SECTION 10: HEALTH SERVICES

SPORTS MEDICINE PROGRAM

1. The mission of the Division of Sports Medicine is to provide the best possible health care system for our student-athletes. The athletic training staff is responsible for the evaluation, monitoring, prevention and rehabilitation of injuries incurred by student-athletes while participating in the College of William and Mary Intercollegiate Athletic program. To meet this objective, it is the responsibility of the student-athlete, coaches and all involved athletic department personnel to adhere to all policies and procedures established by the Division of Sports Medicine. To access detailed information on procedures and required forms visit the Sports Medicine Website at http://www.wm.edu/sportsmedicine/ or access the site through the athletic department site at www.tribeathletics.com.

2. Communication between the Head Coach and Athletic Training Staff is essential to a successful sports medicine program. Each Head Coach is required to establish a consistent weekly meeting time with their respective athletic training contact. The purpose of the meeting is to review the team injury report and to outline and confirm the practice and competitive schedule for the week.
   a. The athletic department cannot assure adequate athletic training coverage if schedules are changed at the last minute. Changes should only occur due to weather, facility conflicts or class conflicts. For both facility and class issues conflicts should be predictable, not last minute!

3. Use and Schedule of Athletic Training Room Facilities
   a. The athletic training room facilities are available to student-athletes who are certified to participate in the intercollegiate athletic program and who are under the care or supervision of a member of the sports medicine staff.
   b. The athletic training room facility in William and Mary Hall is open primarily for injury evaluations and treatments from 8a.m.-2p.m. Monday through Friday. Evaluations or treatments may be scheduled at other times, by appointment. Between 3 p.m. and 6 p.m. the primary concern and priority in the athletic training room is directed to the preparation and supervision of practice and competition activities. Weekend hours will fluctuate based on practice and event schedules. For a complete listing of protocols for Planning Practice and assigning Sports Medicine Coverage refer to http://www.wm.edu/sportsmedicine/atservices or see Appendix 10-A.
   c. Athletic team practices should not be scheduled to begin prior to 7:00am or after 7:30pm. Exceptions to this policy must be approved by the Associate Athletic Director Internal Operations.
   d. No one is permitted access or use of any athletic training facility without prior approval from a member of the athletic training staff. All therapeutic modalities may only be administered by a member of the athletic training staff.
   e. If there is an emergency and the athletic training facility is not open, individuals should directly access the campus emergency number (911), any campus blue emergency phone, the Student Health Center (SHC), or the Sentara Williamsburg Regional Medical Center Emergency Room. Detailed
emergency procedures for each athletic venue can be referenced at http://www.wm.edu/sportsmedicine/.

4. Approval for Participation in Intercollegiate Sport
   a. Prior to any activity, practice or competition, as a member of a William and Mary Intercollegiate Athletic team, individuals must be medically cleared for participation. To initiate this process, entering student-athletes must have a complete physical exam on file in the athletic training facility. The appropriate medical clearance forms for Incoming Student-Athletes can be downloaded from the Sports Medicine Website at http://www.wm.edu/sportsmedicine/. Each following year, returning student-athletes must complete and submit to the athletic training staff an Interim Health History Form. The appropriate medical clearance forms for Returning Student-Athletes can be downloaded from the Sports Medicine Website at http://www.wm.edu/sportsmedicine/. Medical clearance will not be granted without complete and accurate submittal of these very important forms.
   b. Unless otherwise indicated, the medical clearance process will involve the review of a student-athlete's medical records and an individual exam by a physician. However, if deemed necessary, a student-athlete may be required to have an individual examination by a SHC physician, medical specialist or the team physician prior to clearance for participation. This required medical evaluation will be arranged by the athletic training staff. The team physician retains the final authorization to approve or disqualify any student-athlete from participation in any intercollegiate athletic activity at The College of William and Mary.
   c. If a student-athlete is injured and/or restricted from participation by a physician, the Division of Sports Medicine must have written approval from the attending physician prior to granting clearance for participation in intercollegiate athletic activity.
   d. Individuals who are trying out for a team must follow proper tryout procedures prior to participating in any physical activity. The summary of procedures and the required tryout waiver form are provided in Appendix 10-B or are available at http://www.wm.edu/sportsmedicine/tryout.

