

An orange star graphic is located in the upper left quadrant, with a faint, curved line trailing from it across the slide.

# Fall Sports Parent Meeting

## 6PM

## TBD



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Our Potential

Winter Sports Parent Meeting



# **WELCOME AND INTRODUCTIONS**

Rusty Hodges

Director of Student Activities



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# Activities Office Staff

## ACTIVITIES OFFICE STAFF

Rusty Hodges-

Director of Student Activities

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David Gardziel-

Assistant Director of Student Activities

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David Arthur-

Assistant Director of Student Activities

[DRArthur@fcps.edu](mailto:DRArthur@fcps.edu)

Ana Gonzalez-

Administrative Assistant

[acgonzalez1@fcps.edu](mailto:acgonzalez1@fcps.edu)

## ATHLETIC TRAINING STAFF

Heather Murphy- Head Athletic Trainer

[HRMurphy@fcps.edu](mailto:HRMurphy@fcps.edu)

Caroline Taylor- Associate Athletic Trainer

[bctaylor1@fcps.edu](mailto:bctaylor1@fcps.edu)



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# Fall Sports Coaching Staff

## **Todd Withington-Head Coach**

Brian Szabos

Matthew Jenkins

## **Cross Country**

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[matthewjmjenkins@gmail.com](mailto:matthewjmjenkins@gmail.com)

## **Mary Brunson- Head Coach**

Christina Blake

## **Cheer**

[marypbunson07@gmail.com](mailto:marypbunson07@gmail.com)

[misschristinablake@gmail.com](mailto:misschristinablake@gmail.com)

## **Golf Head Coach-Joseph Kim**

John Myers

Rick Whittenberger (Girls)

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[jemeyers@fcps.edu](mailto:jemyers@fcps.edu)

[rick.Whittenberger@yahoo.com](mailto:rick.Whittenberger@yahoo.com)

## **Brittnay Watson- Head Coach**

Hannah Johnson

Andrew Sekikubo- JV Head Coach

## **Field Hockey**

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[ssekikuboandrew@gamil.com](mailto:ssekikuboandrew@gamil.com)



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# Fall Coaches con't

## **Aaron Raffle- Head Coach**

Mike Auerbach

Enock Boateng

Jervan Bryant

Jeremy Jackson

Christian Ocasio

Bill Rechin

Brian Sotero

Patrick Tarman

Ryan Russomanno

## **Football**

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## **Volleyball**

## **Maria Velicu- Head Coach**

Shane Foley Spellman

Alec Bradley- JV Coach

Amanda Gerni- Freshman Coach

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# ACTIVITIES OFFICE GOALS



1. Provide ongoing Communication  
[www.tjsports.org](http://www.tjsports.org)  
Twitter- @Cab\_tj  
Athletics Facebook  
[www.facebook.com/TJHSSTSports](https://www.facebook.com/TJHSSTSports)  
Instagram- @tjcolonials1
2. Increase Student Participation
3. Update uniforms, equipment, and improve facilities



# Disinfection Guidelines

- The Activities Office in cooperation the TJ Custodial staff follows activity-specific guidelines as specified by FCPS to sanitize all areas of the building occupied by our athletes and coaches
- Custodians are routinely cleaning and disinfecting our Gyms, Team Rooms, Locker Rooms and Weight Room.
- Coaches and athletic trainers are routinely disinfecting all shared materials & equipment before during and after practices and games.
- Athletes will have access to locker rooms and team rooms. Team rooms are for storing equipment and changing only. Athletes are **not permitted to hang out in our locker room facilities**. Specific restrooms are marked for use in the Gym Lobby & Math Hallway near Gym II.

# Transportation

- With the return of students for face-to-face instruction in March, FCPS Busses have been scheduled for away events for the Fall season.
- Families still have the option to drive/carpool to home and away events.



# Masks

- FCPS **REQUIRES** all athletes to wear masks during all practices, games, and meets. Specific game protocols must be followed for each fall sport.
  - Cheer can remove the mask for stunting and tumbling for safety reasons.

# COVID19 Reporting

- We ask that all athletes, coaches, and staff members remain home if they are not feeling well.
- Symptoms should be reported to the coach and athletic trainers ASAP.
- TJ Staff will report all instances of COVID19 symptoms to school administration and follow FCPS and FC Health Department protocols.
- Students returning from quarantine after a positive COVID19 test or an exposure to someone who tested positive for COVID19 should provide a doctor's note clearing them to return to athletic participation.
  - <https://www.fcps.edu/sites/default/files/media/forms/SickStudentNotification-ReturntoSchool-Form.pdf>

# Fan Attendance

- Prior to the game, a Google Form will be sent to parents to complete for admission to the game
- Football & Field Hockey
  - 2 family members per athlete (home and away)
- Volleyball
  - 2 family members per athlete. Home Varsity Only.
- Fan should spread out, sitting 6 feet apart and staggered.
- All fans must always wear face coverings.
- Fans must leave the school immediately after the game.
- Concessions
  - Pre-packaged items will be sold

# Live Streaming

- FCPS in cooperation with the (NFHS) Network will provide free of charge live streaming of all home and away events scheduled in Fairfax County.
- Families will need to subscribe to the NFHS Network for games played outside of FCPS.
- For access go to [www.nfhsnetwork.com](http://www.nfhsnetwork.com)
- Goal for streaming is March 1<sup>st</sup>.

