

# TJHSST Spring Sports

## Meet the Coaches Night

- Introductions
- General Information
- Resources

# Objectives for Tonight's Meeting

- Introductions
- Spring Coaches
- Schedules
- Transportation
- Communication
- Social Media & Website Information
- Athletic Booster Club
- Athletic Training Program
- Program Specific Meet the Coaches

# Activities Office Staff

**Dave Arthur**

Director of Student Activities

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**Dave Gardziel**

Assistant DSA

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Activities Admin Assistant

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**Heather Murphy**

Head Athletic Trainer

[HRMurphy@fcps.edu](mailto:HRMurphy@fcps.edu)

Cell # 703-932-1953

# Coaches Contact

Boys Soccer	Lief Graham	lgraham@fcps.edu
Girls Soccer	Prem Singh	pksingh@fcps.edu
Boys Lacrosse	Nick Thompson	ncthompson@fcps.edu
Girls Lacrosse	Kelli Derkits	klserpi@fcps.edu
Baseball	Mike Goldsmith	magoldsmith@fcps.edu

Softball	Randi Davison	rkdavison@fcps.edu
Track & Field	Todd Withington	jtwithington@fcps.edu
Boys Tennis	Jose Palomo	jmPalomo@fcps.edu
Girls Tennis	Brandon Ward	bsward@fcps.edu
Crew	Matt Shoop	DMShoop@fcps.edu

# Student –Athlete Experience

- **Goal for Athletes**
  - **Positive Student Athlete Experience**
  - **Competitive & Learning Environment**
  - **Commitment to TJ Athletics**
  - **Whole Student Experience**
- **Ways to Support**
  - **Join Booster Club**
  - **Cheer loud and proud**
  - **Volunteer**

# Season Schedules

TJ Athletic Website  
[www.tjsports.org](http://www.tjsports.org)

# Transportation

- Buses available to and from all games & scrimmages
  - Buses at the discretion of Coaches after consulting with players and parents
- Riding with teammates & carpools are permitted

# Chain of Communication

## Questions/Comments/Concerns???

- Communicate with Coach first
  - Communicate with coaches early and often
- DSA communicates with coaches regularly, but coaches are first line of communication

## Cancellations! WEATHER!

- Coaches → Student-Athletes
- Social Media (IG & Twitter)
- Website

## Ways to Communicate

- FCPS EMAIL
- BAND



# Information go to's

**News You Choose - Sign Up -**

[https://public.govdelivery.com/accounts/VAEDUFCPS/subscriber/new?qsp=VAEDUFCPS\\_1](https://public.govdelivery.com/accounts/VAEDUFCPS/subscriber/new?qsp=VAEDUFCPS_1)

**TJ Athletic Website**

[www.tjsports.org](http://www.tjsports.org)

# Live Streaming

**\*\*NFHS Online Streaming now requires a paid subscription\*\***

Please note that for the last year and a half, FCPS has paid for the countywide subscription for all schools and their communities. Unfortunately, FCPS will no longer be paying the service fees. All our events that take place on our stadium field and gym 1 will continue to be streamed live on the NFHS network, but will now have a pay wall that the customer will need to pay for. Prices – \$11.99 per month or \$79 annual subscription. For more information, please visit [www.nfhsnetwork.com/](http://www.nfhsnetwork.com/)

Support TJ Athletics

**WE NEED YOUR HELP!**

**We cannot operate  
without your help!**

# Athletic Booster Club

- **What is TJ CAB?** TJ CAB supports our student athletes through merchandise, concessions, and ticket sales.

*That's right ...high school sports is only possible with supplemental funding!*

- **All** high schools need to bridge the FCPS funding gap. CAB pays for uniforms, helmets, equipment, invitationals, field maintenance, and even practice balls
- CAB also pays for Jefferson Letters, Pins, and Awards

# Athletic Booster Club

- Each team has Parent Liaisons that connects families with coaches, CAB, and the Student Activities Office
- CAB encourages student involvement
- CAB has Student Representatives on the Board
  - Leadership positions to advocate for fellow student athletes, connect with school administration, and an opportunity to build-out your ideas

# Athletic Booster Club

**CAB makes money through 3 channels**

- Concessions**
- Merchandise Sales**
- Membership Sales**

**Each program's Parent Liaison will send information regarding how to support all three!**

# Athletic Booster Club

## *CURRENT NEEDS*

- **Concessions Sign-Up Help**
- **Merchandise Support at large events**
- **Secretary**

# Athletic Training Program



**Heather Murphy, EdD, LAT, ATC**  
Head Athletic Trainer  
Full Time Athletic Trainer  
[HRMurphy@fcps.edu](mailto:HRMurphy@fcps.edu)  
703-932-1953

