



Visiting Team Information

On behalf of the sports medicine team at Hood College, we would like to welcome you to Frederick, Md. Please do not hesitate to let us know how we can assist you and your team. The Sports Medicine Center/ Athletic Training Room is located at 602 Magnolia Ave., Frederick, Md. 21701, right next to the practice field. It is a white house behind the gym and bubble (outdoor pool).

Visiting Team Services

Our Sports Medicine Center/Athletic Training Room will be open for your use two hours prior to each event/game. We will have a certified athletic trainer on site for every event and/or on-call within four (4) minutes. ***If you need any assistance upon your arrival to Hood College, we appreciate your contacting us in advance so that we can fully accommodate your needs.*** If your team is traveling with a certified athletic trainer, our facilities and modalities will be available for your use.

Supplies Available

Heat Packs (3 cervical, 7 regular, 2 extra large), ice, distal extremity cold whirlpool, rehabilitation equipments, ***Ultrasound and Electrical Stimulation (with written instructions by ATC or physician only)***

Water, cups, ice bags, AED, splints and crutches (to be returned at earliest convenience) will be provided and/or available on the sidelines during all home events.

Please provide your own towels; Hood College will not provide towels during games/matches or for post-event showers.

Please advise your coaches not to ask for OTC meds such as acetaminophen and ibuprofen.

In Case of Emergency

All acute traumas needing immediate medical attention will be transported to the emergency room at Frederick Memorial Hospital, which is located right next to Hood College.

Campus Safety: 301-696-3548 or extension 3111

Frederick Memorial Hospital Emergency Room: 240-566-3500 / TTY: 566-3592

Frederick Memorial Hospital Immediate Care: 301-698-8374

Hours: Monday-Friday	8am to 9pm
Saturday	9am to 6pm
Sunday	9am to 4pm

Sports Medicine Full-time Staff

Melanie Adams, MEd, ATC, CSCS

Director of Sports Medicine

Phone: 301-696-3836

Email: adams@hood.edu

Akira Kondo, MS, ATC

Assistant Athletic Trainer

Phone: 301-696-3496

Email: kondo@hood.edu

Note: Hood College athletic teams will, most likely, **NOT** be traveling with a Certified Athletic Trainer in the regular season games except conference tournaments and playoffs. All teams will have a first aid kit with necessary supplies and written treatment instructions on the travel treatment request form for the host Athletic Trainer.

