

To the Parents of Student-Athletes:

Welcome to the 2020-2021 athletics year! My name is Suzi Guider and I am the Certified Athletic Trainer here at Cedar Rapids Jefferson High School. I am beginning my 11th year as a certified athletic trainer, as well as my 11th year at Jefferson High School. As of January 1st, I am contracted through the University of Iowa Health Care's Sports Medicine Department. With this, comes some new things for me and Jefferson High School! Please continue reading to learn more.

One of the new changes is with how I document and keep track of injuries. I am working on getting a program called Healthy Roster up and running! With this program, parents can create a parent portal to see updates on their student-athlete's injuries, their progress and have easy access to ask me questions! You will get an email from Healthy Roster as soon as I get a roster at the beginning of each new sports season. Please see the flyer for more information!

The next change is with our neurocognitive concussion testing platform. Going forward, I will be using a program called Concussion Vital Signs. It is very similar to our previous program; however, **ALL ATHLETES** will have to complete this for the 2020-2021 athletic year. See the included flyer on how they can get this done from home this summer and be a step ahead before their sports season begins! It is recommended to use their Chromebook or a computer/laptop with a keyboard. Please note that this **DOES NOT** replace the Concussion Form that is also required to have on file.

The final change is a compliance requirement from the University of Iowa Health Care. We are asking all student-athletes have a signed Release of Information and a signed Privacy Notice form filled out. These allow me to discuss and share information with our coaches, our athletic director, our school nurse and other necessary parties within Cedar Rapids Jefferson High School. These can be given to me or turned into the activities office when feasible.

If you have any questions regarding any of these, please feel free to reach out! I am happy to answer any questions you may have. I am looking forward to beginning the 2020-2021 athletic year!

Sincerely,

Suzi Guider

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