Sports Medicine Staff

Justin White, MS, ATC, LAT, CSCS
Head Athletic Trainer/Strength Coach
#AL1074
18th Season
Phone: 386-226-6527
Fax: 386-254-5188
Email: justin.white@erau.edu

Steven Samples, MS, ATC, LAT, PES
Assistant Athletic Trainer
#AL1327
6th Season
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Assistant Athletic Trainer
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3rd Season
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Bill Ward, MS ATC, LAT, PES
Assistant Athletic Trainer
#AL4795
2nd Season
Phone: 386-226-7785
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Counseling Center
Contact: Debbie Houseley, MS.Ed
Licensed Mental Health Counselor
386.226.6035
- Services are free of charge to all currently enrolled students
- Short term solution focused services
- Max of 8 sessions per semester
- After hours CRISIS HOTLINE: 800.273.TALK (8255) available 24 hours/7 days per week

Stacey Scrabis RD, LD/N, Nutritionist

Sports Medicine Mission Statement
The function of the Embry-Riddle Sports Medicine Department is to provide ERAU student-athletes with the best medical care possible and return the athletes back to school and competition as soon as possible in the safest manner. The areas of emphasis for the Sports Medicine Department are injury prevention, treatment and injury/health education. We dedicate ourselves to providing a safe environment for our athletes to compete in.

Services Provided
Pre-participation physicals
- Evaluation, treatment, care and rehabilitation of athletic injuries
- First aid
- Equipment/Orthopedic device (crutches, braces, etc.) fitting
- Referrals to Health Services, Physicians, and diagnostic care and counseling
- Answer questions related to general and physical health and nutrition
- Assistance with insurance processing related to all ERAU athletic injuries
- Accessibility to Strength and Conditioning Coach
- Accessibility to Sports Nutritionist
- Accessibility to Chiropractor

Embry-Riddle University
Team Physicians and Partners
- Dr. Roy Lemaster, Head Team Physician 386-254-4165
- Dr. Randy Schwartzberg, Orthopedic Physician 407-254-2500
- Dr. Ryan Imhoff, Chiropractor 386-258-9502
- Dr. Jeremy Grimes, Neurologist 386-679-3270
- Dr. Joshua Horenstein, Cardiologist 386-258-8722
- Stacey Scrabis, RD, LD/N, Nutritionist 386-795-3655
- Lowe Orthodontics 386-304-0100
- Radiology Associates Imaging Centers 386-274-5454

Fluoride Memorial Hospital
Main Phone: 386-254-4000  •  Patient Info: 386-254.4145
Directions from ERAU: North on Clyde Morris Blvd, cross over Int’l Speedway Blvd, Hospital on the Right (Emergency Room Entrance 3 Mayberry Ave.)

Halifax Medical Center Emergency Room
303 N. Clyde Morris Blvd, Daytona Beach, FL 32114
Main Phone: 386.254.4000 • Patient Info: 386.254.4145
Directions from ERAU: North on Clyde Morris Blvd, cross over Int’l Speedway Blvd, Hospital on the Right (Emergency Room Entrance 3 Mayberry Ave.)

Prime Care at Twin Lakes Urgent Care
1890 LPGA Blvd, Daytona Beach, FL 32117
Hours: M-F 8 - 8 / Weekends 10 - 5
Directions from ERAU: North on Clyde Morris Blvd, cross over LPGA Blvd, Twin Lakes on the Right (Prime Care is located on backside of building)

Centra Care Daytona
1014 W International Speedway Blvd, Daytona Beach, FL 32114
Main Phone: 386.274.2212
Hours: M-F 8 - 8 / Weekends 10 - 5
Directions from ERAU: North on Clyde Morris Blvd, Right onto Williamson Blvd, Hospital on the Left

Policies and Procedures
- ERAU Sports Medicine daily operating hours are Mon - Fri 9 a.m. through 7 p.m. Sports Medicine is open Saturday and Sunday for in-season sport coverage.
- Treatments or rehabilitation should be scheduled with an Athletic Trainer. Afternoon hours are primarily for taping, heating, stretching and event coverage.
- Sports Medicine staff may not be in the training room after 3 p.m. due to practice/game coverage.
- Team physicians visit the training room once a week. If the Sports Medicine staff feels that you need to be seen, we will set up an appointment for you.
- If a student-athlete comes to Sports Medicine with an illness, referrals will be given to go to Health Services.
- If a member of the Sports Medicine staff or a Team Physician recommends that you not participate in athletic events, you will be held out participation until clearance is granted by that staff member.
- Injuries must be reported to the Sports Medicine staff as soon as possible to ensure proper documentation is completed.
- Student-athletes that are receiving treatments for injuries or surgery must attend treatment until they are cleared by team physicians or the Sports Medicine staff.
- All student-athletes must shower before receiving treatment. This includes cold tub use.
- Student-athletes must wear proper attire for treatment: proper shorts, shirt, shoes. Jeans are not permitted.

