

Meet your Athletic Trainers



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Mercedes is originally from Porterville, CA. In 2019, she graduated with a Bachelor's degree in Athletic Training and moved to Denver, CO, where she was hired as the athletic trainer for Standley Lake High School. While settling in as a valuable member of the community, she completed her master's degree in Kinesiology with a focus on adaptive sports and geriatric exercise science at A.T. Still University. Mercedes is driven to come to work every day by the opportunity to assist athletes in returning to their sport safely after an injury.



Paddy Harty, LAT, ATC

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Paddy Harty has been an athletic trainer with Children's Hospital Colorado since 2023 working in the club setting and has been an athletic trainer since 2017 with a background in high school, collegiate, and industrial settings. He is originally from the Chicagoland area, but him and his wife have lived in Colorado since 2018. He loves the outdoors and taking care of his animals. Paddy is an avid foster parent for cats and him, and my wife have adopted out over 100 cats.

***Meet the rest of the [JeffCO Sports Medicine Team](#)

What is a Certified Athletic Trainer

A certified athletic trainer (AT) is a healthcare provider specially trained in injury and illness prevention, clinical evaluation and diagnosis, immediate and emergency care and treatment, and rehabilitation of sports-related injuries in athletes. An AT must have a bachelor's or master's degree from an accredited professional athletic training program, pass a comprehensive board certification test, and meet continuing education requirements to maintain certification. Under the direction of a physician, athletic trainers can work in various roles and settings, including physician practices and in communities through high school and youth sports organizations.

What does having a certified AT mean for you as a student-athlete?

- Free injury assessments and recommendations for follow-up care
- Injury management and prevention
- Functional rehabilitation
- Access to sports medicine education and resources

About the Partnership

Through a partnership with Children's Hospital Colorado, Jeffco Public Schools is proud to offer on-site athletic trainers at 18 high schools to ensure students thrive while playing the sports they love.

The [Sports Medicine Center](#) athletic trainers offer care during practices and games for fall, winter, and spring sports. Families can receive valuable insights from the trainers during parent and coach meetings. These discussions cover topics such as mental health, nutrition, hydration, concussion management, injury prevention, and more.

Partnering with [Children's Hospital Colorado's Sports Medicine Center](#) promotes health and wellness across the district. At Children's Colorado, board-certified sports medicine experts only see young athletes. Because the team is specially trained in pediatrics, they understand how an injury may impact growth or how growth might impact rehabilitation.

The athletic trainers also offer supportive care in areas like sports nutrition and sports psychology. They are continually developing new programs for sports-related conditions in partnership with other top specialists at Children's Colorado.

Children's Hospital Colorado Locations

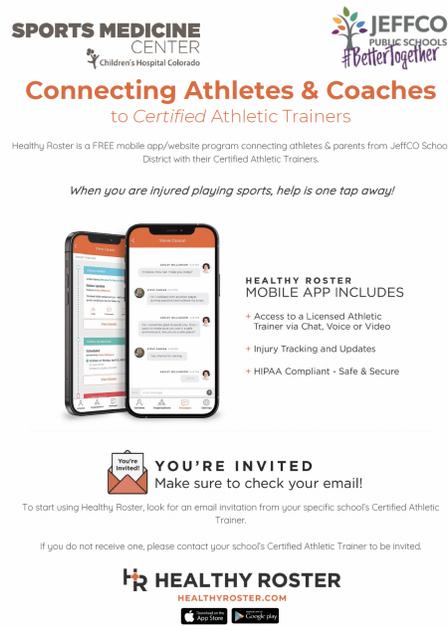
Scan the QR code or [click this link](#) to view our locations.



Healthy Roster

Healthy Roster is a software platform designed for Athletic Trainers to log, track, and communicate about the injuries their athletes sustain on the field. To receive real-time updates about your athlete's injuries, make sure to watch for an invite sent to your email.

<Embed Healthy Roster Flyer>



The flyer features the Sports Medicine Center logo on the left and the JEFFCO Public Schools logo on the right. The main title is "Connecting Athletes & Coaches to Certified Athletic Trainers". Below this, it states: "Healthy Roster is a FREE mobile app/website program connecting athletes & parents from JeffCO School District with their Certified Athletic Trainers." A quote reads: "When you are injured playing sports, help is one tap away!". The central image shows two smartphones displaying the app interface. To the right of the phones, it says "HEALTHY ROSTER MOBILE APP INCLUDES" followed by a list: "Access to a Licensed Athletic Trainer via Chat, Voice or Video", "Injury Tracking and Updates", and "HIPAA Compliant - Safe & Secure". Below the phones is a red envelope icon with the text "YOU'RE INVITED Make sure to check your email!". Further down, it says: "To start using Healthy Roster, look for an email invitation from your specific school's Certified Athletic Trainer." and "If you do not receive one, please contact your school's Certified Athletic Trainer to be invited." At the bottom, it features the "HEALTHY ROSTER" logo, the website "HEALTHYROSTER.COM", and icons for the App Store and Google Play.

