

Illness and Injury

Play through hurt not through injuries.

- The majority of injuries that occur on a football field are a result of
 - Poor stretching
 - Inadequate warm up and cool down
 - Poor technique
- Bad luck
 - Any combination of these things
- Report any and all injuries.
- Follow the treatment programs prescribed by the Athletic Trainer
- Provide feedback to the coaches as to the progress of the injury.
- If a player is healthy enough to go to school, then he is healthy enough to come to practice.

The Training Room

An ounce of prevention is greater than a pound of treatment.

- The Training Room is designed to aid athletes as they overcome injuries.
- Players should only be in the training room in order to:
 - Seek treatment for injuries
 - Purchase any snacks or drinks.
- Under no circumstances should a Freshman Football Player be socializing within the training room.
- Players found in the training room and not getting treatment will find themselves in violation of what is undoubtedly the easiest expectation to follow.