

Smart living



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Hoop Jam supports school athletic training program

From Memorial Hospital

Sheridan's downtown was packed last weekend with around 3,000 people watching, coaching or playing in Hoop Jam, the 3-on-3 basketball tournament sponsored by Wyoming Rehab.

One hundred forty-three teams participated, consisting of more than 700 players in third through 12th grades. Players came from 33 towns in Wyoming and six towns in Montana. More than 100 volunteers help coordinate the event.

Hoop Jam is a fundraiser that supports Sheridan Memorial Hospital's Wyoming Rehab athletic training program. The training program serves Sheridan, Big Horn and Tongue River high schools.

Amanda Monterastelli has been the program's certified athletic trainer for the past three years. She has a bachelor's degree from the University of Wyoming and a master's degree from the University of Nebraska-Lincoln.

As an athletic trainer, Monterastelli attends games and practices for all of the sports at the three high schools. She takes preventive measures with athletes by taping, bandaging or wrapping areas susceptible to injury.

She also evaluates injuries to determine next steps — treat-

ment of emergency injuries, management of minor injuries, or referral to a physician.

She must communicate regularly with players, coaches, physicians and families and determine the athletes' rehabilitation activities and how or when they might return to practice or competition.

Monterastelli enjoys her role as athletic trainer. "You get to participate, and in a way you are part of the team," she said. "It is gratifying to be able to help kids when they get hurt — you get them better, rehab them, and get to see them play again," she added.

Monterastelli said this is Hoop Jam's eighth year and it was once again a success. Proceeds, which come from registration fees, sponsorships and a three-point contest, all directly support the sports medicine athletic training program at Wyoming Rehab.

Mike McCafferty, Sheridan Memorial Hospital CEO, said for the past 10 years the athletic training program through Wyoming Rehab has been providing a great service to athletes and support to coaches in Sheridan County.

"Hoop Jam is a mechanism to assure the continuation of this valuable program for the youth in our community," he said.



Amanda Monterastelli
Certified
Athletic Trainer