

## Expectations of Injured Athletes

- to attend all practices as normally scheduled
- to arrive on time to all practices as normally scheduled
- to arrive wearing the appropriate practice attire scheduled for that day
- to arrive at practice with the look of focus and ready to practice, although you may not be fully practicing - this includes but is not limited to hair up, sneakers on (if applicable), wearing correct practice clothes, remaining engaged in conversations and team talks
- to arrive to practice eager to condition their bodies / minds to make up for the lack of activity due to their injury
- to participate in warm ups / workouts with whichever muscles / body parts are not injured
- to remain active, engaged, and focus on the team and practice
- no cell phones on the practice floor
- no homework on the practice floor
- absolutely no jewelry of any kind

**Updates:** In addition, please do your best to keep the office (Lee / Margie) updated on the status of your injuries. As a staff, we manage many athletes and it's very important that all of the coaches stay up to date with injured athletes.

**Precaution:** We hope that our athletes will begin taking more precaution of their bodies outside of Star Athletics. We are very aware that accidents happen, however, we are seeing more and more injuries due to tumbling/playing on surfaces that are not appropriate for the body. We have invested ourselves in the best equipment and safest teaching techniques and the athletes should not be mixing this training with performing skills on hard surfaces. This is a serious topic. If the athlete does not have the physical strength to withstand the force and pressure created by tumbling - they absolutely should not be performing these skills on football fields, the track, concrete, or your home living room. *The athletes who are truly serious about their progression and development will take more care of themselves and not let anything get in the way of their training.*

**Braces:** If your child requires a wrist, ankle, or knee brace we are requiring a note from a medical professional as to the reasons why this brace is required. Star Athletics staff is very educated in strength training and we will be able to provide exercises for the athlete to properly strengthen the injured area. This message is not intended to downplay any athlete's injuries. Children need to understand that injuries and the state of being injured is not a joke, and not something that is enjoyable. Furthermore the reliance on wrist braces, knee braces, and ankle braces is not benefiting the overall strength development of the body.

If you have further questions, please contact us. We are educated and experienced with these issues and how to handle them.