

OPTION 1: New Hampton Community Schools Strength & Conditioning Program Proposal & Athletic Trainer Coverage with Two ATCs

MercyOne New Hampton Medical Center proposes the following coverage for development and facilitation of the strength and conditioning program. This proposal includes coverage from two Certified Athletic Trainers and is an all-inclusive package including event coverage. MercyOne would hire an additional ATC and the two ATCs would share game coverage, injury care, and facilitate the strength and conditioning program. MercyOne will maintain liability insurance coverage on the athletic trainers.

ATC Coverage

- ATC would facilitate a strength and conditioning program offered with 2-3 groups daily.
 - Option 1: Rotation between in season and out of season/non athletes will follow the high school daily rotation schedule with the program counting as a PE class.
 - Option 2: In season athletes participate Mondays and Wednesdays. Out of season/non athletes participate Tuesdays, Thursdays, and Fridays.
- Ten hours per week would be allowed for the ATC to develop and prep for the day/week ahead plus arrive early and stay a after for set-up/tear-down and meet individually with students if needed.
- ATC would facilitate a summer strength and conditioning program with 2-3 groups daily.
- Additional summer camps can be offered for injury prevention, agility training, and sport-specific conditioning.
- ATC can attend pre-season camps for fall sports if requested by the coaches.
- ATC will also be available to meet with athletes for injuries throughout the summer on a routine basis before or after the scheduled summer strength and conditioning program at the high school.

Cost

- MercyOne is requesting \$45,000 - \$50,000 (based on hiring wage + benefits for new ATC) for full ATC services with event coverage, which was calculated by including the following:
 - 36 full weeks of school (180 instructional days)
 - Summer strength and conditioning hours
 - Additional summer camps
 - Sporting event/game ATC coverage for the sports detailed in the current ATC contract
 - Increased ATC coverage for pre-season fall sports camps and summer injury assessments
 - Additional work requested by the school that is not defined would be billed at \$30 per hour.
 - MercyOne would request an annual 2% increase for the contract cost.