



POPE GREYHOUND ATHLETICS

3001 Hembree Road Marietta, GA 30062

770-578-7900 Ext. 275

Principal: Dr. Bob Downs Athletic Director: Josh Mathews

To: Parents of Pope Athletes

For those of you who I have not officially met, my name is Kresta Bosley and I am the athletic trainer here at Pope High School. I am employed as an athletic trainer by Children's Healthcare of Atlanta in the Sports Medicine Department. I previously worked as an athletic trainer for over 6 years at the collegiate level, and the past several years at Pope High School. As an athletic trainer I strive to provide the most professional care to your athletes as possible.

High School is a very significant period for growth and development, especially for incoming freshmen, and our goal in the sports medicine department at Pope is the health and safety of every athlete. My primary role is to help keep your child safe and fully participating in their respective sport. This includes providing evaluation of injuries sustained during games, practice, or conditioning activities; education for both the athlete and parent regarding flexibility programs, nutrition recommendations and hydration and heat concerns. In order to provide the best quality of care, I must be informed when your child has been injured in activities outside of Pope Athletics. It is likely this may affect their ability to participate in high school sports.

In the event your child is injured during practice or a game, **I am on campus Monday through Friday from approximately 2 – 6pm depending on practice schedules and games.** I attend all varsity home games and most, but not all, the JV and 9th grade home games as well. If an athlete needs to be evaluated, I can see them in the training room after school, or the student can make arrangements to see me during 6th or 7th period, or once they are out of school, if they have minimum day. If this is not feasible the student would need to contact me, or their coach to make arrangements to see them at their practice site. Parents can call, or email me, or have coach contact me.

In addition to my services, Pope High School also works with several different physician offices in the area. We use these physician offices to get your children in and seen in a timely manner versus waiting several weeks at most orthopedic offices. We also work with Children's Orthopedic of Atlanta (404-255-1933) and their concussion specialists for ALL concussions. Children's has several offices around town, including an office in Marietta; 175 White Street, NW Suite 200, Marietta, GA 30060. Please feel free to contact me if you have questions. We want to make sure your child is taken care of as quickly and safely as possible, while still minimizing the time away from practice and games. We do have Dr. Melissa Christino joining Pope as our team physician for the 2016-2017 school year. She is employed through Children's Orthopedic of Atlanta (COA) and her phone number is listed above.

My other role is to help avoid the unnecessary trip to the doctor or an ER visit. I have been specifically trained to know when an injury is severe enough to warrant further medical treatment or can be safely handled by an athletic trainer. I implement basic rehab including ice, stretching, heat, some modalities (only if appropriate) and strengthening exercises. This can often get your child back into the game faster with better results. Most family doctors and pediatricians are not accustomed to treating sports injuries and may require the athlete to sit out for several weeks to "rest" the injury. Sometimes an injury does get to a point when formal physical therapy will be necessary to treat your child. We hope that you will consider using Children's Health Care of Atlanta Rehab Clinic – Sandy Plains. If you decide to go somewhere else, please keep the staff (coaches and ATCs) informed.



POPE GREYHOUND ATHLETICS

3001 Hembree Road Marietta, GA 30062
770-578-7900 Ext. 275

Principal: Dr. Bob Downs Athletic Director: Josh Mathews

If your child does see a doctor or visit the ER for an evaluation you should receive written instructions from a physician on how to treat the injury. **I need copies of all information sent home from an Urgent Care, Emergency Room, or Physician's Office.** I also need a note with a diagnosis and any restrictions or limitations, and/or clearance to participate. It is often helpful for you to list myself (Kresta Bosley) as a party so any medical information from the doctor can be released to me as well. **Please note that Pope High School and CHOA do not allow athletes to return to practice or competition without a Doctor clearance on file as to minimize the liability assumed by Pope.**

While Pope Athletics wants your athlete to remain injury free, injuries are going to happen. Whether it is an injury that has only been communicated to me, or one we have tried to rehab, once it is determined your student athlete needs to see a doctor, here are a couple of things that will help me.

1. When a parent is taking their child to a doctor, especially if I have yet to see the injured athlete at school; I need to know (along with their coach).
2. You should receive WRITTEN instructions from a physician if you are seen for an evaluation. This is a separate note from an excused absence note turned into school. The Athletic Department keeps a file in the training room to document all medical visits. This also means I need all follow up notes for the child until released for a full return to sports.
3. If a doctor has limited your child's participation due to an injury, the expectation is that the athlete will follow all these instructions. I will work with the Doctor and any other parties involved helping the athlete progress back into participation. I cannot and will not overrule a physician, and must follow all instructions; this is why the written note is necessary.
4. Once an athlete has been cleared by a physician and turned in necessary paperwork from a physician or physical therapist, they may resume practice or competition.

Please feel free to contact me anytime by phone or email. Thanks and I look forward to hearing from you all soon and meeting you as the season progresses.

Kresta Bosley, MS, ATC/L
Certified Athletic Trainer
Children's Healthcare of Atlanta (CHOA)
316-558-1023
Kresta.bosley@choa.org