



Athletic Training Information

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The Athletic Training Facility (ATF) is located next to the weight room on the east side of the building, across from the ACC.

The ATF will be open 12pm to 7pm Monday through Friday (The ATF may be closed on Fridays for football games and other select dates to allow for travel to playoff events).

What is an Athletic Trainer?

An Athletic Trainer (AT) is an expert at recognizing, treating and preventing musculoskeletal injuries. ATs meet qualifications set by the Board of Certification, Inc., and adhere to the requirements of a state licensing board. ATs practice under the direction of a physician and are members of a health care profession recognized by the American Medical Association.

An athletic trainer . . .

- Must have at least a Bachelors degree in athletic training, which is an allied health profession.
- Must pass a three-part exam before earning the ATC credential
- Must keep their skills current by participating in continuing education
- Must adhere to practice guidelines set by the national certifying agency

Daily Duties of an athletic trainer:

- Provide physical medicine and rehabilitation services (physical therapy)
- Prevent, assess, and treat injuries (acute and chronic)
- Coordinate care with physicians and other allied health providers
- Upon injury, communicate with parents/guardians via phone call and/or informational take home notes

The sooner an injury is identified, the less time it will take to heal and it will decrease risk of causing more harm to the athlete. Please recognize that some injuries will require that an athlete come in for rehabilitation sessions. I will do my best to work with each coach and athlete to establish the most ideal times for the athlete to come in for rehab. Rehabilitative services will strengthen and heal an injury faster and enable an athlete to return to full play faster.

Athlete and/or Parent responsibilities:

- An athlete is encouraged to speak to the AT when experiencing pain with athletic movement when first noticed. Waiting to address the pain after a length of time can delay an athlete's full return to activity.
- Anytime an athlete is seen by a licensed physician, a doctor's note is required prior to return to activity. A physician release form can be obtained from the AT office or from the AT website.
- AT recommended exercises and/or stretches are to be continued at home and on weekends as directed.
- Open communication with AT is strongly encouraged; email is checked frequently each day.