



Dear Parent/Coach,

Welcome to the 2023-24 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. Chrissy Howard is the Associate Athletic Trainer at North Gwinnett High School. Dr. Saadiq El-Amin is dedicating his time and service to be the team physician for North Gwinnett High School and can be reached at 678-257-7078. Evan Blackburn, Jozie Lewis, and Mallory Reichard are the physical therapists that work with our program at Advance Rehabilitation in Suwanee.

Chrissy and/or I are 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, Jozie, and Mallory at Advance Rehabilitation 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:

El-Amin Orthopedics and Sports Medicine

678-257-7078

2505 Newpoint Parkway, Suite 100
Lawrenceville, GA 30043

Dr. Saadiq El-Amin, MD, PhD - Team Physician

Dr. El-Amin is a board certified orthopedic surgeon and fellowship trained in sports medicine with more than 15 years of experience in the field. Dr. El-Amin received his Medical Degree and PhD from Drexel University and his orthopaedic surgery training from the University of Virginia. He has an office in Duluth where he sees patients and has hospital privileges at Northside Hospital and Gwinnett Medical Center. Dr. El-Amin has served as team physician at North Gwinnett since 2018.

Advance Rehabilitation (Formerly Atlanta Falcons Physical Therapy Centers):

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 Institute in Birmingham before moving to Atlanta.

Jozie Lewis, DPT

Jozie Lewis attended UGA for her undergraduate where she received her Bachelors in Exercise and Sport Science. After UGA, Jozie attended Georgia State University for her Doctorate of Physical Therapy. She is also a Certified Strength and Conditioning Specialist (CSCS) and has 4 years experience with competitive weight lifting.

Mallory Reichard, DPT

Mallory grew up in Gwinnett County and has always had a love for sports. She went to UGA where she received her Bachelors in Exercise and Sport Science and then graduated from Mercer University with a Doctorate of Physical therapy.





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.

Chrissy Curran, MS, LAT, ATC, ITAT Associate Athletic Trainer

Chrissy has more than 10 years of experience as a certified athletic trainer and has been with North Gwinnett athletics since 2017. She completed her Bachelor's degree from Sacred Heart University and her Master's from Georgia State while working as a graduate assistant.

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 or 6:30 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)

(404) 367-2080 (Office)

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Please feel free to contact Chrissy at:

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