5. Medical Expense/Insurance Policies
   a. The Division of Sports Medicine strongly recommends that every student-athlete acquire some form of primary medical or hospitalization insurance. The College requires all students, to have comprehensive health insurance coverage, which must be approved by the Student Insurance Coordinator at the Student Health Center.
   b. As a service to our student-athletes, the athletic department provides a secondary or supplemental athletic accident insurance. The secondary policy is not all-inclusive and benefits will only be applied subject to the terms and limitations of the policy. Specific information regarding the secondary insurance coverage and procedures can be referenced at http://www.wm.edu/sportsmedicine/insinfo.html.
c. The secondary policy will only be applied to medical costs incurred for services rendered by a participant in the William and Mary Sports Medicine Support Network or with their specific written referral for further care.

d. Out of Network care must be coordinated through the athletic training staff prior to the visit. The secondary policy is applicable only for athletic injuries that are a direct result of intercollegiate activity during a required practice or competition supervised by a coach.

e. The athletic department secondary insurance policy requires that individuals first make a claim under their primary medical or hospitalization insurance. Medical expenses not covered under the primary insurance may be paid under the College's secondary policy, subject to its limitations and conditions.

f. Student-athletes are required to submit the insurance questionnaire each year. The appropriate forms may be downloaded at [http://www.wm.edu/sportsmedicine/insinfo.html#forms](http://www.wm.edu/sportsmedicine/insinfo.html#forms). Prior to participation the Insurance Questionnaire and a copy of the student’s primary care insurance card must be on file in the athletic training facility. A student-athlete is not covered under the athletic department’s secondary insurance policy unless this information is on file in the athletic training room prior to an injury.

g. A student-athlete belonging to a Health Maintenance Organization (HMO) is limited to the specific HMO physicians and/or facilities. It is the responsibility of the student-athlete and their parents to adhere to and notify the athletic training staff of applicable guidelines, procedures and restrictions. Failure to follow proper HMO procedures will void an individual’s eligibility for coverage under the athletic department's secondary insurance.

6. Policy on Referral to Medical Specialists

a. To assure proper supervision of medical care, individuals must adhere to set procedures when there is any request for referral to a physician or medical specialist. Within the Sports Medicine Network, all referrals must be arranged by a member of the athletic training staff. If a student-athlete wishes to seek medical care or a consultation outside the Network, prior written authorization must be obtained from Michael Potter, M.D., Team Physician. If the referral policies are not followed, the athletic department secondary insurance policy may not apply. In this instance, the student-athlete assumes full financial responsibility for payment of services rendered.

b. For an approved outside consultation, the student-athlete must provide the specialist with an authorization for the release of information and a copy of the WMAA Insurance Instruction Sheet. Instruction forms are available in the athletic training room or the appropriate release forms can be downloaded from the Sports Medicine Website at [http://www.wm.edu/sportsmedicine/requestforinfo.pdf](http://www.wm.edu/sportsmedicine/requestforinfo.pdf). The student-athlete assumes complete financial responsibility for any travel, lodging or meal cost associated with the physician visit.

c. Again, only if these policies are followed can the athletic training staff assure sound care, monitoring and rehabilitation of an athletic injury.
7. Heat and Lighting Policies
   a. Student-Athlete, Staff and Spectator welfare must be the number one priority in all situations. The athletic department through the guidance of the Sports Medicine department has established procedures for coaches and staff relative to managing heat related issues when monitoring practice and dealing with lighting whether at practice or a competition. The heat and lighting policies are provided in Appendix 10-C and 10-D, respectively. Both are also available at http://www.wm.edu/sportsmedicine/coach.html. All coaches are responsible for assuring compliance with these policies.

