

# Providence Sports Medicine Athletic Trainer School Services

Dear Parents,

We know your child's safety is very important. Preventing serious injuries is the first step, but if an injury does occur, getting the right care at the right time is crucial.

We are proud to be in partnership with Central Catholic High School to provide an athletic trainer and Healthy Roster.

## The Providence Athletic Trainer Service Provides:

### ✓ **Support for Coaches, Parents, and Athletes**

Providence provides a full time Athletic Trainer to be on hand for all home practices and games for the care of all athletes. The Athletic Trainer is present to take the medical decision making and care out of the hands of the coaches and to make sure all athletes are safe to participate in sports. The Athletic Trainer works with athletes and coaches on injury prevention, assesses and evaluates athletes' injuries, determines appropriate referral, and oversees return to sport following injury.

### ✓ **Tools for Reporting and Seeing Injury Information for Your Athlete**

Through a smartphone app called **Healthy Roster**, you have access to your child's injury information and the ability to reach out to a Providence Athletic Trainer. Not a smartphone user? You can also access Healthy Roster on a computer. Look for an invitation to sign up for an account to take full advantage the program. Parent/Guardian sign up is important to allow you to stay informed about your athlete.

### ✓ **Injury Review and Navigation Support from Certified Athletic Trainers**

The Athletic Trainer will follow up with all injuries and then make other medical referrals, when appropriate. Getting the right care at the right time is important for recovery.

### ✓ **The Most Up-To-Date Recovery Protocols**

Through a series of conversations with you and your child, our Athletic Trainers will help guide the recovery process using the most up-to-date recovery tools and programs. Our goal is to make sure you, your child, and their coach feel supported. Our Athletic Trainers are available to answer any questions you may have. Using Healthy Roster makes contacting them easy.

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We are pleased to introduce you to one of our fantastic Providence Sports Medicine team members who will be working to provide exceptional athletic training services to your athlete(s) at Central Catholic High School:

## Erin LeRoy, LAT, ATC

### Education:

Bachelor of Science in Athletic Training  
University of Wisconsin-Milwaukee, 2015

### Background:

I grew up in the suburbs of Milwaukee, Wisconsin immersed in the outdoors and playing sports with my sister and cousins. In high school I was a varsity athlete, playing soccer all four years and dabbled in others. Intramural futsal, beach volleyball and weight training became my go-to activities during college. Needing a change from the arctic tundra and flatlands, I made the trek to Oregon in the fall of 2015 to pursue my career in athletic training with Providence Sports Medicine. I worked as the head AT at Eagle Point High School for two years before making Portland my home.



### Passions:

I love to be active: soccer and futsal, yoga, bouldering, and surfing are my current favorites. As an AT, growth is non-negotiable and am always expanding my skill set. Every day I come to work ready to help young athletes recover from injury and providing them with tools and knowledge so they can be the best versions of themselves.

### Professional Goals:

Advanced degree in a Sports Medicine related field, or DNP  
Open a private practice for athletic therapy & recovery  
YTT, MFDc, dry needling, and other certifications!

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## Frequently Asked Questions:

### Who are Athletic Trainers?

Certified Athletic Trainers are licensed healthcare professionals who provide treatment and management of sports injuries. They are the first line of care for athletes from High School to the Pros. Providence Athletic Trainers are experts in concussion care and recovery. For more information, visit [www.nata.org/about/athletic-training](http://www.nata.org/about/athletic-training)

### Do we have to use Providence for follow up care?

You are in control of where and when your child receives care. We have appointments with Providence Sports Medicine physicians available to athletes. However, if you prefer to see your own physician, or if you would like to use a different health system, we will help you connect to the right people. For more information on Providence's Sports Medicine program, visit [www.providenceoregon.org/sportsmedicine](http://www.providenceoregon.org/sportsmedicine)

### How will my information be used?

The Central Catholic High School athletic department will provide Providence Sports Medicine with basic information about your child, including name and contact information. All information is secure and confidential. For more information about Providence's use of information, please visit <http://oregon.providence.org/about-us/notice-of-privacy-practices/>

### How do I contact the Athletic Trainer at my high school?

Erin can be reached via email at [erin.leroy@providence.org](mailto:erin.leroy@providence.org) or [eleroy@centralcatholichigh.org](mailto:eleroy@centralcatholichigh.org). Her office at CCHS is located through the Gym entrance at the end of the hallway between the girls' locker room and the vending machine. She is available for walk-in evaluations and treatments after school during practices, unless she is covering a game off-campus.