

**Corsicana**

**Tigers**



**Athletic**

**Training**

### **Online Forms**

UIL/CISD paperwork for the upcoming school year must be completed online for each athlete before they will be allowed to participate in any off-season, in-season, or try-outs. To complete these forms go to: <https://corsicanaisd.rankonesport.com/New/Home.aspx>

The parent/guardian will be asked to provide information such as home phone numbers, cell phone numbers, email addresses, name of the primary physician, insurance policy information and other pertinent information. Please make sure you have this with you when filling out your forms electronically.

Remember that to submit online appropriately, you and your child must fill out and sign in all required spaces. Forms will not be accepted electronically without all required information being completed.

### **Physical Exam & Medical History**

The physical exam and medical history must be completed on the UIL/CISD approved forms and turned into the appropriate personnel before the athlete will be allowed to participate in any off-season, in-season, or try-outs. Physical exams must be performed by either a Physician, a Physician Assistant licensed by a State Board of Physician Assistant Examiners, or a Registered Nurse recognized as an Advanced Practice Nurse by the Board of Nurse Examiners. Examination forms signed by any other health care practitioner, will not be accepted. Physical exams must be dated on or after May 15<sup>th</sup> for the upcoming school year.

The Physical and Medical History can be found at:  
<https://corsicanaisd.rankonesport.com/New/Home.aspx>

**YOU WILL NOT BE ALLOWED TO PARTICIPATE IN ANY OFF-SEASON, IN-SEASON, OR TRY-OUTS UNTIL BOTH THE ELECTRONIC FORM AND THE PHYSICAL EXAM/MEDICAL HISTORY FORM IS TURNED IN.**

*If you have any questions, call the Athletic Trainer at:  
Corsicana High School (430) 775-6458*

## **What are Athletic Trainers...**

Athletic Trainers are healthcare professionals who collaborate with physicians to optimize activity and participation of patients and clients across age and care continuums. Athletic Training encompasses the prevention, diagnosis and intervention of emergency, acute and chronic medical conditions involving impairment, functional limitations and disabilities. AT's work under the direction of physicians as prescribed by state licensure statutes. AT's are highly qualified, multi-skilled healthcare professionals and are categorized as allied health professionals by Health Resources Services Administration (HRSA) and Department of Health and Human Services (HHS).

## **How can Athletic Trainers Help...**

Secondary school athletic trainers provide young athletes with immediate access to a healthcare professional that can help them in the following areas:

- Injury/Illness Prevention and Wellness Protection
- Clinical Evaluation and Diagnosis
- Immediate and Emergency Care
- Treatment and Rehabilitation
- Concussion Management
- Organizational and Professional Health and Well-Being
- Nutritional Education

## **Rehabilitative Services We Provide...**

At Corsicana High School, our facilities are open before practice from 6:30 AM – 9:00 AM and during lunch periods Monday- Friday. Our patients have easy access to complete their therapy and be supervised and guided by a Licensed Athletic Trainer. Some services we offer include:

- Modalities
  - Thermotherapy
  - Cryotherapy
  - Electrical Stimulation
  - Therapeutic Ultrasound
- Exercises
  - ROM/Flexibility

- Strengthening
- Proprioceptive Training
- Bike/Elliptical
- Open/Closed Chain Exercises
- Treatment
  - Taping
  - Bracing
  - Splinting

### **Working Hard to Keep you Safe...**

The number one focus of the athletic trainer is to ensure the health and safety of our athletes. We have the ability to provide rehabilitative services for orthopedic injuries/surgeries from the beginning. We work in conjunction with the physician to return the athlete to play as quickly and safely as possible.