

September 6, 2007

**To: Participants of the 2007 NCAA Div. III Great Lakes Cross-Country Regional**

**From: Jenny Toonstra, MA, ATC; Joseph Dykstra, MA, ATC**

**Re: Athletic Training Services at Calvin College**

Dear Participant:

On behalf of Calvin College Athletics we would like to congratulate you on being selected to participate in the 2007 NCAA Div. III Great Lakes Cross Country Regional hosted by Calvin College in Grand Rapids, Michigan on Saturday, November 10, 2007. We will do our best to accommodate you and any needs you may have before, during, and after your race.

The athletic training room is located on the first floor of the northwest corner of the Calvin College Field house. We will be open to serve you from 12:30-6:30pm on Friday, November 9 and from 8:00-10:00am on Saturday, November 10. A Certified Athletic Trainer will be available at the course beginning at 9:00am on Saturday, November 10. Our team physician and an ambulance will be on site during and after the races and will also be on call during the times listed above. Following the conclusion of the second race a Certified Athletic Trainer will remain at the course for 1 hour and the athletic training room will remain open for 2 hours.

The athletic training room is fully equipped with all traditional modalities, including electrical stimulation, ultrasound, cold and hot whirlpools, moist hot packs, and ice, which will be available for your use during the times listed above. **Please note that unless you are traveling with a Certified Athletic Trainer you will need to provide us with a script from your Certified Athletic Trainer or team physician for us to provide you with any modalities other than moist heat or ice packs.** Treatments will be provided on a first-come-first-serve basis.

Services available at the course, starting at 9:00am on Saturday, November 10, will include: First aid, taping, water, and ice packs. Please note that we are unable to provide any other services at the course due to its location.

Please feel free to contact us should you have any questions or concerns regarding anything in this letter.

Sincerely,

Jenny Toonstra, MA, ATC  
Head Athletic Trainer  
Calvin College  
3195 Knight Way SE  
Grand Rapids, MI 49546  
(616) 526-7008  
[jtoons37@calvin.edu](mailto:jtoons37@calvin.edu)

Joseph Dykstra, MA, ATC  
Assistant Athletic Trainer  
Calvin College  
3195 Knight Way SE  
Grand Rapids, MI 49546  
(616) 526-7630  
[jhd7@calvin.edu](mailto:jhd7@calvin.edu)