

CLUB SPORTS ATHLETIC TRAINING

ATHLETIC TRAINER

The Club Sports Athletic Trainer is **ATC Adam Beattie**.

- Med. ATC, EMT
- **Contact Information:** abeattie@altitudeadvantagecoaching.com

ATHLETIC TRAINING ROOM

The CSATR is located in the southern section of Spruce Hall in the **Spruce Motion Lab**.

 **Training room equipment** is available for treatment, rehab, and other use.

WHEN TO USE THE ATR

Use the CSATR for **any injuries or ailments** that may affect you as a Club athlete.

- ✓ Injury evaluations and follow-ups
- ✓ Rehabilitation and corrective exercise
- ✓ Taping and bracing
- ✓ Stretching and mobility work
- ✓ Injury prevention and load management
- ✓ Personalized athlete care
- ✓ Concussion monitoring and return-to-play protocols
- ✓ Priority orthopedic referrals and surgical coordination



The Club Sports Athletic Training Room & all associated services are **100% free** to all Club Athletes!

HOW TO USE THE ATR

All Club Athletes are **required to register** any time they wish to use the CSATR.

INDEPENDENT HOURS & PRAC PREP

-  Register for "[CSATR - Club Sports Athletic Training Hours](#)" events
- ✓ Independent pre-assigned rehab that doesn't require supervision or involvement of the ATC; taping or bracing; independent stretching & mobility work

ONE-ON-ONE APPOINTMENTS

-  Register via "[Connection Programs](#)"
- ✓ Treatment provided by the ATC; rehab that requires supervision or involvement of the ATC; one-on-one conversations with the ATC
- ✓ All return-to-play protocols & advanced medical referrals

All Club Athletes must **follow all CSATR rules**:

- ✓ Arrive 5 minutes earlier than your appointment. Send a text if running late.
- ✓ Wear clothing that allows access to the injured area.
- ✓ Bring braces or previous imaging if applicable and available.
- ✓ Check in to the building *and* the Athletic Training Room at the front desk.