



Sports Training Program for High School Athletes

Keeping student athletes healthy and participating in interscholastic sports is the primary goal of Team to Win. Many injuries are preventable. Unfortunately, school age athletes lack access to comprehensive or specialized sports medical care. Our program is available to student athletes, regardless of their type of insurance or medical coverage. We want this eventually to be the model for the rest of the state.

*Keith S. Feder, MD
Medical Director,
Team to Win*

For more information about Team to Win at Centinela Hospital, please call 1-800-SPORT MD.

Visit our website at www.wcsportsmed.com



ABOUT CENTINELA HOSPITAL & THE WEST COAST SPORTS MEDICINE FOUNDATION

A full service, acute care medical facility, Centinela Hospital has long been known for its excellence in orthopedics and sports medicine. Centinela is the official hospital of the Los Angeles Dodgers, Lakers and the Long Beach Ice Dogs. It is also the hospital of choice for the Los Angeles Kings. Together with The West Coast Orthopedic Surgery and Sports Medicine Research Foundation, Centinela supports **Team to Win**.

The West Coast Orthopedic Surgery and Sports Medicine Research Foundation was created in 1994 to study, promote, review and improve sports medicine care, as well as conduct athletic medicine research in Southern California. The Foundation was started by Keith Feder, MD, the medical director of the **Team to Win** program, to advance the goals of providing comprehensive care to student athletes in Los Angeles County. The Foundation is classified by the IRS as a 501^c(3).



Team To Win

Founded in 1994 by Orthopedic Surgeon, Keith S. Feder, MD and Athletic Trainer, Jill Sleight, ATC, the goal of **Team to Win** at Centinela Hospital is to reduce the incidence of athletic injuries in local high schools and to treat injuries on-site in order to return the student athlete to competition. The **Team to Win** program at Centinela Hospital currently reaches approximately 10,000 students at 24 area high schools.

Significant barriers exist for student participation in high school athletics. California Law mandates that high school athletes must have minimal medical insurance to participate in interscholastic athletics. Financial and insurance constraints prevent many high school athletes from accessing quality medical care and sports training. Unlike San Francisco or New York, most California school districts do not provide sports accident insurance and athletic trainers are virtually non-existent. The vast majority of student athletes must rely on ineffective Medi-Cal or HMO coverage, purchase costly school accident insurance or not participate in high school athletics. As a result, a disproportionately high percentage of minority youths are left without the ability to acquire necessary medical services.



In response to that void, **Team to Win** at Centinela Hospital provides insurance for student athletes allowing any student to participate in interscholastic athletics regardless of family income. **Team to Win** provides on-site athletic trainers so that injuries may be prevented and athletic conditioning is enhanced. The program brings highly trained sports medicine specialists to the athletes who would otherwise have limited access to these physicians.



Special Programs

At **Team to Win**, we offer special programs for athletes and their trainers.

Athletic Trainers

Athletic Trainers are an important component of this program. We provide an athletic trainer to each high school that participates in the **Team to Win** program. The athletic trainer works 10 hours a week at the school, covering games and providing injury screenings. Due to the success of the program, many of our schools contract with the trainers to work more than the 10 hours that we provide through **Team to Win**. The Athletic Trainer plays a unique and important role in the health care of the high school athlete. Athletic training is recognized by the American Medical Association as an allied health care professional. There are 5 practice domains of athletic training which include, prevention of athletic injuries, recognition, evaluation and immediate care of athletic injuries, rehabilitation and reconditioning of athletic injuries, health care administration and professional development.

Student Training Mentoring Program

The **Team to Win** mentoring program creates a training opportunity for those students interested in the field of sports medicine. Interested high school students from participating **Team to Win** schools, enroll in a free summer course involving basic sports medicine training, which includes CPR and first aid, basic athletic training, injury care and taping techniques. After completion of these courses, students can then become a student trainer at their high school.

Student Athletic Scholar Awards

This award was developed to honor student athletes who excel on and off the field. The student athlete exhibiting the most outstanding combination of scholarly achievement, community service and team leadership are selected by a panel of coaches and administrators from each **Team to Win** school. These student athletes are honored annually in a ceremony at Dodger Stadium.