



Dear visiting Athletic Training Staff and teams:

We would like to take this opportunity to welcome you to Lakeland College for your upcoming event.

Lakeland College has two Athletic Training Rooms (ATRs). The original ATR is located on the west side of the Wehr building. We ask Football, Wrestling, Baseball, and Softball teams to use the original ATR for their pre- and post- game treatments. The new ATR is located on the east side of the Wehr Center across from the Fitness Center. The new ATR will be used for Soccer, Volleyball, and the Basketball teams. Both ATRs will be open at least an hour prior to competition, and we are more than happy to assist you with your necessary treatments that are needed during that time.

The following will be available in both ATRs:

- Ice
- Ice cups
- Hydrocollator
- Electronic Muscle Stimulator
- Ultrasound
- Combo Treatment
- Hot or Cold whirlpools with prior notification.

We appreciate an advanced notification if your team will not be traveling with an ATC. We ask visiting teams to provide a signed letter by an ATC, which states treatments for each athlete, especially for the use of electronic modalities, including parameters. We also ask visiting teams to bring a medical kit that is stocked with the supplies needed for the treatment/taping of the athletes.

The nearest hospital(s) are approximately 15 minutes away from Lakeland College. St. Nicholas Hospital is located at 3100 Superior Ave. Exit off of Highway 43 to 23 East. Then exit onto Taylor Drive and follow that north, the hospital will be on the right hand side. Aurora Hospital is located at 2414 Kohler Memorial Drive. Exit highway 43 onto 23 east. Continue on Kohler Memorial Drive (Hwy 23) approx. 1-1.5 miles and the hospital will be located on the left hand side.

If you have any further questions feel free to contact us. We look forward to communicating with you and taking care of your athletes. Thank you and we wish the best for your seasons.

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