



Dear Parent/Coach,

Welcome to the 2024-25 athletics season. For those of you that do not know me, my name is Doug Wardy and I am the National Athletic Trainers Association (NATA) Certified Athletic Trainer at North Gwinnett High School. Dr. Elan Golan is dedicating his time and service to be the team physician for North Gwinnett High School and can be reached at 678-344-4944. Evan Blackburn and Brian Tromp are the physical therapists that work with our program at Athletes In Motion (AIM), formerly known as Advance Rehabilitation in Suwanee and can be reached at 404-367-2080.

An athletic trainer will be at the high school every day for practice and will attend all football games and home games for every other sport. We are here for all athletes and all sports. If your child encounters an injury, we are here to help in any way possible. The typical process that occurs for an injured athlete is that we perform the initial evaluation of the athlete, and then determine if further evaluation and testing is required by our team physician. If rehabilitation or treatment is recommended, we utilize the services of Evan and Brian at AIM in Suwanee, who have provided sports medicine and physical therapy services for ours and other area high schools since 2000. They can be reached at 404-367-2080.

Your child's recovery from a sport related injury is dependent on the timeliness and the follow through with recommendations of the Athletic Trainer and your Physician. Our sports medicine philosophy is to have your child/athlete back to play as safely and quickly as possible. Having experience and being trained in the sports medicine field allows us to do this to a greater extent than someone who has not been trained and certified in sports medicine. The Northside Hospital/Source Fitness Sports Medicine Program is helping provide the on-site sports medicine services for your high school athlete's team. They work under the direct supervision of a physician to provide the best possible care for your child. In addition, they work with the coaching staff to prevent or lessen the severity of injuries both during competition and practice and are available to your athlete and you. The sports medicine staff is concerned with the health and well being of your child and will be your advocate. The program is a community service to enhance and protect the health and performance of North Gwinnett athletes. If you have any questions, please contact me at 770-865-8469.

Sincerely,

Doug Wardy, MA, LAT, ATC, ITAT

Athletic Training Supervisor





Sports Medicine Staff:

Sports Medicine South of Gwinnett

678-344-4944
1900 Riverside Pkwy
Lawrenceville, GA 30043

Dr. Elan Golan, MD - Team Physician

Elan Jack Golan, MD, is an orthopedic surgeon with fellowship training in sports medicine who specializes in sports-related injuries and musculoskeletal conditions of the upper and lower extremities. A Georgia native, Dr. Golan was an honors graduate at the University of Georgia before earning his medical doctorate from George Washington University and completing his residency at Maimonides Medical Center in New York City. He completed his fellowship at the prestigious University of Pittsburgh program, where he served as administrative fellow while being mentored by world renowned ACL surgeon, Dr. Freddie Fu.

As a part of his training, Dr. Golan served as an assistant physician for both the Pittsburgh Steelers and the Pittsburgh Penguins. He has also served as a team doctor for Duquesne University Football, The University of Pittsburgh's soccer and gymnastics teams, and University of Pittsburgh baseball. He has also covered NCAA Basketball and Wrestling tournaments, bringing extensive sideline experience to the team. His philosophy of care is to ensure that his patients fully understand their injuries so he can work with them to formulate the best possible, individualized treatment plan. Dr Golan has a specific interest and specialty training in the preservation, repair, and reconstruction of cartilage-based injuries.

Athletes In Motion (AIM) (Formerly Advance Rehabilitation):

404-367-2080
1180 Satellite Blvd, Suite 100
Suwanee, GA 30024

Evan Blackburn, PT

Evan has been providing physical therapy services to North Gwinnett and local high schools since 2000. He received his degree in Physical Therapy from Cleveland State University and worked at Auburn University and the Andrews Sports Medicine and Orthopedic Center in Birmingham before moving to Atlanta.





Brian Tromp, PT, DPT, ATC

Brian is a Gwinnett County high school alum who graduated with his doctorate of physical therapy degree from Augusta University in 2024. His experience includes 3 orthopedic outpatient clinics and inpatient care at Piedmont Augusta Hospital while also serving as the head athletic trainer for Paine College. His undergrad degree from the University of Georgia is in Athletic Training and Exercise Science where he worked with the UGA football, men's basketball, and volleyball teams as well as North Oconee High School.

Source Fitness Management and Northside Hospital:

Doug Wardy, MA, LAT, ATC, ITAT Head Athletic Trainer

Doug has over 15 years of experience as a certified athletic trainer and has been with North Gwinnett athletics since 2009. He completed his undergraduate training at the University of South Florida and stayed on as a graduate assistant athletic trainer working with the football team to receive his Master's Degree in Exercise Science.

Athletic Training Student Aides (ATSA)

Athletic training students working with NG athletes have varying responsibilities depending on their skill level and progression of first aid and sports medicine techniques. They assist in all aspects of athletic training and work under the direct supervision of the sports medicine staff.

Frequently Asked Questions by Parents:

-What are the Athletic Training Room Hours of Operation?

The Athletic Training Room hours vary from season to season depending on the needs of the teams it serves. The athletic training staff arrives by 7th period every school day and will stay until around 6 unless needed to stay later to cover home events. Doug and Chrissy are available to give treatments to the student athletes during their lunch period in the Athletic Training Room as well on certain days. The coverage hours are posted weekly on our Instagram page @nghs_sportsmed

-Concussions?

We will do baseline Impact concussion tests on all incoming freshman and junior student athletes, as well as any athletes that do not have a previous baseline test. If a student sustains a concussion, they are to re-take the Impact test until they return to their baseline and are symptom free to be cleared for competition. If warranted, we utilize the services of the Concussion Institute at Northside Hospital-Duluth (CI). They can be reached at 678-312-7880

Please feel free to contact Doug at:

(770) 865-8469 (Cell)

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