the swelling to an injured area and treatments such as warm salt baths and heat packs should be avoided.
- Compression-* The use of a compression garment such as an Ace wrap or compression sleeve can limit and/or eliminate swelling and should be used to help treat sprains and strains. Exception- never compress a suspected fracture.
- Elevation-* Elevation of the injured body part helps to limit the amount of fluid that accumulates in the area and helps the fluid that has already arrived to drain out.

For questions or a referral to a physician please contact the Athletic Training Room.

Homewood-Flossmoor High School

Athletic Training



The On-Site Health Care for Homewood-Flossmoor High School's Student Athletes

Contact Information:

Homewood-Flossmoor High School
Athletic Department
Athletic Training
999 Kedzie Avenue
Flossmoor, IL 60422

Athletic Training Room Phone
(708) 335-5688

Athletic Department Fax
(708) 799-8292

For any additional services or referrals please see the
Homewood-Flossmoor High School
Athletic Training Staff

Brad Kleine and Matt Zalewski are contracted from
AthletiCo Rehabilitation, Fitness and Performance