

# Winter Springs High School Sports Medicine

The sports medicine department at WSHS strives to offer the best care for our athletes that we possibly can. A key component that will allow us to be successful, is having all concerned parties (the athlete, parents, coaches, and sports medicine staff) on the same page. To assist with this, below is some important information that will assist in making everything run smoothly.

## WSHS Sports Medicine Services

A Certified Licensed Athletic Trainer should be on campus for every home game at WSHS. There is also an on-campus athletic training room available to all **IN-SEASON** student-athletes free of charge. Due to liability limitations, injuries that occur out of a student-athlete's season or that are unrelated to their WSHS sport (i.e., occur off campus, with club sports, over the weekend, etc.) will be referred to their primary care physician. **No exceptions.** It is important that athletes report all injuries to the sports medicine staff.

Beginning at 2:20pm, in-season athletes may come into the athletic training room for pre-practice taping, treatment, rehabilitation, and evaluations (acute and/or chronic injuries). Taping is reserved for injured athletes who are consistently performing therapy in the clinic to rehabilitate the injured area.

## Doctor's Notes

Any student-athlete that has been evaluated by our athletic training staff and been referred to a doctor, or that takes it upon themselves to visit a doctor **MUST** bring in a doctor's note stating whether or not they are cleared to participate in their sport. This clearance note **MUST** be given to our athletic training staff or the athletics office and not given to attendance, guidance, or any coaches. If a student-athlete has missed school because of a doctor's visit, two copies will be needed: one for attendance and one for the athletic trainer. **Please understand that athletic trainers work under the supervision of physicians. An athletic trainer cannot clear an athlete to return to play if a physician has not given the proper notification/documentation.** This policy does include all in-season athletes. Its application to out-of-season athletes will be determined on a case by case basis.

## WSHS Sports Medicine Team Members

Orlando Orthopaedic Center is the official provider of sports medicine and orthopaedic care for all WSHS athletic teams. Dr. Randy Schwartzberg is our team physician. Orlando Orthopaedic Center offers priority and next-day scheduling, for all WSHS athletes. They also offer a Saturday morning walk-in clinic at their Oviedo location. For further information about scheduling, locations, and the physicians, please visit [www.orlandoortho.com](http://www.orlandoortho.com)

Cora Rehabilitation assists WSHS by providing Athletic Training coverage for many of our athletic events each year. Cora's presence at our school ensures that not only are our athletes receiving care during events, but that they can be of assistance when our athletes have injury rehabilitation needs beyond what we can offer at WSHS. For further information about scheduling, locations, and services provided, please visit [www.corahealth.com](http://www.corahealth.com)

## WSHS Sports Medicine Contact Info

If there are any questions, please do not hesitate to contact our Head Athletic Trainer via e-mail:

Mark Benedict, ATC, LAT  
[mark\\_benedict@scps.k12.fl.us](mailto:mark_benedict@scps.k12.fl.us)