



Sports Medicine Services

Northwest Catholic High School

November 4, 2020



Welcome

- Ashley Mara
 - Director of Athletics

- Christina Martinelli, ATC, CSCS, FMSC
 - HHC Manager of Athletic Training



HHC Strategic Framework

Mission

To improve the health and healing of the people and communities we serve

Vision

Most trusted for personalized coordinated care

Values



CARING

We Do the
Kind Thing



SAFETY

We Do the
Safe Thing



EXCELLENCE

We Do the
Best Thing



INTEGRITY

We Do the
Right Thing

Commitment

Every Moment Matters

Promise

ONE: Registration, EHR, Standard of Excellence, Bill, Relationship

Sports Medicine Team

Sports Health

- Personalized
- Multi Disciplinary
- Collaborative
- Care Coordination
- Holistic Approach
 - Mind and body



Nearly 30 Specialists Available for Team, Staff and Families

Bariatric Surgery

Endocrinology, Diabetes
& Metabolism

Neurosurgery

Sports Health

Breast Surgery &
Care

General Surgery

OB GYN

Surgical Oncology

Cardiac Surgery

Hand Surgery

Oral Maxillofacial
Surgery

Thoracic Surgery

Cardiology

Hematology &
Oncology

Peripheral Vascular
Surgery

Transplant Surgery

Colorectal Surgery

Hepatobiliary
Surgery & Pancreatic

Plastic & Reconstructive
Surgery

Urology & Kidney

Concussion Care

Medical & Surgical
Weight Loss

Podiatry & Podiatric
Surgery

Vascular & Endovascular
Surgery

Electrophysiology

Neurology

Rheumatology

Women's Health

Athletic Trainer

Mrs. Katie Fleeman MS, ATC

- Midland University, 2020
 - MS: Adult and Organizational Learning
 - Graduate Assistant AT
- Dakota Wesleyan University, 2018
 - BS: Athletic Training
- Hours
 - M-F: 1:30p on
 - Sat: Game/Practice Coverage
- Contact Information
 - E: Katie.fleeman@hhchealth.org
 - O: 860.236.4221 x110
 - C: 402.270.4615

• Injury Plan of Care

- Evaluation of the student, reported to coach and administration as needed
- Parent will be contacted depending on severity and the ability to connect with them
- Suspected emergency care: Parents/Guardians will be contacted within 24 hours

• Concussion Policy and Guidelines

- Per standing orders and Connecticut State AT Licensing, "...any athlete exhibiting signs and/or symptoms related to a concussion after a direct hit to the head or an indirect hit affecting the head must be immediately removed from practice/contest and evaluated by the AT or attending physician."
- Proper contact to parents/guardians in 24 hours
 - Additional directions/care will be communicated
- Progression back to activity will occur at a progression- must rest 24 hours between stages

Strength and Conditioning

Mr. Evan Gross MS, CSCS

- Central Connecticut State University, 2018
 - MS: Physical Education
- Springfield College, 2011
 - BS: Exercise Science
- Coaching Experience
 - Central Connecticut State University
 - 2016-2018 GA Strength Coach
 - 2019 Assistant Strength Coach
 - US Military Academy, 2014-15
 - Running Backs (Sprint Football)
 - Simsbury High School, 2011-14
- Hours
 - M/W/F: 2:30-5:30pm
- Contact
 - Evan.gross@hhchealth.org

Policy and Procedures

1. Safety
 - Appropriate movements
 - Small groups
 - Facemasks
2. Cleanliness
 - Spray and wipe after each session
 - Hand sanitize in and out
3. Start Light
 - Starting lighter than we think leaves more room for progress and keeps stress down
4. Progress Slowly
 - It's about 4 years not 4 weeks or 4 months

Team Physicians

- Dr. J. Kristopher Ware
– Orthopedic Associates of Hartford



- Dr. Subramani Seetharama
– HHCMG-Concussion Specialist



Sports Medicine Physical Therapy

- **Hartford HealthCare Rehabilitation Network**

- Bloomfield, Northwestern Drive
 - Mark Parent
 - Brian McLellan
- Bishops Corner
 - William Dresser
- Blue Back Square
 - Latasha Raineault
 - Kyle Leonard
- South Main Street, West Hartford
 - Joe Grabicki

- **Bone and Joint Institute**

- Sean Gray
- Stefanie Bourassa
- Sports Specific Functional Testing
- Biomechanical Assessments
- Injury Prevention Testing
- Bridge Program Site
- Specialized Care
 - Psychology
 - Nutrition
 - Integrative Medicine
 - Sports Neurology

Questions and Answers

- Can my student athlete see the athletic trainer during school hours?
- I need to get into contact with the athletic trainer in regards to my son's/daughter's injury. How can I best reach her?
- I'd like to make an appointment to see one of the team physicians? What does that process look like?
- If a student needs physical therapy, what is the process or role the partnership provides?
- Due to social distancing, I have elected to purchase some weight training equipment for my house. What resources can you share to ensure proper (safe) strength training at home? Where is the risk, and what should I (as a parent) be looking out for?

Hartford HealthCare

Sports Medicine

