



Dear Visiting Team Athletic Trainer,

On behalf of South Laurel High School and Bluegrass Orthopaedics, I'd like to welcome you to London, KY! As you prepare to travel, I'd like to inform you of important information you may find helpful. There are two different athletic training rooms on campus. The outdoor athletic training room is the main location for football, soccer, and track. This is located at the football stadium, under the home bleachers. For all indoor sports and baseball/softball, the athletic training room next to the gym is the primary location used (on the same side as the home bleachers and boys' locker room). I am a certified athletic trainer and will be available during all home contests at least 2 hours prior to competition and 30 minutes following competition. EMS is on site for all football games. I have provided contact information and addresses for the school and local hospital, as well as other important personnel.

During your visit to our school, we will provide you with the following at each competition:

- Water
- Cups
- Ice/bags
- Crutches
- Splints
- AED

If an AT will not be traveling with your team, and the team will need pre-game assistance, please contact me in advance so that I may provide appropriate coverage. Please send tape and first aid supplies with your team.

I will be happy to assist you with any questions or needs you may have. We hope your visit to South Laurel is a healthy and enjoyable one.

Sincerely,

Alyssa Hampton, MS, LAT, ATC, OPE-C

Athletic Trainer

## Important Contact Information

Alyssa Hampton, MS, LAT, ATC, OPE-C

Athletic Trainer

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