Common Injuries

At the Children's Hospital Colorado Sports Medicine Center, our pediatric sports medicine experts, including doctors, athletic trainers, physical therapists, dietitians, and other specialists, lead the region in state-of-the-art treatment for young athletes. Our team of experts help educate athletes, parents and coaches about injury prevention and rehabilitation, and provide excellent care when sports injuries do happen.

Learn more about the common soccer injuries and conditions we treat:

- [ACL Injury](#)
- [Ankle Sprains](#)
- [Anterior Knee Pain](#)
- [Broken Bones](#)
- [Kneecap Instability](#)
- [Shin Pain & Shin Splints](#)
- [Sever's Disease](#)

- [Osgood-Schlatter Disease](#)
- [Concussion](#)

Emergency Action Plans

NAME OF LOCATION:
<Embed school-specific EAPs>

NAME OF LOCATION #2:
<Embed school-specific EAPs>

NAME OF LOCATION #3:
<Embed school-specific EAPs>

Weather Safety

Lightning	Lightning Cont.	Air Quality	Cold Weather	Heat	Tornado
Lightning within 10 miles depending on venue or if Athletic Trainer is present. Clear fields and get all players, parents and staff into "safe shelter"	Athletic Trainer Present: AT will monitor lightning using PerryWeather. When Lightning is within 10 miles the fields will be cleared and delay will begin.	Athletic Trainer will monitor using weather app or Colorado Department of Public Health and Environment website	Temperature or Wind Chills is between 25°F and 15°F Athletic Trainer will notify coaches of drop in temperature. Activity should be limited to 45 minutes. Make sure all athletes have adequate cold weather gear	Athletic Trainer monitors heat by using WBGT which takes into account temperature, humidity, wind speed, sun angle and cloud cover, which is a more accurate reading of heat stress vs just taking temperature	Tornado Watch: Storms are approaching and Athletic Trainer will monitor Tornado Tornado Warning: Tornado has been observed or radar indicates. Immediate activity delay, all present should seek immediate shelter
All Clear: Activities will resume 30 minutes after the last strike, provided there have been no strikes within a 10-mile radius. **The 30 minute clock resets with each strike within 10 miles**	Athletic Trainer not Present: Clear fields at 10 miles. Coaches or other staff should monitor weather using PerryWeather widgets found on the school's website, or other weather apps (My Lightning Tracker or WeatherBug are the preferred backup system)	Good 0-50 Moderate 51-100 Unhealthy for Sensitive Groups 101-150: Athletes with asthma should be carefully monitored Unhealthy 151-200: Activity should be modified or moved indoors Very Unhealthy >201: Activity should be moved indoors or rescheduled	Temperature or Wind Chill is less than 15°F Athletic Trainer will notify coaches of drop in temperature. Consider termination of outside participation	<76.1°F: No Limitations 76.2-81.0°F: Activity Duration 40 minutes, Rest Water Break 12 minutes 81.1-84.1°F: Activity Durations 30 minutes, Rest Water Break 10 minutes 84.2-86.1°F: Activity Duration 15 minutes, Rest Water Break 4 minutes >86.2°F Cancel or Delay Activity	All Clear: National Weather Service specifies warning has ended, but weather should continue to be monitored
Safe Shelter Is inside fully enclosed, grounded building or inside a fully enclosed vehicle with solid roof and windows up.			Temperature determined by actual temperature or wind chill, whichever is lower	WBGT will be measured an hour before activity and every 1-2 hours during if outside temperature exceeds 75°F	

Additional Resources

Children's Hospital Colorado:

Concussions:

- [Children's Hospital Colorado Concussion Program](#)
- [Return to Play Protocol \(English\)](#)
- [Return to Play Protocol \(Spanish\)](#)

Cover All Coloradans Initiative:

- This program is for individuals 18 years old or younger or individuals who are pregnant.
- The family/child must meet the Medicaid requirements (low income or qualifying disability or conditions), but is not eligible due to citizenship.
- Requires Colorado residency
- Application process:
 - o Online: [CO.gov/PEAK](https://www.CO.gov/PEAK)
 - o Call Children's Colorado Financial Counseling: 720-777-7001

Colorado High School Activities Association (CHSAA):

[CHSAA Sports Medicine Advisory Committee \(SMAC\)](#)

PPE Forms:

- [CHSAA PPE Form \(English\)](#)
- [CHSAA PPE Form \(Spanish\)](#)

National Athletic Trainers' Association (NATA):

[What is an Athletic Trainer?](#)

National Foundation of State High School Association (NFHS):

[NFHS Sports Medicine](#)