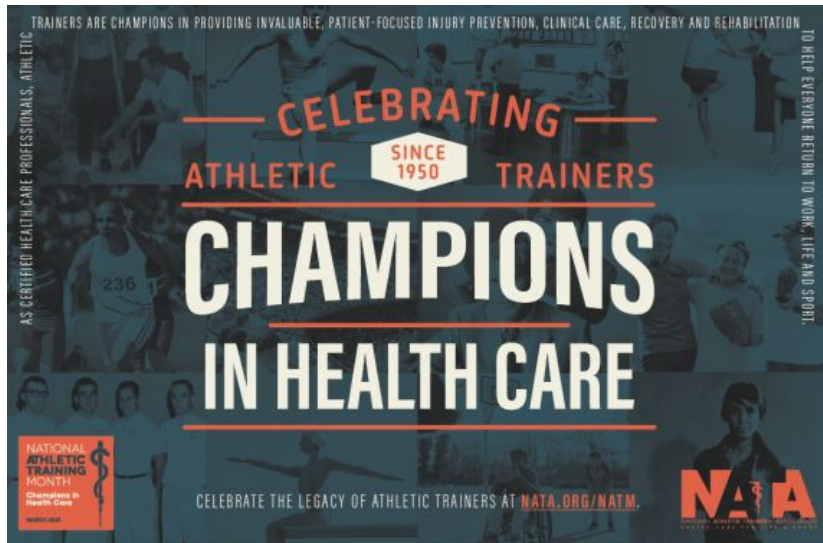
**Caroline Taylor, MS, LAT, ATC**  
TJ Physical Education & Health  
Teacher  
Associate Athletic Trainer  
[bctaylor1@fcps.edu](mailto:bctaylor1@fcps.edu)

**Dr. Jamie Grossman**

Team Physician -  
<https://www.orthovirginia.com/providers/jamie-m-grossman/>



# March is National Athletic Training Month



# Certified Athletic Trainers

## What is an athletic trainer?

- Degree (BS or MSAT) from a CAATE approved program and successful completion of National Accreditation Exam
- Not the “trainer” at the local gym. Please don’t use term “trainer,” use athletic trainer or AT
- Licensed by Virginia’s Board of Medicine to practice athletic training



**asaferapproach**

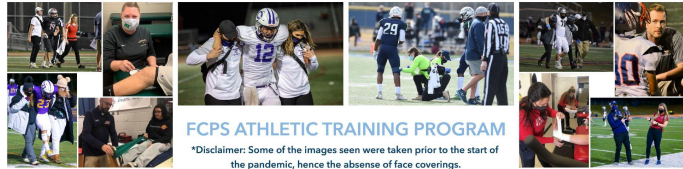
**WHAT IS AN  
ATHLETIC TRAINER?**

Athletic trainers (ATs) are health care professionals who provide a safer approach to work, life and sport. ATs are unique health care providers specifically trained in the prevention of injury and illness.

**AT YOUR OWN RISK** | A SAFER APPROACH TO WORK, LIFE AND SPORT

Brought to you by **NATA**

# Athletic Training Responsibilities



- Prevention of injuries/re-injury
- Recognition, evaluation, and assessment of injuries and conditions resulting
- Immediate care of injuries
- Rehabilitation and reconditioning of injuries
- Organization and administration
- Professional development and responsibility

# Assumption of Risk

- ❖ Not all injuries can be prevented
- ❖ Catastrophic injuries can occur in any sport
- ❖ The FCPS comprehensive Athletic Training health care has proven to influence a reduction in the severity of injury and prevalence of reinjury

# FCPS ATP Coverage Policy

## Athletic Training Room Coverage

The ATs will be available for evaluations, treatments, rehabilitation, and questions everyday after school. Room 98, by Main Gym & Door 11.

## SPRING Athletic Contest Coverage

All contests indicated below are covered by the home AT.

- Boys and Girls Lacrosse (Varsity, JV)
- Boys and Girls Soccer (Varsity, JV)
- Softball
- Baseball
- Outdoor Spring Track (Boys and Girls)
- Boys and Girls Tennis
- Crew- Paid volunteered coverage for regattas



# What to do when injured

- ★ All injuries & illnesses must be reported to your AT
- ★ All injuries must be reported prior to return to activity regardless of severity or physician consultation
- ★ Our philosophy is to return injured athletes to participation in the quickest and **SAFEST** manner possible.
- ★ RICES
  - Rest, Ice Compression, Elevation, Support

## When an athlete is hurting...

- For a problem, athlete will receive treatment in the ATR
- For a minor injury, a written note may be sent home or a phone call will be made
- If a serious injury has occurred, the ATC will call home. If no parent answers, we will call the emergency contacts.
- If an injury happens at a contest, the ATC will speak to the parent regarding return to play
- Bring a doctor's note indicating diagnosis and treatment plan

# Rehabilitation Services

- Rehabilitation and reconditioning is a primary role of the AT
- We have the tools and time to work with your athlete
- Every injury will benefit from some form of rehabilitation