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# COLONIAL ATHLETIC BOOSTERS

Eric Nguyen

President, Colonial Athletic Boosters



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# What Do The Athletic Boosters Do?

- Sponsor and organize:
  - Home Game Concessions
  - TJ Gear & Merchandise
  - End-of-Season Awards Nights
  - Uniforms & Equipment
  - Close the Funding Gap

**Our #1 Goal is to create the BEST Sports Experience for our TJ Community – Students, Parents, Fans and Coaches**



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# What is the Funding Gap?

- Fairfax County funds:
  - Coaches' salaries, bus transportation and Officials
  - **The Colonial Athletic Boosters fund:**
  - Standard items such as uniforms, equipment, field maintenance, awards
  - Big ticket items such as scoreboards, Weight Training & Fitness equipment, batting cages, goals & rehab equipment





MEET THE COACHES NIGHT

# ATHLETIC TRAINING DEPARTMENT

Heather Murphy

Caroline Taylor

Certified Athletic Trainers



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# TJ's Athletic Trainers

Heather Murphy, MS, LAT, ATC  
Head Athletic Trainer  
Full Time Athletic Trainer  
[Heather.murphy@fcps.edu](mailto:Heather.murphy@fcps.edu)  
703-932-1953

Caroline Taylor, MS, LAT, ATC  
TJ Physical Education & Health Teacher  
Associate Athletic Trainer  
[bctaylor1@fcps.edu](mailto:bctaylor1@fcps.edu)



# Sports Medicine Staff



## Team Physician

Dr. Dan Weingold

- Orthopedic Surgeon
- Offices with OrthoVirginia and Rehabilitation in Burke and Alexandria
- Athletes should see ATC prior to seeing the team physician

# Certified Athletic Trainer (ATC)

- What is an Athletic Trainer?
  - Degree (BS or MAT) from a CAATE approved program and successful completion of National Accreditation Exam
  - Not the “trainer” at the local gym. Please don’t use term “trainer,” use athletic trainer or AT
  - Licensed by Virginia’s Board of Medicine to practice athletic training





- Prevent injury

- 
- The collage consists of 15 individual photographs arranged around a central logo. The logo is a red-bordered square containing a white book icon with the letters 'F', 'C', 'P', and 'S' in the corners, and a yellow caduceus in the center. To the right of the logo, the words 'Athletic Training Program' are written in a large, bold, red serif font.
- The surrounding photographs depict various scenes of athletic training and classroom instruction:
- Top left: A person in a red and white shirt stands on a grassy field.
  - Top center-left: A classroom with several long tables and chairs.
  - Top center-right: A person in a white shirt stands next to a chalkboard with a human skeleton diagram.
  - Top right: A person in a white shirt sits on a bench, with another person in a white shirt standing nearby.
  - Middle left: A person in a white shirt sits on a bench, looking up.
  - Middle center: A person in a white shirt sits on a bench, with another person in a white shirt standing nearby.
  - Middle right: A person in a white shirt sits on a bench, with another person in a white shirt standing nearby.
  - Bottom left: A person in a white shirt sits on a bench, with another person in a white shirt standing nearby.
  - Bottom center-left: A person in a white shirt sits on a bench, with another person in a white shirt standing nearby.
  - Bottom center-right: A person in a white shirt sits on a bench, with another person in a white shirt standing nearby.
  - Bottom right: A person in a white shirt sits on a bench, with another person in a white shirt standing nearby.



# Assumption Of Risk

- Not all injuries can be prevented
- Catastrophic injuries can occur in any sport
- The FCPS comprehensive Athletic Training health care has proven to influence a reduction in the severity of injury and prevalence of reinjury

# Coverage

## Athletic Training Room Coverage

- The Athletic Trainer will be available for evaluations, treatments, rehabilitation, and questions from student athletes, parents, and physicians each school day afternoon.

## Athletic Contest Coverage

- All contests indicated below are covered by the home ATC.

### FALL

- Football (Varsity)
- Field Hockey (Varsity & JV)
- Volleyball (Varsity, JV, & Freshmen)
- Cheerleading (Varsity)
- Cross County

# Injuries

- All injuries & illnesses must be reported to your school's Athletic Trainers
- All injuries must be reported prior to return to activity regardless of severity or physician consultation
- Our philosophy is to return injured athletes to participation in the quickest and **SAFEST** manner possible.

# Injuries

- Rest
- Ice – Freezer vs Ice Machine
- Compression
- Elevation – Above the Heart
- Support – Crutches, Cane, Brace, Sling
- Physician – Please bring in a note that informs us of diagnosis, what rehab or treatment the physician would like, and the playing status.