8. Catastrophic Emergency Plan:
   a. The plan addresses athletic-related, life-threatening emergencies or travel situations where an official travel party has an accident which requires transport of an individual(s) to a hospital. Refer to Appendix 10-E for a full copy of the policy.
   b. All athletic department personnel must review and be knowledgeable of the policy to assure appropriate responsiveness should there be a crisis situation.

SPORT PSYCHOLOGY SERVICES

1. Scope of the Program.
   a. The Sport Psychology Office offers a range of services for individual athletes, teams, and coaches. Confidential consultation is available for sport psychology education, performance enhancement, mental skills training and personal issues. Emphasis is placed on providing non-judgmental assistance to gain perspective, explore options, and examine courses of action to improve the situation.
   b. Dr. Deidre Connelly, Sport Psychology Consultant and Life Skills Coordinator, provides support and counseling in numerous areas including mental preparation strategies for training and competition, motivation and goal setting, visualization and performance planning, anxiety management, concentration and mental focusing to name a few.
   c. Support and assistance is also offered to individuals having difficulties with eating disorders, coping with athletic injury, managing time or stress, making the transition from high school to college, or effectively balancing academic, athletic and/or personal needs.
   d. Training for teams includes workshops or on-going education on topics such as group cohesion and team building, leadership training, communication skills, and mental aspects of training and competition.

2. Accessing Sport Psychology services
   a. Head Coaches may contact the sport psychology consultant to schedule team educational sessions. Keep in mind that one meeting is not the answer.
   b. The Head Coach may also refer a student-athlete to the consultant for assistance in dealing with issues specifically related to athletic participation or of a personal nature.
   c. All student-athletes are welcome regardless of the issues they wish to discuss. All meetings are confidential. The Sport Psychology consultant is also a member of the Counseling Center staff and can facilitate a referral to the
Center. Contact Dr. Connelly by phone (221-3386), email (dxconn@wm.edu), or by stopping by in person (Room 207, W&M Hall).

d. Student-athletes are also encouraged to visit the Counseling Center website at http://www.wm.edu/offices/counselingcenter/ for information on mental health issues (see “Self-Help” links under Resources).

**SPEED, STRENGTH AND CONDITIONING**

1. A full copy of the Policy and Procedure Manual for the Speed, Strength and Conditioning program is provided in Appendix 10-F. All coaches are encouraged to review the entire manual. To follow is a summary listing of key components and policies of the program.

2. Training Philosophy
   a. The goal is to create a positive training environment that will give each participant the very best opportunity to become a better student-athlete. Individualized sport-specific training programs are designed to meet each student-athlete’s needs. The true success of any training program is in the implementation. TRUST and ADHERENCE to a prescribed training program is best established by educating student-athletes about their training throughout the process. Experience has shown that better educated student-athletes are more likely to train HARDER and SMARTER. The training programs are designed to promote COMPETITION, ACCOUNTABILITY, TEAM UNITY, and DISCIPLINE.

3. Goals and Objectives of the Program
   a. The primary goal of the strength and conditioning program is to maximize athletic performance while minimizing the occurrence of injury in a safe, structured training environment. Sport-specific training programs are designed to help each student-athlete achieve their performance-based goals. The William & Mary Speed, Strength & Conditioning Staff (SSCS) strives to provide a program that enhances individual performance and produces winners.

4. Program Implementation
   a. The design and implementation of all training programs for Tribe student-athletes is the responsibility of the William & Mary SSCS. Sound program development requires a solid educational and practical background, which should not be attempted by an untrained, uncertified individual.

5. Testing
   a. Specific student-athletes, identified by the strength and conditioning coach, will be monitored through the periodic testing of the core lifts. This provides everyone with the necessary data to access deficiencies, make adjustments to the program, and evaluate performance. Coaches will receive a copy of all testing results.

6. Summer Training Programs
   a. Summer training programs will be prepared mid-April for all William & Mary athletic teams. Your strength coach will provide an orientation of the program for the entire team prior to their departure for summer break. These programs are a product of time and hard work by the SSCS. Athletes are expected to
follow the program and communicate with their strength coach if any questions or problems arise.

