

OFFICIAL SPORTS MEDICINE PROVIDER

White Bear Lake High School Athletic Department	Angela Koich MS, LAT, ATC Cell Phone: 734-320-7291 Email: AngelaKoich@TCOmn.com	Craig Merten, LAT, ATC Cell Phone: 612-203-0488 Email: CraigMerten@TCOmn.com
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Pre-Season Informational Letter

Our 2022-2023 sports seasons are starting, and it's time for the Athletics staff to prepare for a safe and successful season. As the school's Licensed Athletic Trainer, it is important for me to communicate with all coaches, student-athletes and parents in order to provide quality services for White Bear Lake High School athletics through Twin Cities Orthopedics. I hope this letter will provide you with ample information on how I strive to provide a positive experience for your student-athlete here at White Bear Lake.

What is an Athletic Trainer?

Athletic trainers are highly skilled healthcare professionals trained in the prevention, evaluation, and treatment of injury and illness. They hold both a national certification following passing of a Board exam, as well as obtaining a medical license from the state of Minnesota. From the onset of injury or illness through recovery and return to play, an athletic trainer is trained to work with your student-athlete through the entire process. The core competencies of an athletic trainer include:

- Injury and Illness Prevention and Wellness Promotion
- Examination, Assessment, and Diagnosis
- Immediate and Emergency Care
- Therapeutic Intervention
- Healthcare Administration and Professional Responsibility

Additional information on the profession of athletic training can be found by visiting: <https://www.atyourownrisk.org/>

Twin Cities Orthopedics is taking every possible measure to ensure the safety of our student-athletes, using recommendations from the National Athletic Trainers Association (NATA), the Minnesota Department of Health (MDH) and the Center for Disease Control (CDC) along with guidelines set by the school and/or district.

This information letter will walk you through the services that are available to you. Please feel free to reach out with any questions.

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Sports Medicine, Physical Therapy and Rehabilitation Services

About Twin Cities Orthopedics

Twin Cities Orthopedics (TCO) is committed to providing world-class service. TCO's dedicated teams of independent physicians, specialty providers and care coordinators serve patients in clinic locations, walk-in orthopedic urgent care locations, and numerous other therapy and specialty care settings across Minnesota and western Wisconsin. Regardless of the location, TCO delivers an exceptional patient experience, backed by decades of trusted orthopedic and sports medicine care.

To learn more, visit TCOmn.com.

TCO's programs include:

- Orthopedic Urgent Care clinics, open **7 days a week from 8am – 8pm**. Scan the QR code below for a full list of locations.

VADNAIS HEIGHTS LOCATION NOW OPEN



- **Specialty Programs offered through Twin Cities Orthopedics (at various locations):**

Sports Injury Prevention
Blood Flow Restriction
Athletic Competition Enhancement (ACE)
Golf Medicine
Throwing/Baseball

Dry Needling
Nutrition Services
Sports Chiropractic Services
Sports Massage
Sport Psychology

Running Program
Concussion/Vestibular
Soccer
TRAC
Aquatic Therapy

- **Training HAUS Powered by TCO**

Training HAUS, with a flagship location in Eagan, is an elite athletic performance and recovery philosophy that is unparalleled in the Twin Cities. Utilizing innovative, science-based methods, our industry-leading team of experts work together to form a personalized approach for the athlete. Collectively, we establish a foundation for athletic performance that promises to challenge, inspire and produce real results.

To learn more and find locations, visit TrainingHAUS.com.

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Primary TCO Clinic Location

As your Licensed Athletic Trainer, I will be utilizing the following TCO clinic, therapy and performance locations as the primary locations I refer to in order to provide our student-athletes with a complete injury care and management program.

TCO Stillwater
5715 Memorial Ave N | Stillwater
651-439-8807

TCO Vadnais Heights
3545 Hwy 61 N | Vadnais Heights
651-439-8807

Training HAUS – Vadnais Heights
1490 County Road E East | Vadnais Heights
Located within TCO Sports Garden

A wide range of health plans are accepted, and self-referrals are welcome. Please contact your insurance carrier directly for coverage details.

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Hours and Sideline Coverage

Although I do not attend all events, all the student-athletes at all levels of play are welcome to seek out my care in the Athletic Training Room.

