



HILLSBOROUGH HIGH SCHOOL

466 RAIDER BOULEVARD, HILLSBOROUGH, NJ 08844-1499
Athletic Department



TO: Parents/Guardians HHS Student Athletes

RE: **HILLSBOROUGH HIGH SCHOOL ATHLETIC TRAINING**

As a parent/guardian of a Hillsborough High School athlete, you should be aware that the district employs two Certified Athletic Trainers. The purpose of this letter is to introduce ourselves to you and to explain our role within the HHS athletic program.

A Certified Athletic Trainer is a sports medicine specialist who primarily cares for athletics-related injuries. While your son/daughter is participating in a sport here at HHS, injuries and illnesses can occur. As Certified Athletic Trainers, we are responsible for being present at all practices and games. We handle all the pre-game taping and preparation. When an injury or illness occurs on the field, court, or mat, we are responsible for evaluating that injury or illness. We then determine if the injury/illness should be seen by a physician, and refer appropriately.

We would like to inform you of an improved policy regarding physician visits, which will be strictly enforced beginning in the fall of 2009. An athlete who sees a physician for an injury or serious illness, must be cleared in writing by that physician and/or the primary care physician, in the case of an emergency room visit. **The athlete must bring the note of clearance to the Athletic Trainers for that injury.** We will then communicate their active status to the athlete's coach. If your child does not have a clearance note from their physician, he/she will not be permitted to participate in HHS athletics. This policy allows the Athletic Training staff to be aware of the athlete's status and to help better care for all Hillsborough Raider athletes.

Please call or stop by (we are located behind the main gym at HHS) should you have any questions, concerns, or want to speak about your child's case specifically.

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