HIPAA Privacy/Confidentiality
Information related to an injury will only be released to personnel directly involved in the management and care of that athlete. This includes, the student-athlete, coach, team physicians, Sports Medicine staff and the student-athlete’s parents. Information will not be released to the media, fans or other teammates at any time without the student-athlete’s permission.

Important Phone Numbers
ERAU Campus Safety 386.226.7233
ERAU Health Services 386.226.7917
ERAU Counseling Center 386.226.6035
Halifax Hospital 386.234.4000
Florida Memorial Hospital 386.676.6000
CVS Pharmacy (Beville Road) 386.323.0765
Walgreens Pharmacy (Beville Road) 386.257.5773
Nutrition Guidelines

- Think before you eat, “What do I need to eat?”
- Incorporate balance (foods from all groups), variety (different types of food with the group) and moderation (avoid overconsumption)
- Consider nutrition density: consume foods that provide several nutrients.
- Carbs are the main energy source for student-athletes. Athletes should have 4.8g/kg of body weight.
- Student-athletes should consume 1.2-1.7g of protein per kilogram of body weight.
- About 25% of total daily calories should come from fat. Limit amounts.
- Pre-competition meals should be eaten 2-4 hours before practice or event. Meals should be low in fat protein and fiber.
- Post-competition meals should be eaten within one hour of completion. The sooner the better. Combine carbs (112g) and protein (41g).
- Pre/post competition meals should include:
  - High glycemic foods such as plain bagels, rice cakes, cheerios, carrots, muffins, sports drinks, potatoes.

Each New Student Athlete is required to attend the beginning of year Nutrition Meeting. Individual meetings with our Nutritionist (8 per semester): Organized team meeting (1 per team); Cooking demos. Please follow up with Sports Medicine to schedule meetings or for further information.

For more information, see:
- www.mypyramid.gov
- www.gssiweb.com
- http://erauathletics.com

Heat and Hydration

Dehydration can lead to poor performance, muscle cramping and ultimately heat illness. 2% fluid loss has been shown to affect performance.

The signs and symptoms of dehydration can be a dry mouth, thirst, being irritable or cranky, headache, dizziness, muscle cramps or excessive fatigue.

To prevent dehydration:
- Weigh in before and after practice
- Take weight lost and gain it back before next event
- 1 Kg loss (2.2 lbs) is equal to 1L or 32 oz. of water
- Alternate water with sports drinks
- Salt foods at meals to aid in the retention of water and electrolytes.
- Refer to urine color charts located in locker rooms

Strength and Conditioning

Justin White
MS, ATC, LAT, CSCS
Strength Coach
justin.white@erau.edu

Jeremiah Larson
MS, CSCS, USAW
Strength Coach
LARSO10@erau.edu

Patrick Rawle
MS, CSCS, USAW
Strength Intern

The main purpose of Strength and Conditioning at Embry-Riddle is to provide our student-athletes with the best opportunity to perform at their highest level. In providing that opportunity, ERAU Strength coaches develop year-round strength programs designed specifically for each sport. These programs, along with speed and agility programs, help develop student-athletes physically and mentally. Programs are designed in accordance with coaches’ requests. Individual advice will be given, but due to the large number of student-athletes, individual programs are not available. For more information contact Justin White.

Weight Room Rules

- The weight room is open exclusively for Athletics use Monday-Friday 6 a.m. to 7 p.m. Closed Saturday and Sunday.
- Enter through the Weight Room door NOT through Sports Medicine
- Scheduled teams have priority.
- You must bring your own towel to work out. Sports Medicine does not provide towels for weight room use.
- Proper attire is required: athletic shorts, shirt and close-toed shoes. No open-toed shoes are allowed in the weight room.
- Place weights, bar and other equipment back on racks when finished.
- Clean pads and machine after use.

Drug Education and Testing Program

All ERAU student-athletes will be subject to random drug testing. All drug testing and collection will be performed by Drug Free Sport, the same company used by the NCAA, MLB, NFL, PGA TOUR, LPGA, and more. The Athletic Department believes that use of controlled substances and performance-enhancing drugs, and the abuse of alcohol, threatens the integrity of intercollegiate athletes and represent a danger to the health, safety, and well-being of the student-athletes. The National Center for Drug Free Sport Inc. provides information on banned substances and dietary supplement information.

AXIS website: www.dfsaxis.com/users/login
Username: NCAA Division II
Password: ncaad2

For more information, see:
- www.mypyramid.gov
- www.gssiweb.com
- http://erauathletics.com
- http://sunshinestateconference.com
- http://erauathletics.com

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