



The GAME PLAN

**FALL
2019**



Hopedale Wellness Center
222 NW Grove St., Hopedale, IL
(309)449-4501 HopedaleWC.com



**FIND US
ONLINE**

STUDENT ATHLETE OF THE MONTH

CRITERIA:

- GPA of 3.50 or above.
- Must be a senior.
- Proof of involvement within the school, community, church, non-profit organizations and other extracurricular activities.
- Participation in a varsity sport.
- Nominated by athletic director or coach.
- Must be from 1 of 5 contracted schools. (Tremont, Olympia, DeeMack, Delavan, Hartsburg-Emden)

RECOGNITION:

- Letter of nomination with plaque.
- Recognized in GAME PLAN newsletter with picture and bio.
- HRSM T-Shirt
- Qualifies for \$1,000 scholarship at end of the school year. (One winner per year.)
- Awarded from September to April.



**Athlete of the Year
2018 - 2019**

**Tessa Carr
Delavan**



MENTAL HEALTH NOTE

"High school athletics can be a conduit to helping students prepare for life."

"Athletics may also represent an avenue of escape for students. If they never learn how to deal with stress on or off the playing field, they are at risk for a mental health crisis."

- Estimated 31.9 percent of adolescents have some form of anxiety disorder.
- Prevalence of any anxiety disorder among adolescents is higher for females (38%) than males (26.1%)
- Individuals who develop depression may have a history of an anxiety disorder earlier in life.

INFORMATION SOURCE - National Federation of High Schools (Challenges of mental-health issues in high school athletics; Wood and Bryant 2/5/19)



OUR ATHLETIC TRAINERS

Emily Whitson, MS, ATC
Greg Eberle ATC, CES
Aaron Weidman, MS, ATC
Josh Blaum, MS, ATC

Mitchell Musselman, MS, ATC
Stephanie Dunn, ATC
Emily Schultz, ATC



MEDICAL MOMENT

"A concussion is a type of traumatic brain injury—or TBI—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 rapidly back and forth. This sudden movement can cause the brain to bounce around or twist in the skull, creating chemical changes in the brain and sometimes stretching and damaging brain cells."

A concussion is a difficult injury to understand because you cannot see it. The only way to diagnose a concussion is to look at the signs and symptoms which the athlete is experiencing/reporting following the injury. MRI and CT scans alone cannot diagnose a concussion. They are used as diagnostic tools in order to assess structural damage to the brain.

Steps to a safe return-to-sport:

- Return-to-Learn: athlete must be able to function normally in the classroom first
- Return-to-Play: participate and pass specific protocol for exertional testing
- Return-to-Practice: athlete must be able to participate in practice without issues
- Return-to-Competition: athlete is cleared without restrictions to fully participate

For more information on concussions, go to: cdc.gov/headsup/basics

Talk with your school's Certified Athletic Trainer for information or guidance, or go online at www.NATA.org.



PHYSICAL THERAPY

Continuum of care from Physical Therapy to the Athletic Training room at their school. Getting your athlete "back in the game."

Referrals from Non-HMC healthcare facilities accepted!

Close. Convenient. Caring.

Call (309) 449-4501 or online: www.HopedaleWC.com

THE RIGHT FIT FOR YOU

The Hopedale Wellness Center is a modern, handicap accessible facility, offering members of all ages a variety of fitness and rehabilitation resources under one roof. Every staff member is friendly and attentive, and all trainers/instructors have the highest industry credentials. We will challenge and inspire you to reach your goals!

Stop by the Wellness Center to learn more about how to become a member and sign up for a free two-week trial!



SIMPLY BETTER CARE HMC ORTHOPEDIC SERVICES



- SURGERY - DONE LOCALLY
- NON-INVASIVE TREATMENTS
- BOARD CERTIFIED SURGEON
- OUTSTANDING PHYSICAL THERAPY

HOPEALE MEDICAL COMPLEX TO MAKE AN APPOINTMENT CALL (309) 449-4501