



Walnut Hills Athletics



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Dear Parents and Coaches,

Here we are again looking forward to another school year and new sports seasons. This is my first year at Walnut Hills High School and many of you may not know who I am or what it is that I do, so I would like to introduce myself and let you know what my role is here at Walnut Hills High School. My name is Mary Goldbach and I am a certified athletic trainer. I have just started working at WHHS this July. I am excited to be a part of the athletic program at this school and I am looking forward to meeting and working with all of you this year.

To let you know exactly what it is that I do and what my credentials are, I am a nationally certified (by the National Athletic Trainers' Association) and state licensed (by the Ohio Board of Occupational Therapy, Physical Therapy, and Athletic Trainers') medical professional. I am not a fitness trainer or a coach. My responsibility as the athletic trainer is to prevent, evaluate, treat, rehabilitate, and educate people about athletic injuries. I received my bachelor's degree in athletic training in May 2006 from Miami University. I continued on to graduate school and recently graduated from Georgia State University this past May with my master's degree in sports medicine. I did a two-year assistantship at The Lovett School where I worked with 65 competitive sports teams in 15 different sports. Currently, I work for NovaCare Rehabilitation, a national leader in Sports Medicine and Physical Therapy.

My job and goal here at Walnut Hills is to ensure the safe participation of all student-athletes. I will do this by educating coaches and athletes about injuries and ways to prevent and treat them. It is the nature of sports that at times an athlete may sustain an injury. I will do my best to return the athlete to play as quickly and safely as possible. I may recommend that they see a physician and they may then be referred to physical therapy. At times, I may have to hold an athlete from participating in practice or an event. This would occur only if I feel that it will be in the best interest of the athlete in order to prevent them from further injury. Please know that I am here to work *with* you and your athlete. I wish them the best and want them to have a safe and enjoyable season.

Please see the injury protocol that should be followed in order to help expedite the rehabilitation and healing process.

Again, I look forward to working with all of you and having a safe and successful year.

Thank you,
Mary Goldbach, ATC

Walnut Hills High School Injury Protocol

In the unfortunate event that your son or daughter is injured during an athletic contest or practice these are the procedures that I recommend we follow:

1. Contact Mary Goldbach as soon as possible:
 - Cell: (513) 910-2234
 - Training Room: 363-8636
 - NovaCare: 621-7937
 - Email: Gbach73@hotmail.com
2. Upon my evaluation, I may recommend that your athlete see a physician. The team physicians that I work closely with are national leaders in their field. These physicians are:
 - Keith Kenter, MD: Assistant Professor Sports Medicine & Shoulder Reconstruction University of Cincinnati; Team Physician University of Cincinnati, Team Physician Cincinnati Marshals NIFL, Team Physician Midland Baseball Club (513) 475-8690
 - Jon Divine, MD: Director of Sports Medicine Cincinnati Children's Hospital, Director of the Children's Hospital Concussion Clinic, Team Physician Cincinnati Marshals NIFL (513) 636-4366
 - Angelo Colosimo, MD: Director, University Sports Medicine Center of Cincinnati; Head Team Physician University of Cincinnati, Head Team Physician Cincinnati Bengals NFL (513) 475-8690

Communication between all members of the health care team is essential to facilitating a quick recovery. You are free to take your athlete to any physician of your choice. Please keep in mind that I am able to easily communicate with our team physicians – on a daily basis if needed. If your athlete is seen by one of these physicians, I will know exactly what they can or cannot do at practice or games. If the athlete sees any other physician be sure to bring any orders (return to play, etc) in writing to me. Regardless of what physician is seen, all return to play orders **MUST BE IN WRITING** and I must have these orders before your athlete may return to activity.

3. If your athlete is given a prescription for physical therapy, I prefer that they go to NovaCare. NovaCare is a national company who provide the best in physical therapy service. Also, I can very easily communicate with the physical therapist there so I know exactly what is going on in the rehab process and know when they can safely return to competition. Your athlete will have some instructions for exercises and treatment to do at home. It is very important that your athlete follow the instructions from the physician, physical therapist and myself in order to return to activity as quickly and safely as possible. If the instructions are unclear or you have any questions, please contact me.

Please feel free to contact me at the above numbers if you have any questions.

REMINDER: The Cincinnati Public School District and Walnut Hills High School provide some supplemental accident insurance in case of injury. However, all athletes are required to provide proof of insurance before trying out for or participating on a team.