Millard West Athletic Training

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Both athletic trainers (Jackie and Katie) are nationally certified by the Board of Certification for athletic trainers and licensed by the state of Nebraska. Athletic trainers are healthcare professionals. Athletic training encompasses the prevention, examination, diagnosis, treatment and rehabilitation of emergent, acute or chronic injuries and medical conditions.

-Our typical hours of operation are Monday-Friday from 2:30 until the last event or practice ends. We are also at the school most Saturday mornings during the school year. As a parent you can always contact us via email or phone. If your child wants to contact us, they can stop by the athletic training room during any open hours, email us, or text/call us through the Remind app. The athletic training room code for Remind is @cats95 or search to join the class named: Athletic Trainer.

-You child needs to report all injuries and illnesses to the athletic trainers as soon as possible to ensure the best care possible. Unless it's an emergency, try to have your child see us first. We will evaluate and refer to a physician or specialist if necessary. If your child sees a physician, for any injury or illness, we MUST have a diagnostic doctor note from that visit and we MUST have a doctor (DO, MD, PA, or APRN) note clearing him/her BEFORE he/she will be allowed to return to play. We cannot accept clearance notes from chiropractors or physical therapists. Progress notes on treatments/rehab are most welcomed from any health care professional and are conducive to our team-based approach to care.

-Millard Public Schools has a concussion policy that is compliant with state and federal laws and enforced throughout the entire district. The policy along with other helpful concussion related information can be found within the school website at httPs://www.mpsomaha.org/departments/student-services/student-health under the

"Bridging the Gap from Concussion to Classroom" tab. If your child is suspected of a concussion, they are REQUIRED to see a doctor. It is imperative that your child reports any concussion symptoms to the athletic trainers as soon as possible to activate the concussion management team and to start any accommodations he or she may need. Return to Learn MUST be completed before Return to Play can begin.

-Proper nutrition and adequate sleep will go a long way in keeping your child healthy. We are often asked about energy drinks and supplements. Energy drinks are a central nervous system stimulant that elevates the heart rate. They are NOT regulated by FDA. Energy drinks can be very dangerous and should NEVER be used for hydration or any time before/during activity. Supplements, such as pre-workout, are also not FDA regulated. It is important to read all the ingredients carefully. You and your child should always ask yourselves: Is it safe? Is it legal? Is it effective? Is it tested? Please come to us if your child isn't sure what to use.

-Please keep in mind how busy the Athletic Training Room can become with the many student- athletes we have here at Millard West. Some days we may be able to spend 15-20 minutes with your child, other days we may only be able to talk with them for 1-2 minutes. Please understand that this does not mean we do not care about your student-athlete. Some situations may require a less aggressive treatment to begin the plan of care. If you or your child feels that you did not get adequate attention, please have your child come follow up with us the next day. Parents also feel free to contact us and we will be more than willing to discuss any concerns you may have.

-We do not call parents for every minor injury. We will reach out to you if the injury is significant and your child will be sitting out from practices/games OR if we believe a referral is necessary. However, you are always welcome to reach out to us with any questions, concerns, or if you would like a status update.