



Armstrong High School Athletic Training and Injury Information

To: All Parents, Coaches and Students

From: Matt Stoneberg, MS, ATC, PES

I would like to introduce you to the Athletic Training Services that are available to you and your student athletes at Armstrong High School.

The Institute for Athletic Medicine (IAM) is contracted to provide athletic training services to Armstrong High School. IAM is a service of Fairview Health Services and North Memorial Health Care. IAM offers complete state-of-the-art orthopedic and sports physical therapy and rehabilitation services for people of all ages.

The Athletic Training Room (ATR) at Armstrong High School is located on the East side of the main gym. ATR hours for the Spring season are 2:15-4:00 pm, Monday through Friday. If you need to contact me I can be reached in the ATR at **763-504-8841** during the above hours or by email at **mstoneb1@fairview.org**. IAM also offers a 24 Hour Athletic Medicine Hotline staffed by certified athletic trainers for questions about sports-related injuries: 952-920-8850.

**** At some point during the sport season it is possible that your athlete may have to be evaluated by a doctor for an injury or illness. If this occurs, a doctor's note clearing the athlete to participate in athletics must be presented to the certified athletic trainer prior to the athlete returning to practice or competition. This is a Minnesota State High School League Rule (Bylaw 107.00). This is for the student's protection as well as to keep everyone informed of the student athlete's readiness to participate.**

I look forward to a fun and safe season working with you and your student athletes. If you have any questions or concerns, please don't hesitate to contact me.

Sincerely,

Matt Stoneberg, MS, ATC, PES
Institute for Athletic Medicine
Armstrong High School