Hours

- **Athletic Training Room** – 3:00 pm – 7:00 pm *unless at game coverage

Coverage

- **Junior Varsity and Varsity:** Football (traveling with only varsity), Volleyball, Soccer, Basketball, Hockey, Wrestling, Gymnastics, Lacrosse, and Track & Field
 - **Varsity:** Baseball and Softball
 - **Lower Level sports-** on call
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Healthy Roster

All TCO athletic trainers working in the high school setting utilize Healthy Roster as our electronic medical record platform for your student-athlete. Healthy Roster gives TCO staff an efficient, HIPAA/FERPA compliant, protected platform for documentation purposes and provides a secure communication platform for me to discuss injury details with parents, coaches, and administrators as necessary. For more information on Healthy Roster, visit <https://www.healthyroster.com>

I will contact parents/guardians as needed in the event of an emergency. If you have questions, concerns or would like to discuss the plan of action for your child's injury, please contact me at:

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Concussion Management

Primary concussion management will be provided through the site Licensed Athletic Trainer, the student-athlete will then be referred to a sports medicine trained physician **if deemed necessary**. Referrals to a Sports Concussion Specialist are available and may be made based on your symptoms. If you would prefer to work with a physician regarding a concussion, please contact your Licensed Athletic Trainer so they can assist you in seeing a physician trained to treat this type of injury.

The ImPACT concussion test is a tool we have available to our student-athletes to help us in our clinical diagnosis and return to activity decisions. This is a computer-based test that uses multiple different tasks to determine aspects such as memory recall, reaction time, etc. This test is not required for participation in athletics by the school or the Licensed Athletic Trainer but may be required per coach's discretion. If you would like your child to take a pre-injury baseline ImPACT test (should the event of a concussion occur it is beneficial to have a baseline in order to compare results rather than using the normative data) please contact Angela Koich MS, LAT, ATC or Craig Merten, LAT, ATC for administration of the test.

Concussion Return to Play management will be supervised by your Licensed Athletic Trainer according to the [Minnesota State High School League guidelines](#). There is a mandatory 24 hour rest period between each of the 5 phases of supervised return to play.

Please contact your Licensed Athletic Trainer with any questions.

The Minnesota State High School League does offer Catastrophic, Concussion and Tournament Play Insurance Resources. This is not a TCO service, but the information can be found on the [MSHSL webpage](#).

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Physician Visits

If your child is in need of a physician visit during the year due to an injury, please contact me directly and I will assist you with identifying a **sports medicine physician**. I can also facilitate a quicker appointment through the use of our team physician and supervising clinic.

For ALL doctor visits:

According to the Minnesota State High School League Rule (Bylaw 107.00), if your child receives care from a physician for injury or illness “the attending physician must certify in writing the students readiness to return to competition.” THE ATHLETE WILL NOT BE ALLOWED TO PARTICIPATE WITHOUT A NOTE FROM A PHYSICIAN STATING SPECIFIC CLEARANCE FOR ACTIVITY.

Sideline Team



Matthew A. Hofkens, DO, RMSK
Team Physician | White Bear Lake High School

Physical Medicine and Rehabilitation, Board Certified
Area of Focus in Non-Operative Orthopedics
Area of Focus in Sports Medicine

TCO Locations | Stillwater

Dr. Hofkens is a physiatrist (physical medicine and rehabilitation physician) whose training and experience allows him to provide expert care for a wide range of orthopedic, musculoskeletal, and sports medicine injuries.

He has had a busy medical practice in the Twin Cities for over 10 years and provides comprehensive, individualized and patient-centered care that reflects the ever-changing landscape of medical literature. He has had extensive experience in musculoskeletal ultrasound (10+ years) and has lectured and taught nationally regarding its use and applications to fellow providers and residents.

He sees his medical practice and care team as a community service to promote healthy and active lifestyles. As a former two sport collegiate athlete (St. Olaf College) he is excited to practice in the communities he calls home and looks forward to working with his patients to achieve their best self.

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Angela Koich, MS, LAT, ATC

Licensed Athletic Trainer | White Bear Lake High School

Education: Bachelors Degree in Athletic Training and Exercise Science from Gustavus Adolphus College; Masters of Science in Sports Medicine at Georgia State University

Number of Years at White Bear Lake: 2

AngelaKoich@TCOmn.com | 734-320-7291



Craig Merten, LAT, ATC

Licensed Athletic Trainer | White Bear Lake High School

Education: Bachelors Degree in Athletic Training from St. Cloud State

Number of Years at White Bear Lake: 2

CraigMerten@TCOmn.com | 612-203-0488



Hannah Havemeier, BS, ACSM-EP

Sports Performance Coach | White Bear Lake High School

Education: Bachelors Degree in Exercise Science & Sport Science from UW- River Falls

Number of Years at White Bear Lake: 3

HannahHavemeier@TrainingHAUS.com

Clinical Navigator

TCO provides concierge care coordination and priority scheduling support for partner athletes. Our Clinical Navigators provide easy access to specialty provider appointments, including; physician, physical therapy, and concussion.

Your athletic trainer will assist you in contacting the Clinical Navigator, or you could reach them at ClinicalNavigator@TCOmn.com or scan the QR code below.



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COVID-19 Safety Precautions and Expectations

We at TCO will be following the current Minnesota State High School League (MSHSL), Minnesota Department of Health (MDH), and Centers for Disease Control (CDC) guidelines. Please reach out using the contact information listed above for any specific questions

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