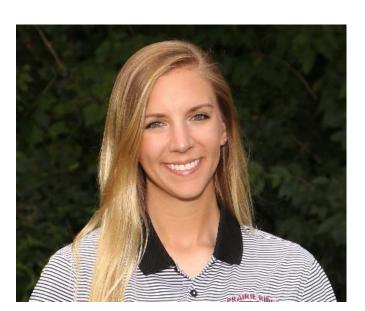
Athletic Training/Sports Medicine

Sports Medicine Staff



Anna Naranjo, Athletic Trainer
P: 815-479-0404 ext. 5137
E: aholke@d155.org
E: anna.naranjo@nm.org

http://centegra.org/service/sports-care/

Dr. William Cox, Team Physician

Northwestern Medicine-McHenry County Orthopedics
http://centegra.org/physician/william-d-cox-md/
420 N. IL Route 31
Crystal Lake, IL 60012

P: 815-356-5200 F: 815-356-5262

Parabolic Sports Performance http://goparabolicmidwest.com/ 420 N. IL Route 31 Crystal Lake, IL 60012 P: 815-788-2020

Welcome to the Sports Medicine web site, which contains important information for parents, athletes and coaches of PRHS.

CONTACTING YOUR ATHLETIC TRAINER

Contact via email at aholke@d155.org, anna.naranjo@nm.org or via her office extension at the school x5137. Please leave a detailed message if she is not in or is unavailable to answer your call. You can also reach your athletic trainer via your coaches.

ATHLETIC TRAINING ROOM HOURS DURING THE ACADEMIC YEAR (subject to change without notice):

Monday through Friday 1:30 PM – 7:30 PM (depending on event coverage); evaluations and treatments may be done 1:30 PM – 2:50 PM and can resume at 3:30 PM. Taping and first aid treatments are from 2:50-3:30 PM.

Evenings and Weekends: Event Coverage Only, unless otherwise deemed by the athletic trainer.

The athletic trainer will be available at all home competitions and will travel with varsity football to away games. Most on-site practices will be covered as well unless coaches have not communicated times or schedule changes in a timely fashion. The athletic trainer will be physically present at the most high-risk event on-site unless called to another site by a coach or administrator. Coaches are responsible for calling the athletic trainer when necessary and the athletic trainer will respond accordingly.