# Returning to play

- ❖ A Parent, Coach, Family Physician, Athlete, Administrator, ATC, or Team Physician can exclude an athlete from participation
- ❖ All of these individuals must agree that the athlete can and should play
- ❖ The role of the Athletic Trainer is to make sure your athlete is safe to return to play



# Universal Hygiene Good Practices

- ★ Wash hands or use sanitizer frequently during practices and games
- ★ Clean clothes and equipment daily
- ★ Showering after all practices/competitions
- ★ Proper use of water bottles and cleaning them daily
- ★ Encouraging these practices are essential to minimizing the risk of infectious disease including MRSA, H1N1 & COVID19

# Nutrition & Supplements

- ❖ Proper Hydration is essential
- ❖ There is no quick fix... real food is far better than any pill or supplement
- ❖ Supplements are not regulated are often not recommended for children
- ❖ FCPS procedure dictate that no employee shall supply, endorse or encourage the use of nutritional supplements
- ❖ Ephedra and products containing Ephedra are listed on the FCPS banned list and shall be avoided
- ❖ Pre Workout C4- dangerous & unregulated amount of caffeine, creatine, Carnosyn Beta Alanine, Citrulline
- ❖ Are supplements safe for children?
- ❖ NFHS Statement on Supplements

# Say NO to Energy Drinks & ZYN!



## Caffeine content of popular energy drinks



The VHSL & the National Federation of High School Sports prohibit the use of ENERGY products. They are not allowed on campus- if/when we see them, they will be disposed of immediately.

For more information, visit: <https://www.nfhs.org>

# Concussions

- ★ A concussion is an injury to the brain
- ★ Concussions can alter a student's ability to learn
- ★ Concussions can be life threatening
- ★ Signs & Symptoms include:  
Headache, confusion, dizziness, change in personality, difficulty sleeping, difficulty concentrating, loss of appetite, loss of memory, and others
- ★ Initial treatment is REST

★ What Is CVS?

★ Web Based Concussion Management Tool

★ It is a tool that can help us identify if the brain has recovered to a point that the athlete is safe to begin a progressive return to sport.

★ It also helps us with the progression for safe return to sport.



Concussion  
Vital Signs®

# Devices

- Students who require a special device like an **inhaler, epi-pen, glucagon kit** or any other health related device, should have it with them at **EVERY team activity**
- The required paperwork should be on file with the school
- Please make sure ECC are as accurate as possible

# TJ ATP In Conclusion

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(HC) 703-932-1953

IG @TJ\_AthleticTrainers; Twitter @TJHSST\_AT

Resources on Website

- ❑ What is Athletic Training
- ❑ Concussion Resources
- ❑ Athletic Trainers vs Trainers
- ❑ School Accident Insurance
- ❑ **Cupping Therapy**
- ❑ VHSL Physical FAQs





# FOLLOW US!

## Fall

@TJHSST.Cheer  
@TJHSST\_Football  
@TJVball  
@TJBoysVball  
@TJFieldHockey  
@TJHSST\_Golf  
@TJHSSTXCTF  
@TJHSSTDanceTeam

## Winter

@TJGirlsBBall  
@TJMensBBall  
@TJHSSTflips  
@TJSDisLove  
@TJHSSTWrestling\_  
@TJHSST.Cheer  
@TJHSSTXCTF  
@TJHSSTDanceTeam

## Spring

@TJGirlsLax  
@TJBoysLax  
@TJGirlsSoccer  
@TJHSSTSoccer  
@TJGirlsTennis  
@TJBoysTennis  
@TJHSSTXCTF  
@TJHSSTSB  
@TJHSSTBaseball  
@TJHSST\_JVBaseball

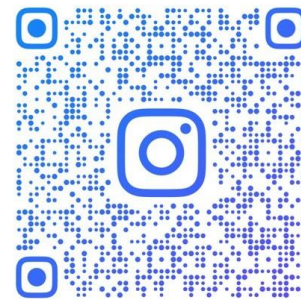


**TJ SPORTS SOCIAL MEDIA**

@TJHSST\_Sports [www.tjsports.org](http://www.tjsports.org)

**TJ Athletic Website**

[www.tjsports.org](http://www.tjsports.org)



@TJHSST\_SPORTS



@TJHSST\_Sports

@TJ\_AthleticTrainers

# Program Specific Breakout Rooms

## 7:00 PM – Break Out Locations with Coaches

Boys Soccer	Lief Graham	<b>Room 118</b>
Girls Soccer	Prem Singh	<b>Auditorium</b>
Boys Lacrosse	Nick Thompson	<b>Room 85</b>
Girls Lacrosse	Kelli Derkits	<b>Room 84</b>
Baseball	Mike Goldsmith	<b>Room 107</b>

Softball	Randi Davison	<b>Room 87</b>
Track & Field	Todd Withington	<b>Gym 1</b>
Boys Tennis	Jose Palomo	<b>Room 88</b>
Girls Tennis	Brandon Ward	<b>Room 89</b>
Crew	Matt Shoop	Meeting Separately / Another Date



# Questions ?