



# HERITAGE

## Athletic Training

### A NOTE FROM THE ATHLETIC TRAINERS

Hello all! As the Athletic Trainers for Heritage High School, we want to emphasize that we prioritize your child's well-being above all else. At Heritage, we take pride in providing exceptional care and attention to all of the student-athletes. Our aim is to ensure that your child remains healthy and active throughout their athletic career. We work closely with your child's sport coaches and strength and conditioning coaches to maintain consistency with our athletic pillars. This means we can adjust activity levels based on their physical needs during athletic periods. We offer treatment times that do not interfere with the athletic periods, starting from 7 am before the school day begins, and extending until 5 pm after the school day ends.

#### Athletic Forms

Pre-participation Physicals should be completed on the [official UIL Pre-Participation Form](#) (linked [HERE](#)). Completed physicals for Heritage High School can be emailed to [greg.goerig@midlothianisd.org](mailto:greg.goerig@midlothianisd.org), [rachel.young@midlothianisd.org](mailto:rachel.young@midlothianisd.org), and/or [madeline.olofson@midlothianisd.org](mailto:madeline.olofson@midlothianisd.org). Click [HERE](#) to see a list of medical care providers in the Midlothian area

Rank One Online Forms: All athletes are required to complete the Rank One online forms each school year. Click [HERE](#) to be directed to the Rank One online forms.

#### Referrals & Secondary Insurance

We pride ourselves on having an extensive network of healthcare providers to help you find the perfect match for your child's medical needs. In case of an injury, it is crucial to keep us, the Athletic Trainers, informed. By doing so, we can efficiently communicate with coaches and other staff members to ensure effective documentation and a smooth line of communication. **Please note that if your child has visited a doctor recently, we require a doctor's note detailing any necessary restrictions.**

#### Secondary Insurance Options in Case of Injury

We offer secondary insurance for injuries resulting from UIL sanctioned practices or games. Our Staff Athletic Trainer will contact you and provide an insurance claim form for your use and records.

#### Head Injuries and Concussions

All suspected head injuries and concussions are managed based on protocols from the UIL, as well as our Concussion Oversight Team. For more information please visit: [MISD Athletic Training Policy and Procedures](#)

#### Athletic Training Student Program & Sports Medicine Courses

If you or your student are interested in joining our athletic training student program or enrolling in one of our sports medicine courses, please visit the following links:

Student Athletic Training Program: Linked [HERE](#)

Sports Medicine Courses: Linked [HERE](#)

### CONTACT US

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