## When an athlete is hurting...

- For a problem, athlete will receive treatment in the ATR
- For a minor injury, a written note may be sent home or a phone call will be made
- If a serious injury has occurred, the ATC will call home. If no parent answers, we will call the emergency contacts.
- If an injury happens at a contest, the ATC will speak to the parent regarding return to play

# Return To Play

- A Parent, Coach, Family Physician, Athlete, Administrator, ATC, or Team Physician can exclude an athlete from participation
- All of these individuals must agree that the athlete can and should play
- The role of the Athletic Trainer is to make sure your athlete is safe to return to play

# Rehabilitation

- Rehabilitation and reconditioning is a primary role of the Certified Athletic Trainers
- We have the tools and time to work with your athlete
- Every injury will benefit from some form of rehabilitation



# Seeing the Athletic Trainer

- The main athletic training room (Door 11) is limited to 6 persons at a time.
  - Auxiliary athletic trainer room (next door) is limited to 3 persons
- If an evaluation, treatment, or rehabilitation is needed, athletes should EMAIL the athletic trainer ahead of time and make an appointment.
  - [hrmurphy@fcps.edu](mailto:hrmurphy@fcps.edu) or [bctaylor1@fcps.edu](mailto:bctaylor1@fcps.edu)
- Otherwise, it is on a first come basis, and athletes could be waiting for a space to open and could be late to practice.

# COVID19 Protocols

- All students should complete the pre-activity screening Google form for every team activity.
  - It can be bookmarked for easier access
- We ask that all athletes, coaches, and staff members remain home if they are not feeling well.
- Symptoms should be reported to the coach and athletic trainers ASAP.
- TJ Staff will report all instances of COVID19 symptoms to school administration and follow FCPS and FC Health Department protocols.
- Students returning from quarantine after a positive COVID19 test or an exposure to someone who tested positive for COVID19 should provide a doctor's note clearing them to return to athletic participation.
  - <https://www.fcps.edu/sites/default/files/media/forms/SickStudentNotification-ReturntoSchool-Form.pdf>

# MRSA: What Does It Look Like?



- MRSA is a “Staph” infection
- It does not respond to some antibiotics
- It is treatable
- Like other infections, this can become serious if left untreated
- Severe infections can be prevented by practicing proper hygiene and early detection



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# Universal Hygiene

- Wash hands or use sanitizer frequently during practices and games
- Clean clothes and equipment daily
- Showering after all practices/competitions
- Proper use of water bottles and cleaning them daily
- Encouraging these practices are essential to minimizing the risk of infectious disease including MRSA, H1N1 & COVID19



# Nutrition

- Proper Hydration is essential
- There is no quick fix... real food is far better than any pill or supplement
- Supplements are not regulated are often not recommended for children
- FCPS procedure dictate that no employee shall supply, endorse or encourage the use of nutritional supplements
- Ephedra and products containing Ephedra are listed on the FCPS banned list and shall be avoided. See attached memo.

# Steroids

- Signs and Symptoms: Severe Acne, mood swings, aggression, depression, very fast strength gains, change in physical characteristics, and others
- Certified athletic trainers are a resource regarding effects of Steroids
- The consequences for being caught using steroids is 2 years disqualification from sports (Virginia state law)



# Concussions

- A concussion is an injury to the brain
- Concussions can alter a student's ability to learn
- Concussions can be life threatening
- Signs & Symptoms include: Headache, confusion, dizziness, change in personality, difficulty sleeping, difficulty concentrating, loss of appetite, loss of memory, and others
- Treatment is REST and hydration



Concussion  
Vital Signs®

- What Is CVS?
  - Web Based Concussion Management Tool
- Why Are We Using It?
  - It is a tool that can help us identify if the brain has recovered to a point that the athlete is safe to begin a progressive return to sport.
  - It also helps us with the progression for safe return to sport.



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# Devices

- Students who require a special device like an inhaler, epi-pen, glucagon kit or any other health related device, should have it with them at EVERY team activity
- The required paperwork should be on file with the school
- Please make sure ECC are as accurate as possible

# Follow us!

## Twitter

**@TJHSST\_AT**

**@cab\_tj**

**@TJHSST\_Football**

## Instagram

**@tjcolonials1**

**@tjhsst.cheer**

**@tjhsst\_football**

**@tjvball**

**@tjfieldhockey**



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# Conclusion

- Contact info
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  - (O) 703-714-5123, (HC) 703-932-1953
- Special Requests
- Attachments
  - What is Athletic Training, FCPS ATP Injury/Illness reporting policy, Athletic Trainers Not Trainers, Facts about athletic trainers, Acute Injury Treatment, Steroids-Make the Right Choice, Energy Products, MRSA handout, Heads Up Concussion Fact Sheet
- Thank you and Good Luck



# FOLLOW US



**Twitter: cab\_tj**



**Instagram: tjcolonials1**



**Facebook: [www.facebook.com/TJHSSTSports](https://www.facebook.com/TJHSSTSports)**

**Website: [www.tjsports.org](http://www.tjsports.org)**



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