

Saint John Neumann Regional Academy

Athletic Training Services

This school year, UPMC Susquehanna Sports Medicine is providing Certified Athletic training Coverage for all PIAA Varsity, Junior Varsity and Junior High Athletes at SJNRA. This part time service started in August and will continue through the entire school year.

The Nurse's suite (located down the hall from the cafeteria in the high school) is doubling as the Athletic Training Room after school.

At 2:45pm a certified athletic trainer is at the training room until practices or home PIAA events start. (schedule can change due to school schedule, weather or event changes)

Athletic Training Services available after school are: injury evaluation, Functional-rehabilitation of injuries, return to play testing. Taping/ wrapping injuries when appropriate. Strength and flexibility programs will be taught when appropriate.

Along with covering practices and being available after school in the athletic training room, home PIAA events will be covered. When two events are scheduled the same day/time, the athletic trainer will cover the event with the highest probability of incident of injury. This applies to simultaneous practices and PIAA home events.

UPMC Susquehanna Sports Medicine provides (NATA) Nationally Certified Athletic Trainers. All our athletic trainers are licensed in the state of PA and follow the Standard Operating procedures approved by our UPMC Susquehanna medical director of Sports Medicine.

Your certified athletic trainers are:

Amanda Shadle, MS, LAT ATC and Michael Ludwikowski, MS, LAT, ATC.

For more information on certified athletic trainers, go to: www.gopats.org

