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MEMBER SCHOOLS

Annapolis Area Christian School
Archbishop Spalding High School
Baltimore Lutheran School
Beth Tfiloh School
Bryn Mawr School
The Catholic High School of Baltimore
Chapelgate Christian Academy
Friends School
Garrison Forest School
Glenelg Country School
Indian Creek School
Institute of Notre Dame
John Carroll School
Key School
Maryvale Preparatory School
McDonogh School
Mercy High School
Mount de Sales Academy
Notre Dame Preparatory School
Oldfields School
Our Lady of Mount Carmel
Park School
Roland Park Country School
Saint Frances Academy
Saint John's Catholic Prep
Saint Mary's High School
Saint Paul's School for Girls
Saint Timothy's School
Saint Vincent Pallotti High School
Seton Keough High School
Severn School

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IAAM FORMS PARTNERSHIP WITH TOWSON ORTHOPAEDIC ASSOCIATES/TOWSON SPORTS MEDICINE
Girls' athletic league aims to promote injury prevention and care

The IAAM, ([Interscholastic Athletic Association of Maryland](http://www.iaamsports.com)) is pleased to announce the formation of a partnership with [Towson Orthopaedic Associates](http://www.towsonortho.com) & [Towson Sports Medicine](http://www.towsonortho.com). The collaboration, which brings together two organizations serving young female athletes, is aimed at injury prevention and education.

The diverse IAAM league includes 31 co-ed and female-only independent schools across Maryland who share a common commitment to athletics as an extension of the educational process. Towson Sports Medicine (TSM), a division of Towson Orthopaedic Associates, has a longstanding commitment to high school athletes and others in the area seeking the services of a physical therapy rehabilitation center.

"The IAAM seeks to partner with those organizations and companies who share our goals to support and to advance young women and their athletic experiences," said Sue Thompson, Executive Director, IAAM. "Towson Orthopaedic Associates/Towson Sports Medicine shares our objectives specifically, providing support and professional medical attention to our female athletes. We are thrilled they are our new partner."

Dr. Frank Catanzariti, of Towson Orthopaedic Associates said, "Towson Orthopaedic Associates is proud to be working with a marquee organization like the IAAM. The partnership will provide the league's coaches, athletes and their parents with important injury prevention education and treatment."

Among the immediate plans for the partnership is to use the Internet and social media as a way to reach young athletes and their families with information about injury prevention and care. In the coming months, both the IAAM website, which receives more than 40,000 impressions monthly, and the Towson Sports Medicine website will feature educational tips (*Tips from the Athletic Trainer*) in both print and video formats, produced by student athletes in conjunction with TSM athletic trainers.

(more)

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"We look forward to sharing *Tips from the Athletic Trainer* segments throughout the year on our web page and on Facebook for our athletes, their siblings and even their parents and grandparents," said Thompson. "Physical activity keeps us grounded and energized but sometimes sports injuries slow us down. Towson Sports Medicine will serve as our resource and partner both in injury prevention and recovery."

Brian Perez, Head Athletic Trainer at TSM, hopes the *Tips from the Athletic Trainer* segments will not only educate athletes about what's going on with their bodies, but will also be used to inform parents.

"We want to educate female athletes about such things as the importance of stretching, hydration, not over-training, and what to do in the event of a concussion," says Perez. "The more we can educate girls and their families, the more it will benefit women's sports down the road."

Currently, Towson Sports Medicine athletic trainers work directly in three IAAM member schools, and surgeons from Towson Orthopaedic Associates have relationships as team physicians with seven member schools.

"Towson Orthopaedic Associates has a strong foundation of supporting IAAM schools. We believe that fielding a team of sports medicine experts is the best approach to caring for high school athletes and this partnership will benefit athletes across the league," explained Dr. Catanzariti, team physician for Baltimore Lutheran and St. Paul's School for Girls.

Dr. AJ Detterline is team physician for Mercy High School and Friends School, and Dr. Richard Winakur is team physician for McDonogh, Maryvale, and Garrison Forest. In addition to Perez who is assigned to Baltimore Lutheran, Towson Sports Medicine also provides certified athletic trainers to Maryvale, and Mercy.

Perez notes that the job of the athletic trainer, no matter what his/her affiliation, is to collaborate with physicians to optimize activity and participation of patients and clients. In other words, to serve as the liaison between athletes, their parents and the available care.

Founded in 1999, the **Interscholastic Athletic Association of Maryland (IAAM)** is an organization consisting of 31 private and parochial schools in and around the Baltimore Metro area, including five counties and Baltimore City, which participate in girls' interscholastic sports. The IAAM oversees over 400 varsity and junior varsity teams in 14 sports, with over 8,000 young women having the opportunity to participate in sanctioned athletic programs.

Towson Sports Medicine Center, the first sports center of its kind in Baltimore, was established in 1984 by Baltimore Colts Team Physician and orthopaedic surgeon at Towson Orthopaedic Associates, Dr. Kenneth Gertsen. It features state-of-the art rehabilitation for all orthopaedic injuries and orthopaedic-related problems. A division of **Towson Orthopaedic Associates**, TSM specialties also include injury treatment programs for athletes at any age, any competitive level, from the adolescent to senior, recreational to Olympic athlete.

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