

Westminster Academy



Athletic Training

Mandy Estep - (937) 725-6523

Elyse Morichetti - (954) 464-6365

Team Physician

- Dr. Domingo Delgado
- Located at:
 - Holy Cross Medical Group
1000 North East 56th Street Fort
Lauderdale, FL 33334
- (954) 958-0626

Athletic Training Room

- We arrive at 2:00pm
- Athletic Training Room opens at 3:00pm -
Early dismissals? We are available!
- ALL athletes will be taped, treated and
rehabilitated at the East ATR, unless
otherwise noted
- ALL athletes must sign-in prior to receiving
treatment - unless emergency situation
- Remind athletes NO cleats allowed in ATR

Athletic Physicals

- FL State Rule - NOT WA
- Blue/Yellow Physician forms - Nurse/School purposes
- FHSAA forms ONLY
- Athletes must have filled out the entire packet of Athletic Forms to be considered COMPLETE
- You will receive a copy of your team roster and be required to have them with you during practices and games in case of emergency situations
- At the end of the season, it is your responsibility to return the paperwork to us. We will shred them ourselves! (HIPAA violations)
- When the Athletic Training Staff is unavailable (ex. away games) you are in charge! Know your athletes, not only their athletic ability or social lives, but their health as well!
- If you have a roster change or do not have any athletic forms on one of your athletes, please notify us immediately.

1st Aid Kits

- Consists of gloves, gauze, antibiotic ointment, antiseptic towel wipes, pre-wrap, tape, and bandages.
- Yours to keep for the season; carry to ALL away games
- Need refill - bring in the ATR and we'll take care of it
- Do not have one yet? Let us know ASAP
- At the end of your season, it is your responsibility to return the kit to us so we can have them ready for the next season coaches

Gatorade Coolers and Ice Chests

- If you are designated a cooler - please return it in the condition which you received it! ;)
- Please do not leave them outside nor use them for hot liquids, as the sun/temperature tends to “warp” them.
- Please do not leave liquids inside of them over 2 days at a time. Mold, mold and more mold tends to form!
- Gatorade is available upon request! ;)

Return to Play Policy

- If seen by athletic training staff, we will notify you via email or direct communication when he/she is cleared.
- IF and WHEN an athlete sees a physician for either an injury or illness where the athlete was absent from school, that athlete CANNOT return to ANY activity until we have the Return To Play note on file in the ATR.
- Athletes do not realize the liability we both hold, as athletic trainers and coaches. Parents nor athletes are to make the call when the athlete can return after seeing a physician. A parent can trump what athletic trainers say, but NOT physicians. Due to liability issues, if an athlete returns to play without Dr.'s note, and they sustain an injury while under Dr.'s care, we BOTH are held liable.

Return to Play Policy

- IF an athlete sees our team physician, Dr. Delgado and then sees another physician afterwards, the new doctor has to clear them for activity.
 - Example 1, Josh Smith has a possible ACL tear. I send him to see our team physician, Dr. Delgado and his parents want a second opinion. They continue to stick with the 2nd physician. If Dr. Delgado tells me he is out for 3-4 weeks, it's a grade 2 sprain and if the 2nd physician decides he is out for over a month, that athlete has to go by what the 2nd physician said since he has trumped what Dr. Delgado suggested.
 - » Communicate! If you are unsure, just ask us!
 - » DO NOT allow them to return until you have cleared it thru the Athletic Training Staff and they have a note on file.

Return to Play Policy

- Example 2, Josh Smith was sick from practice and the athletic trainers are unaware. Coach just thinks his belly hurts or he has a 24 hr. bug. He continues to miss practice for 2-3 days (athletic trainers still are unaware. He comes back to tell the coach he saw a doctor and he is ok to practice.
 - WRONG. Athletes cannot return to activity until the doctor has cleared them with a Return to Play note and we have that note on file.
 - As a coach, without us knowing the situation, you are held completely liable and athletic trainers are out of the picture!

Important Information

- Student Athletic Trainers
 - “Helpers” or “Students in Training”
 - Please work with us on this new addition to our program!
 - Utilize them as a “relay” to get our help or ask them to help with any first aid injuries.
 - As the year progresses there will be a few students that are capable of handling further responsibilities and you will be notified of the exact students.

Injury Report Forms

- If an athlete sustained an injury at an away event/game, it is your responsibility to report the injury by filing out the Injury Report Form and turning it into the Athletic Office within 24 hours following the injury.
- Be sure to make a copy for yourself to keep as your record.

We Need Your Help!

- IF there is any PRACTICE or GAME that has had a time and place change for a HOME event, please copy us on your email to Casey, Shannon or Dr. Orsino, or just give us a call!
 - We don't want to delay the response time in an emergency situation because we are unable to locate you! :)