



**IOWA HEALTH**

DES MOINES

Methodist • Lutheran • Blank

May 9, 2008

Dear Coach:

Congratulations to you and your athlete(s) for qualifying for the 2008 Coed State Track Meet in Des Moines. Iowa Health – Des Moines will provide the Athletic Training and Sports Medicine services for the meet. All Athletic Trainers will be easily accessible and noticeable throughout the meet. Please inform your assistant coaches, athletes and parents of our presence and the services that we offer.

The primary “training room” site will be located on the northeast side of Drake Stadium near the athlete’s entrance in the outside corner of the track. When the track meet begins we will staff this area and the finish line. We will do everything possible to be at exchange areas when needed. Water stations will be located throughout the track and near the field event areas. Our staff of Certified Athletic Trainers will be available one hour prior to the first race and throughout the competition day for most pre/post race needs including taping, ice, fluids, injury assessment, wound care, information, etc.

No form of massage will be provided.

In preparing for this event, I urge you to remind your team/athletes of proper pre/post event hydration, nutrition and stretching. These are important for prevention of injuries, heat-related illnesses and fatigue. Please feel free to contact a nutrition or sports medicine professional in your area for more information on preventing and managing these conditions. You may also utilize our staff by calling the number listed below.

If you have any questions, comments or concerns on how we can improve our services to you, please feel free to contact me at 515-224-5225 (office) or 515-205-3035 (cell). Iowa Health – Des Moines is very proud to provide Certified Athletic Trainers and Sports Medicine services to the Coed State Track Meet. Thank you for your cooperation and we wish you all the best during your competition in Des Moines.

Sincerely,

Chris Wiedmann, ATC, LAT  
Coordinator of Athletic Training and Sports Medicine Services  
Iowa Health – Des Moines, Orthopaedic and Sports Medicine Centre