

MEET YOUR ATHLETIC TRAINERS



Juan Longoria, LAT

Clear Springs Head Athletic Trainer

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Kara Foster, ATC, LAT

Houston Methodist Outreach
Athletic Trainer

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Our athletic trainers are highly qualified, licensed healthcare providers that are trained in the prevention, evaluation, treatment and rehabilitation of injuries. We offer the following services:

1. Prevention and evaluation of all injuries
2. Treatment for minor to major injuries
3. Emergency medical management
4. Rehabilitation for all injuries and post-surgical cases
5. Liaison between team physicians and athletes and parents



ATHLETIC TRAINING ROOM

- Morning treatments will be begin at 6:30 am; we **expect any student-athlete that is injured or needs to be evaluated to try to come at this time to check-in for the day**
- Student-athletes are asked NOT to leave class to come down to the athletic training room. They need to see us before school, during their athletic period, or after school
- Our athletic training room is equipped with many therapeutic modalities that we can offer to our student-athletes: electrical stimulation, ultrasound, Norma Tec recovery units, treadmill, elliptical, etc.
- Additionally services may include instrument assisted soft-tissue therapy, cupping, foam rolling, rehabilitation exercises. *(some of these treatments will require additional consent from parents)*



ATHLETIC TRAINING PROTOCOL WHEN INJURIES OCCUR:

WHAT TO DO WHEN INJURIES OCCUR?

- Communicate with coaches FIRST
- Get evaluated by the athletic trainers (ATs) before going to see a physician
- ATs will contact the parents IF further medical attention is needed immediately
- Athletic trainers will determine treatment protocols and activity limitations if we do not recommend seeing other medical professionals.

**** PLEASE GET EVALUATED BY THE ATHLETIC TRAINERS BEFORE GOING TO A PHYSICIAN!! ****

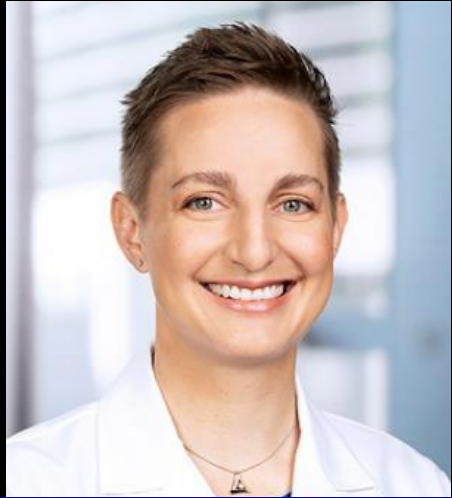
Physician or Medical Personnel Evaluation for Injuries:

- *ANY student athlete that sees ANY physician for ANY reason (illness, injury or surgery) must have a note from THAT physician BEFORE being able to resume participation.*



HOUSTON METHODIST CLEAR LAKE

Houston Methodist Clear Lake Hospital is the Official Health Care Provider for CCISD Athletics



Dr. Brittney Warren, MD

- When you call the orthopedic office, inform the office that your student-athlete is a CLEAR SPRINGS student-athlete; they will be seen by either Dr. Phan or Dr. Warren within a 24-48 hr time frame.
- Take the FIRST available appointment date/time that is offered; then contact Kara Foster.
- Any questions or concerns; contact Kara Foster; she is our Houston Methodist outreach athletic trainer.



Dr. Myphuong Phan, MD, MPH

Houston Methodist Clear Lake Orthopedics & Sports Medicine
Clear Springs High School Team Physicians
18123 Upper Bay Road, Suite 200
713-363-9090



HOUSTON METHODIST SERVICES

- Houston Methodist has a **Saturday Morning Injury Clinic**
- TIME: 9:00 am – 11:00 am
- DATE: EVERY Saturday beginning August 24th
- 18123 Upper Bay Road, Suite 200
(Medical Office Building #4)



SPORTS INJURY CLINICS

This fall, Houston Methodist Orthopedics & Sports Medicine at Clear Lake will offer convenient Saturday sports injury clinics. Student athletes at all levels can get back in the game faster, with doctor evaluations and X-rays or other imaging services.

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|---|--|
| SATURDAYS | Aug. 20 - Nov. 5 9-11 a.m. |
| <small>No appointment necessary. All student-athletes welcome. *One visitor 18+ may accompany the student-athlete. Masks are required. Please bring all applicable insurance information.</small> | 18123 Upper Bay Dr. Suite 200 Houston, TX 77058 713.363.9090 houstonmethodist.org/athlete |

*Subject to change. Visit houstonmethodist.org/coronavirus for the latest visitor information.

Houston Methodist
ORTHOPEDICS & SPORTS MEDICINE

OFFICIAL HEALTH CARE PROVIDER



072022

STUDENT INSURANCE



STUDENT ACCIDENT INSURANCE

Select the insurance plan to help offset the cost of medical care.....



