



Palmetto Football Parent Meeting

Football booster club meeting: Spring 2010

- **Injuries:** Please make sure your son reports his injury to Michele prior to heading off to the doctor, unless it is an emergency that arises after they return home. Once a doctor diagnosis an athlete and holds him out of participation, I cannot clear him to return. Our doctors work with sport related injuries and understand which injuries athletes can participate with safely, and which require complete rest.
- **Insurance:** Your son will bring home an insurance claim form and medical clearance form if he must be seen by a doctor. The school insurance policy is supplemental to primary health insurance. If the athlete does not have insurance, the school insurance is primary, but a residual bill is normally left with the parent-it does not pay for everything.
- **ImPACT:** Each athlete is baseline tested with the computer program to ensure if a concussion occurs, they do not return to participation too soon. They will be re-tested post injury to make sure they are cognitively back to their pre-injury baseline before returning to play.
- **Knee braces:** Offensive and defensive lineman can purchase lateral stabilizing knee braces for their son at a cost of \$100.00 for two braces. The use of these braces has shown to significantly reduce the incident of MCL and ACL tears amongst these positions.