

**OPTION 2: New Hampton Community Schools Strength/Conditioning Program
& Athletic Trainer Coverage with One ATCs**

MercyOne New Hampton Medical Center proposes the following coverage for development and facilitation of the strength and conditioning program. This proposal would require the current Athletic Trainer contract to be modified as detailed below and would include coverage from only one Certified Athletic Trainer.

Strength & Conditioning

- One after school session for non-athletes and off-season athletes would be offered Monday – Thursday from 3:30 – 5:00 p.m.
- Six hours per week would be allowed for the ATC to develop and prep for the day/week ahead plus arrive early and stay after for set-up/tear-down and meet individually with students if needed.
- During the school year, this would total 12 hours a week. Sessions wouldn't be offered during non-school days (i.e. professional development days, winter break, etc.)
- ATC would be an advisor for the summer strength and conditioning program and would check-in with the program coaches once a week.

Cost

- MercyOne is requesting \$13,000 to facilitate the strength and condition program. This is calculated figuring 36 weeks of school (180 instructional days).
- Athletic trainer event coverage is an additional hourly rate as detailed in the annual ATC contract.
- MercyOne will maintain liability insurance coverage on the athletic trainers.