

HOPEDALE REHABILITATION &*Sports* MEDICINE

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



STUDENT ATHLETE OF THE MONTH

CRITERIA:

- Must be a senior.
- Proof of involvement within the school, community, church, nonprofit 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:

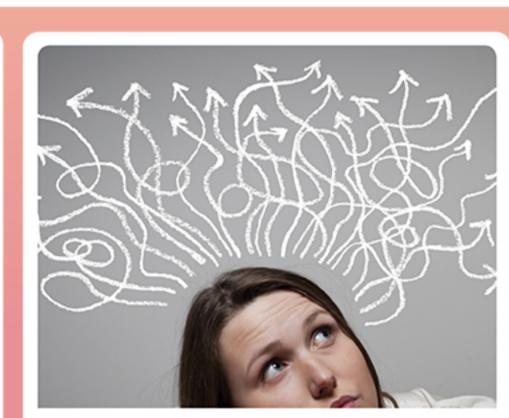
- Letter of nomination with plaque.
- Recognized in GAME PLAN newsletter with picture and bio.
- HRSM T-Shirt
- Qualifies for \$1,000 scholarship at end of the school year. (One winner per year.)
- Awarded from September to April.



2018 - 2019

Athlete of the Year

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



OUR ATHLETIC TRAINERS

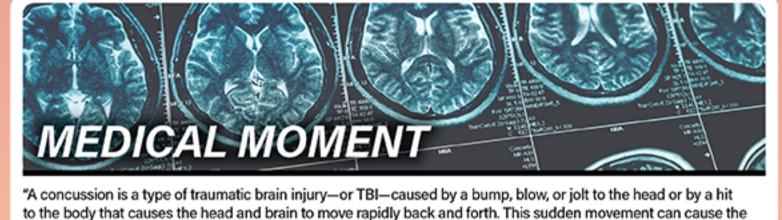
mental-health issues in high school athletics; Wood and Bryant 2/5/19)

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

Emily Whitson, MS, ATC

Stephanie Dunn, ATC Emily Schultz, ATC

Mitchell Musselman, MS, ATC



brain to bounce around or twist in the skull, creating chemical changes in the brain and sometimes stretching and 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.

THE RIGHT FIT FOR YOU



Referrals from Non-HMC healthcare facilities accepted! Close. Convenient. Caring.

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handicap accessible facility, offering members of all ages a variety of fitness and rehabilitation resources under one roof. Every staff member is friendly

The Hopedale Wellness Center is a modern,

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!







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