- SCHOOL-TIME ACCIDENT COVERAGE
- FULL-TIME (24 HOUR) ACCIDENT COVERAGE
- DENTAL (24 HOUR) ACCIDENT OPTION
- VARSITY FOOTBALL INSURANCE PLAN
- PROVIDES COVERAGE FOR UIL ACTIVITIES/ INTERSCHOLASTIC SPORTS
- PRIMARY COVERAGE

SEE DETAILS INSIDE - Or Go to Our Website to Purchase this Insurance
www.sas-mn.com

Enrollment Form Enclosed
APPROVED BY YOUR SCHOOL FOR GRADES PK-12

THE BROKERAGE STORE
Marketed by
David Cates
The Brokerage Store
4091 De Zavala Road - Suite #3
San Antonio, TX 78249
210-366-4800 or Toll Free 800-366-4810

J-1745(TX)

Premiums & Coverage Options

POLICY GA-2200Ed.11-16 (TX) One Time Policy Year Premiums

| | |
|---|--------------|
|  School Time Coverage PK-12 (does not include UIL Activities/ Interscholastic Sports Coverage) | \$30 |
|  Full Time Coverage PK-12 (does not include UIL Activities/ Interscholastic Sports Coverage) | \$117 |
|  School Time Coverage PK-12 (includes UIL Activities/ Interscholastic Sports Coverage except Football Grades 10 - 12 and Grades 7-9 if they practice or play with Grades 10-12) | \$120 |
|  Full Time Coverage PK-12 (includes UIL Activities/ Interscholastic Sports Coverage except Football Grades 10 - 12 and Grades 7-9 if they practice or play with Grades 10-12) | \$207 |
|  Football Coverage (Grades 10 - 12 and Grades 7-9 if they practice or play with Grades 10-12) | \$325 |
|  Extended Dental Coverage PK-12 | \$9 |

Protects the student while: a) attending regular school sessions, b) participating in or attending school-sponsored and school-supervised extra-curricular activities, c) traveling directly to and from school for regular school sessions, and while traveling to and from school-sponsored and school-supervised activities in school-provided transportation. DOES NOT cover participation in UIL Activities for students in the 7th grade or above.

Covers the student 24 hours a day until the policy year ends. Includes coverage while at home, at school, on weekends and on summer vacation. DOES NOT cover participation in UIL Activities for Students in the 7th grade or above.

In addition to the School-Time Coverage shown above, the UIL Activities Coverage protects the student while practicing for or participating in school-sponsored and school-supervised UIL Activities including travel in school-provided transportation, for grades 7-12. DOES NOT cover Football for grades 10-12 and grades 7-9 if they practice or play with grades 10-12. Coverage includes Spring and Summer football exclusively sponsored and supervised by the Policyholder, if football coverage was not purchased during the regular football season.

In addition to the Full-Time Coverage shown above, the UIL Activities Coverage protects the student while practicing for or participating in school-sponsored and school-supervised UIL Activities including travel in school-provided transportation for grades 7-12. DOES NOT cover Football for grades 10-12 and grades 7-9 if they practice or play with grades 10-12. Coverage includes Spring and Summer football exclusively sponsored and supervised by the Policyholder, if football coverage was not purchased during the regular football season.

Protects the student while practicing for or participating in school-sponsored and school-supervised interscholastic football including travel in school-provided transportation. Includes Spring and Summer football exclusively sponsored and supervised by the Policyholder.

Provides benefits up to a maximum of \$5,000 for any dental injury. Covers the student 24 hours a day until school starts next year. Treatment must begin within 180 days from the date of the injury and must be performed within one year from the date of injury. However, if within the one year period following the date of injury the student's attending dentist certifies that dental treatment and/or replacement must be deferred beyond one year, the policy pays the estimated cost of such deferred treatment, but not to exceed \$200 for each tooth. Benefits for prostheses are limited to \$500 per injury, including procedures performed to install them. Dental prostheses include, but are not limited to: crowns, dentures, bridges, and implants. Extended Dental does not cover treatment for orthodontics, dental disease, or expenses that exceed the dental prosthesis maximum benefit limit.

The Medical Benefits and Exclusions apply to the Coverage Options listed above.

EFFECTIVE AND EXPIRATION DATES
Coverage becomes effective the later of: the Master Policy Effective Date; or 12:01A.M. following the date the envelope containing the enrollment form and premium payment is postmarked by the U.S. Postal Service, or for online enrollment 12:01AM following the date the proper premium is received by the Plan Administrator, but not prior to August 1. All Coverages expire on the Master Policy Expiration Date, which is midnight 12:00A.M. July 31 of the current school year.

The policy contains a provision limiting coverage to the usual and customary charges. This limitation may result in additional out-of-pocket expenses for the insured.

- Student insurance MUST be purchased directly by the parent; there is NO blanket coverage for CCISD
- Student insurance can act as your PRIMARY insurance OR secondary
- PARENTS MUST GO ON AND PURCHASE!
- <https://www.sas-mn.com/sas/k12-3.php#schoollookup>