

# NOLES NEWS

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## Greetings from Dr. D

Thank you for reading our first Newsletter from the training room at Seminole High School. Important updates and information will be provided every month.

Your team Certified Athletic Trainers are me and Ms. Crenshaw. We are both licensed by the state of Florida and Certified as Athletic Trainers by the National Athletic Trainers Association. We are your first line of care for your athletes.

## S.A.T.O. SPOTLIGHT

This year marks the first summer Seminole County hosted a student athletic trainer camp. There were 38 students from around the county in attendance to learn skills such as treating heat illness, reviewing anatomical terms, stretching techniques, and much more.

The role of the student athletic trainer aides is to assist the Certified Athletic Trainer as a second set of eyes and ears on the field. They are part of the backbone of the sports medicine teams at the schools.

SHS is fortunate to have a strong group of SAT in their program. The SAT contributes to ALL sports teams all year by being at practices, helping with treatments in the training, engaging in learning labs, and working as an extension of the Sports Medicine team at games.



*Attitude reflects Leadership, Captain.*

*-Julius Campbell, Remember the Titans*



## UPCOMING EVENTS

August 25 – V Football home 7pm

August 30 –Volleyball home 4:30/6/7pm

August 30 - 9th/JV Football 5:30/7pm @ Hagerty

Sept 1 – V Football home 7pm





## Parents Corner

What is the “Zachary Martin Act”?

It is a bill that requires each public school to make its automated external defibrillator (AED) available on school grounds in a clearly marked, publicized location for each athletic contest, practice, workout, or conditioning session, including those outside of the school year. Employees and volunteers working with student-athletes are required to have CPR/AED training. In addition, means of monitoring, hydrating, and cooling student-athletes

needs to be readily available.

How can you help?

- \*Provide & encourage fluid replacement after practices & games
- \*Encourage the addition of fluid-based foods such as fruits and vegetables to replace lost calories
- \*Cool showers or baths after events
- \*Bring extra dry clothes to wear home after events
- \*Monitor your child for exhaustion & cramping

## FUNDRAISERS.....

Fundraisers are an opportunity for you to contribute and support organizations for your student-athletes and their organizations. This year we have partnered with Gator’s Dockside for Spirit Nights. A percentage of the total sales of the evening will be returned to the Student Athletic Trainer Organization for uniforms, raincoats, camp fees, team meals, and learning materials.

We are seeking sponsors for our first 5k virtual event in March – Athletic Training month. If you are interested, please contact me at [difranja@myscps.us](mailto:difranja@myscps.us).

You can also visit us when we work the concession stand at various games!



WINGS, RIBS,  
SEAFOOD & SPORTS

WEDNESDAY, SEPT 20 – Spirit Night Gator’s Dockside, Lake Mary

WEDNESDAY, OCT 25 – Spirit Night Gator’s Dockside, Lake Mary vs. Lake Mary SATO

WEDNESDAY, NOV 15-Spirit Night Gator’s Dockside, Lake Mary

Mention you are with Seminole when ordering in person or taking out. Thank you in advance for your support!



Jewett Orthopedic  
Institute