

TO: Visiting Athletic Teams

FROM: Priscilla Lowther M.S., A.T., C.
Head Athletic Trainer

RE: Athletic Training Services

On behalf of the Grinnell College Athletic Training staff, welcome to Grinnell for your upcoming visit. The following facilities and services will be available during your visit:

- The athletic training room is located on the lower level of the Physical Education Complex (PEC) and will be open at 9:00 a.m. on race day.
- A certified athletic trainer will be in attendance at the race site at 9:30 a.m.
- The following modalities will be available for your use in the PEC athletic training room: Ice bags or cups, hydrocollator packs, hot whirlpool, and the electrical modalities ultrasound and muscle stim (w/ note from ATC or MD including parameters, etc).
- If your team **is not traveling with a certified athletic trainer**, our staff will be able to assist your team with taping, but please notify us in advance and send any taping supplies that your team may require. If your athletes require electrical modalities (available only in the PEC on campus, not at the race site) please make arrangements in advance. We only have one machine and will not be able to do multiple athletes in a short period of time.

If we can be of further assistance please do not hesitate to contact us at (641) 269-3842 or (641) 269-3808. Email addresses: Lowther@grinnell.edu or Blairkar@grinnell.edu.

Sincerely,

Priscilla Lowther, M.S., A.T., C.
Head Athletic Trainer

Kariann Blair, M.S., A.T., C.
Assistant Athletic Trainer