



Dear Mid States Hockey Parent,

My name is Michael S. Heffner LAT, ATC and I am the owner of St. Louis Athletic Training Services, LLC, a company that provides athletic training services to a variety of athletic teams and leagues. Athletic Trainers are licensed healthcare professionals and are the only healthcare professional specifically educated to provide on site sports medicine. My company has proposed providing medical coverage to all Mid States Hockey games.

The proposal is for St. Louis Athletic Training Services, LLC to provide our services for every Mid States Hockey game for the entire season at a cost of \$800 per team. We recommend this cost is passed on to the athletes at a cost of \$40 per athlete.

St. Louis Athletic Training Services, LLC would provide an athletic trainer and all necessary supplies for each contest. Our athletic trainers will also provide documentation of all injuries to the parents. If an athlete's injury requires a physician visit, a copy of our initial evaluation will be provided for physician review.

This proposal is contingent upon each and every team participating as each team is paying half of the fee per game. We have provided this service to individual Mid States teams each of the last two years. If this proposal fails with the entire league, we will once again offer our services to individual teams; however the cost for an individual team will increase to \$1,500 for the regular season.

Because of the unsupported nature of club sports, your athletes are not provided with the medical protection that virtually all other high school sport programs are given. Most high school athletes are protected with athletic trainers at every game with some sports having physicians and paramedics on site and most programs require that the coaching staff maintain CPR and first aid certification. At this time, Mid States does not require medical personnel at games, nor is there a mandate for CPR or first aid certification for coaches.

If you have questions about the proposal, you can learn more about St. Louis Athletic Training Services, LLC online at [www.stlats.com](http://www.stlats.com) or feel free to contact me.

I look forward to working with your athletes and Mid States!

Sincerely,

Michael S. Heffner ATC, LAT  
Owner  
St. Louis Athletic Training Services, LLC