

**EMMC Sports Health**

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Dear Parent(s) and Athletes;

Welcome to another year of Bangor Christian Patriot athletics! It is an honor to be a part of the Bangor Christian Family!

EMMC Sports Health will once again be providing sports medicine services for the athletes of Bangor Christian Schools. This will be our second year in service to the school and community. Thank you for the continued support!

My name is JP Stowe and I am the certified athletic trainer here at Bangor Christian. I will also be joined by athletic trainer Crissy Mountain. She joined the athletic training staff at EMMC this summer and is looking forward to helping the athletes here as well. Our job as the athletic trainers is to make sure that the athletes practice and compete at a high level while staying injury free. When an injury does occur, they will work with us to get back to their sport as quickly and safely as possible.

We will make clinic visits on every early release day at the school, and we are also available by phone and email. If an injury occurs, you don't have to wait until we have a scheduled visit. Please give us a call and we will see your athlete and get them the help they need ASAP.

Please feel free contact us directly any time with questions or concerns about the athletic health care of your athlete. Thank you and good luck to all of the fall sports teams!

Sincerely,

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