

Dear Parents,

Welcome to a new school year. My name is Saboora Deen, it is my first year as athletic trainer here at Mountlake Terrace, though I have many years of experience in the world of sports medicine.

A little about myself, I am a graduate of the University of Washington (B.S. in Biology with a concentration in physiology) as well as University of Tennessee at Chattanooga (M.S. in Health and Human Performance). My background is focused in body mechanics, orthopedic injuries and evaluation, first responder care, therapeutic rehabilitation, nutrition, and sociology of athletes. In total, I have nearly 20 years of experience in this field, which I still find to be exciting and joyful. I appreciate the opportunity to care for your children, I will try my level best to care for them as if they were my own. My role here is to be the liason between student athletes, coaches, parents, and outside healthcare providers.

Every day that is an injury free one, is a success in my book. Unfortunately, that can't always be the case. If I perform an evaluation on your child that gives me cause for concern and/or follow up care is needed by an outside provider, I will contact you as soon as possible. If they do come home with an incident which has not been pre-empted by communication by me, please feel free to follow up with me with any questions or concerns you may have. My role as a resource to the students extends to their parents/care takers as well.

If your child has been evaluated by an outside provider for any reason that affects their ability to participate in their sport, please have that provider write a note clearly stating their participation status. The MTHS policy is that all clearance to return to their sport be sent to me, the athletic trainer.

Sports Medicine Coverage will be the following:

The reason for this order is to follow standard guidelines, established by the district, determined by risk of injury in each sport:

Fall:

- Home and Away games: Varsity Football
- Home games: Freshman football, Girls Soccer, Volleyball, XC, Boys Tennis

Winter:

- Home Games: All basketball and wrestling.

Spring:

- Home Games: Boys Soccer, Track and Field, Softball, Baseball, Girls Tennis.

If you have any questions or concerns, or would like to simply introduce yourself, please feel free to send me a message:

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