



## EL DORADO HIGH SCHOOL GOLDEN HAWK ATHLETIC TRAINING

This letter is to inform all athletes and parents about Sports Medicine at El Dorado High School. There is currently a Certified Athletic Trainer on staff to cover practices and varsity home events for most sports on campus, both boys and girls.

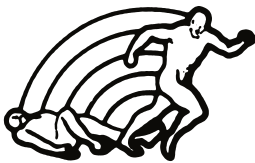
An Athletic Trainer is nationally certified to have knowledge and practical skills in prevention, evaluation, treatment, and rehabilitation of athletic injuries. The Athletic Trainer is on duty to be the first responder if there is an injury or medical emergency that takes place during a practice or game. The Athletic Trainer can also help the athlete and their parents determine if further medical attention from a physician is required and will provide recommendations of orthopedic doctors or physical therapists, when needed.

If an athlete sees a doctor for an injury that keeps them from participating in their sport OR that requires treatment from the athletic trainer, a signed note from a physician is **required** before the athlete may return to play.

The athletic training office is located by the girl's locker room, next to the pool. Hours are Monday through Friday from 1:30pm until the last varsity competition of the day. Extended hours are available by making arrangements with the athletic trainer. To leave a message for the athletic trainer, please call (714) 986-7580 ext. 11151 or email at [jjuniga@pylusd.org](mailto:jjuniga@pylusd.org).



Jamie Zuniga  
EDHS Athletic  
Trainer



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Getting your player  
back in action fast...  
Go Hawks!