SPORTS MEDICINE CENTER
Children's Hospital Colorado

Meet your Athletic Trainers



John Thomas, MEd, ATC, LAT, EMT
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John has been a Certified Athletic Trainer for over 40 years. He graduated from the University of Pittsburgh in 1985 with a degree in education and specialization in athletic training. He obtained his masters at the University of Nebraska in Educational Administration and was a graduate assistant with football and wrestling. He has worked at all levels of athletic training from clinical, high school, collegiate, to professional sports. This is John's second stint at Evergreen. The first was from 1996-2001, and he returned in 2019 when his son was a freshman at EHS. John's experience spans being the Director of Sports Medicine at Kansas State University, Head Athletic Trainer for the Colorado Crush Arena Football team, initiating the Sports Medicine Program at Warren Tech, and at the Colorado School of Mines. He has also taught in Jeffco. John's wife, Ann, is a teacher at EHS and they have 3 children. They love living in Evergreen and being part of the mountain community.

CJ Rosenborough, MS, LAT, ATC



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CJ is a Board Certified and Colorado Licensed Athletic Trainer. He was born in Baltimore, Maryland and grew up in Richmond, Virginia, where he played high school football and lacrosse. He is passionate about furthering the profession and serves on the Colorado Athletic Training Association's Secondary School Committee. He also teaches CPR as an American Heart Association Basic Life Support Instructor. He enjoys snowboarding, hiking, camping and kayaking with his wife, Becca, and golden retrievers, Delilah and Meeker.

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.

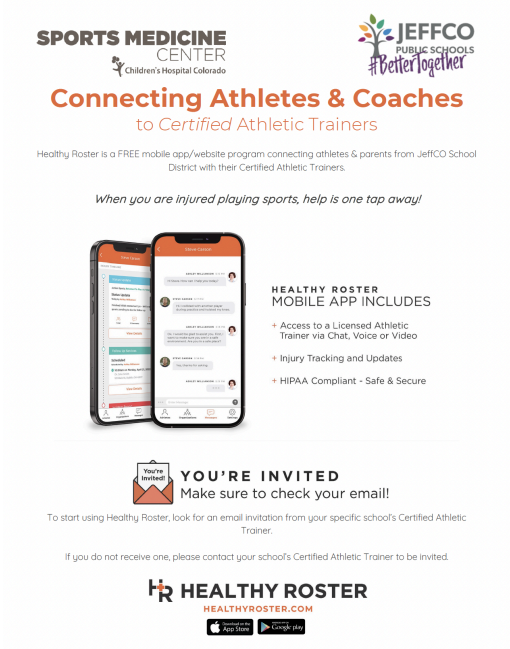
The athletic trainers also offer supportive care in areas like sports nutrition and sports psychology. They are continually developing new programs for sports-related conditions in partnership with other top specialists at Children's Colorado.

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.



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

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Emergency Action Plans

Evergreen High School Athletics EAP

Baseball Field EAP

Batting Cage EAP

Grass Field EAP

Large Gym, Small Gym EAP

Softball Field EAP

Tennis Courts EAP

Turf Field/Track EAP

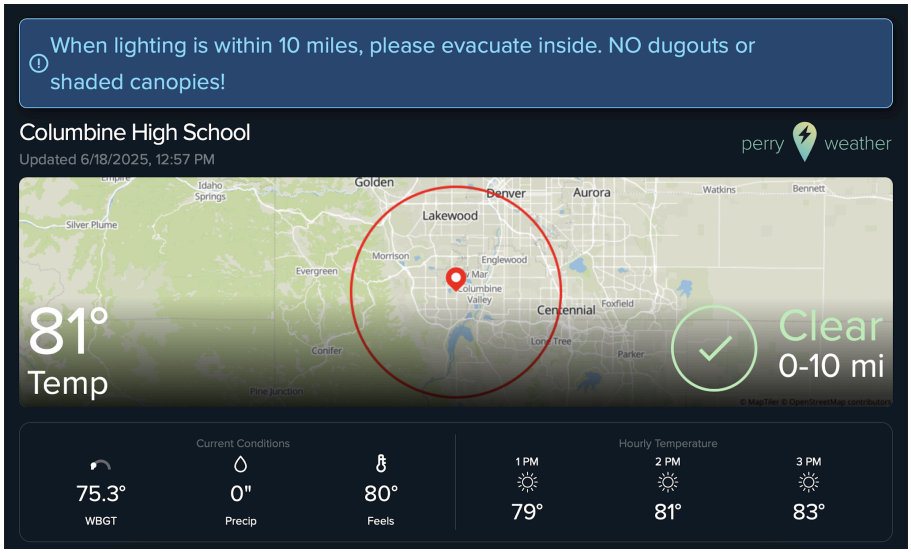
Wrestling Room EAP

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	

Our Sports Medicine Center subscribes to Perry Weather to provide the most pinpoint accurate weather.

Evergreen High School:



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:
  - Online: CO.gov/PEAK
  - 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