



Las Cruces Athletic Training

What is an athletic trainer?

Athletic trainers are licensed health care professionals that specializes in preventing, recognizing, managing and rehabilitating injuries. LCPS Athletic Trainers strive to provide all student-athletes with the highest quality medical care.

Concussions

A concussion is defined as a “trauma-induced alteration in mental status that may or may not involve loss of consciousness.” This can be caused by a bump, blow or jolt to the head or by a hit to the body that causes the head and brain to move quickly back and forth within the skull. Concussion signs and symptoms can appear immediately or not be noticed until days or even weeks after the injury.

If an athlete sustains a concussion during an NMAA athletic event, they will be evaluated by the athletic trainer. All athletes with a concussion must follow the concussion protocol and be out a minimum of 240 hours (10 days). All athletes will complete the Return to Play before returning to any physical activity.

Medical Conditions

Listing any medical conditions that your athlete has on the pre-participation physical paperwork will help athletic trainers take care of your athlete and be prepared if an incident occurs. Medical conditions may include, but not limited to, diabetes, asthma, epilepsy, history of heat illness, sickle cell, cardiac or blood conditions.

Doctor Notes

If a student is injured or ill and seeks medical care, the student must obtain a release from the attending licensed health care provider prior to resuming participation. The release must be signed and dated by the attending licensed health care provider. The athlete will not be allowed to participate until medical documentation has been turned in.

Tips from your athletic trainer

Taking care of your body is essential as an athlete. It also helps decrease the chances of injury and illness.



Sleep

Get 8-10 hours of sleep



Hydration

Drink 70-90 ounces of water daily



Nutrition

Protein, carbs, and healthy fats are essential to your success.

Pregame Nutrition
(1 hour or less before game)

- Rice Crispy treats
- Bananas and oranges
- Applesauce
- Goldfish crackers
- Pretzels
- Yogurt
- Fruit snacks
- Gatorade
- Granola Bars



Recovery Nutrition

- Chocolate Milk
- Yogurt
- Recovery bars
- Whole fruit
- PB&J
- String Cheese
- Banans with PB



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