7. The Role of the Sport Coach and Student-Athlete
   a. The Coach: A successful strength and conditioning program is only as strong as the head coach of the team. Your involvement in the student-athletes' training will greatly determine how much the athletes put into the training program. Coaches are encouraged to communicate weekly with the strength staff about goals, concerns, or questions. Coaches are welcome and encouraged to attend all team training sessions to better understand what the training program encompasses and the rationale for the program. The athletes will be more apt to adhere to the training program if they sense that it is important to you!
   b. Student-Athlete: The expectation is that student-athletes will consider the speed, strength and conditioning program as a vital aspect of their overall training program. Everyone must be accountable and responsible. The specific student-athlete responsibilities are outlined on page 7 of the Speed, Strength and Conditioning Policy and Procedural Manual provided in the Appendix.

8. Orientation
   a. Each team will attend an annual orientation of the training facility. Orientations take place at the beginning of the fall semester. Your strength coach will review the rules and regulations of the facility and address expectations of the athletes. Coaches must attend the orientation session with their team. Coaches will receive a memo informing them of the time and date of the orientation session.

9. Scheduling
   a. The Joseph W. Montgomery Strength Training Center serves as a training facility for all 23 intercollegiate athletic teams at the College of William & Mary. Due to the large volume of athletes, scheduling is a very important administrative aspect of the strength and conditioning program. Each team will be allotted 1 hour of training time per session. It is vital that student-athletes are on time to every training session. Athletes will not be permitted to be late without prior notification.
   b. A scheduling letter will be sent out every semester to secure a training time. In-season teams will have first priority. Off-season teams will be scheduled on a first come-first serve basis. Your flexibility in scheduling a training time will directly affect the amount of time and attention that your strength coach can give your student-athletes.
   c. No one is permitted access or use of the Montgomery Strength Training Center or equipment without prior approval from a member of the strength staff. All equipment may only be utilized under the supervision of a member of the strength staff, or their designee.
   d. A listing of the rules and regulations for the Montgomery Strength Training Center are provided on page 7 of the Speed, Strength and Conditioning Policy and Procedural Manual.
10. Absences
   a. All programs are designed under the assumption that student-athletes will be consistent with their training. Absences from team workouts are detrimental to the athlete’s progression through the training cycle. Absences from team workouts should be strongly discouraged by the head coach. The strength staff should be notified in advance of any athlete’s inability to attend a scheduled workout. The facility will offer “Open Training” time to accommodate student-athletes who can not attend the scheduled team training time. Conversely, the strength coach will notify the head coach of any absences that are not approved in advance.
   b. The head coach, or his/her designee, must notify the speed, strength and conditioning staff of intent to cancel a session at least 24 hours before the scheduled session. Due to the high demand for allotted training time in the strength training facility, a team will forfeit their assigned time slot for the semester after 3 missed scheduled training sessions.
   c. During scheduled “off hour” training sessions (before 8:00am, after 6:00pm or on weekends) a minimum of 6 athletes must be in attendance. Should the minimum not be maintained for more than 3 sessions, the training session will be eliminated for the remainder of the semester.

11. Recruits and Visitors
   a. The strength staff will, when possible, provide recruits and visitors with a mini-orientation to the training facility and an overview of the sport-specific training program. Please notify the strength staff of recruits and visitors as early as possible. A minimum of as least 48 hours notice is required to assure the facility and staff can be properly prepared. Please, DO NOT SHOW UP UNANNOUNCED!!!

12. Ergogenic Aids
   a. The NCAA prohibits coaches from distributing numerous ergogenic supplements to student-athletes. Therefore, it is the position of the strength staff at the College of William & Mary that the use of illegal ergogenic or performance-enhancing substances will never be suggested, implied, or condoned. A list of the NCAA banned substances is available on the Sports Medicine web site at http://www.wm.edu/sportsmedicine .
   b. Prior to the use of any nutritional, ergogenic or performance-enhancing substance, a student-athlete must meet with their Strength coach and a member of the Sports Medicine staff.
   c. Effective strength gains can be made naturally by adhering to a planned, methodical strength-training regimen.