



## SPORTS MEDICINE

### **Athletic training at Benilde St. Margaret's High School**

The TRIA sports medicine team is proud to partner with Benilde St. Margaret's to provide athletic training services for all student-athletes.

### **Meet your sports medicine team**



**Beth Zook, MS, LAT, ATC**

#### **Contact information**

**Email:** [Beth.zook@tria.com](mailto:Beth.zook@tria.com)

**Athletic training room location:** Haben Center

**Athletic training room hours:** Daily after school (Unless posted otherwise)

#### Education:

**Minnesota State University - Mankato**

Master of Athletic Training

**Augsburg University**

Bachelor of Exercise Science

#### Professional interests

**Favorite thing about being an athletic trainer:** Getting to work with awesome athletes and being part of the team.

**Other roles within TRIA:** Inservice Committee, TRIA GameFace

## Personal interests

Outside of work I enjoy spending time with friends and family and being active. During the winter I enjoy downhill and cross-country skiing and taking vacations to scuba dive, in the summer, I enjoy spending time at my cabin and on the lake.

## Team Physician



[McKayla Schmitt, MD](#)

## **What is athletic training?**

Athletic trainers are multiskilled health care professionals who specialize in evaluating, diagnosing and caring for injuries, illnesses and other medical conditions that affect athletes. They're highly educated in emergency care for a range of conditions, including heat illness, traumatic brain injuries (TBIs), spinal cord injuries and cardiac arrest.

[Learn more about TRIA's athletic training services](#)

## **Athletic training services at Benilde St. Margaret's**

The TRIA Athletic Trainer (AT) is responsible for on-site medical care for student-athletes. They'll be at the school during most after-school sports practices and on-site during home games (when contracted by the school). Having the support of an Athletic Trainer (AT) at school activities promotes safety and reduces the risk of sports injuries.

The Athletic Trainer (AT) duties include:

- Emergency preparedness and care
- Evaluating and diagnosing
- Managing injuries and medical conditions
- Determining return-to-play status or restrictions

We're here to help with orthopedic injuries, concussions and medical emergencies that happen during practices or games. To provide the best-possible care, the Athletic Trainer (AT) will work with your child's full medical team.

If your child needs additional care, the Athletic Trainer (AT) will refer you to the appropriate provider. Depending on the athlete's needs, we may refer you to [TRIA](#) for orthopedics, sports medicine, physical therapy or other specialty care.

### **Athlete responsibilities**

In order to provide the best-possible care, the student-athlete must:

- Have a pre-participation physical exam
- Complete and return all required medical forms
- Report all injuries and illnesses to Athletic Trainer in a timely manner
- Follow treatment recommendations and referral guideline

**If a student-athlete sees a doctor or is treated by an outside medical provider for an injury or illness, they must give the school's Athletic Trainer (AT) a written doctor's note before they can return to practice or games. This follows the [Minnesota State High School League \(MSHSL\) rules \(PDF\)](#), protects the student and supports continuity of care.**

### **Pre-participation physical exams**

Student-athletes must have a pre-participation physical exam (PPE) before starting the sport season. During an exam, your medical provider will check for conditions that could increase the student's risk of a sports injury.

Per the [MSHSL](#), the PPE form must be completed and returned to the school prior to physical activity. This form is valid for three years.

[Download the MSHSL PPE form \(PDF\)](#)

[TRIA](#) offers no-cost high school pre-participation physicals every summer before the start of the fall sports season. Call 952-993-9451 or email [sportsmedicine@tria.com](mailto:sportsmedicine@tria.com) for more information.

### **Additional resources**

- [HealthPartners PowerUp: Sports Nutrition](#)
- [Minnesota State High School League](#)
- [TRIA Blog](#)
- [TRIA GameFace Sports Performance](#)
- [TRIA Orthopedic Urgent Care](#)
- [TRIA Performing Arts Medicine](#)
- [TRIA Physical Therapy](#)
- [TRIA Sport Concussion Program](#)
- [TRIA Sports Medicine](#)