



Wayne HealthSports

Volume 11, Issue 1 – March 2025

March is National Athletic Training Month

Every March, we recognize the important role of athletic trainers in healthcare and raise awareness about their skills and impact. The month-long celebration aims to highlight their work and contributions to the health and safety of athletes, patients, and others.

Champions in Health Care

Athletic trainers, also known as ATs, specialize in the management, prevention, and recovery of injured athletes. Many times, athletic trainers are the first medical professionals on the scene after an injury.

Athletic trainers collaborate with doctors to provide emergency and follow-up care and develop injury prevention and treatment programs for injured athletes. They also provide a vital communication link between the injured athlete, the physician, the coach, and the athlete's family to determine when it's right to return to practice and competition.



Thank you Athletic Trainers for everything you do!



Upcoming events

FIRST AID FOR COACHES

Wednesday, July 9, 2025
Wednesday, October 15, 2025
Wednesday, February 4, 2026
6:00 to 8:30 pm

Location:

Tri-Village High School
315 S Main St
New Madison, OH 45346

To register, contact:

Jim Beyke, Director of
Rehabilitation Services
937.569.6941
james.beyke@waynehealthcare.org

SPORTS PHYSICALS - SUMMER SPECIAL

June 2 - September 5, 2025
Cost: \$10
No appointment needed!

LOCATION:

Wayne Primary Care
& Walk-In Care Services

GREEVILLE OFFICE

828 Central Ave.
Greenville, OH 45331
Monday-Friday: 7am-4:30pm*

UNION CITY OFFICE

622 E. Elm St.
Union City, OH 45390
Wednesday & Thursday: 7am-4:30pm*

*Closed for lunch from 12-1pm

Healthy Snacks

No-Bake Energy Bites

Recipe courtesy of: Hiedi Heaton, AllRecipes.com

Prep Time: 15 min Additional Time: 1 hr

Total Time: 1 hr 15 min Yield: 2 dozen bites

Ingredients

- 1 cup rolled oats
- ½ cup miniature or regular-sized semisweet, dark, or milk chocolate chips or chunks
- ½ cup ground flax seed
- ½ cup crunchy or smooth peanut butter
- ⅓ cup honey
- 1 teaspoon vanilla extract

Directions

- Stir oats, chocolate chips, flax seed, peanut butter, honey, and vanilla extract together in a bowl.
- Roll dough into 24 balls with your hands.
- Arrange balls on a baking sheet and freeze until set, about 1 hour.
- Serve and enjoy!

These energy bites are a healthy take on traditional no-bake cookies. They are quick, easy, and super customizable.

Storage Instructions

Transfer the no-bake energy bites to a zip-lock bag or airtight container or store in the fridge for up to one week.

Freezing Instructions

- Arrange the balls on a baking sheet and flash freeze for at least two hours.
- Transfer them to a zip-lock bag or freezer-safe container, then freeze for up to six months.
- Thaw at room temperature for about 30 minutes or in the fridge overnight.



Nutrition Facts	
1 Serving	
Amount per serving	
Calories	94
Total Fat 5g	
Saturated Fat 1g	
Sodium 428mg	
Total Carbohydrates 11g	
Dietary Fiber 2g	
Protein 3g	
Sugar 6g	
Calcium 14mg	
Iron 1mg	
Potassium 94mg	

RECIPE COURTESY OF ALLRECIPES.COM

Healthy Snacks

High Protein Granola Bars

Recipe courtesy of: Davida Lederle, TheHealthyMaven.com

Prep Time: 10 min Cook Time: 20 min

Total Time: 25 min Yield: 12 bars

Ingredients

- 2 ½ cups rolled oats
- ½ cup vanilla protein powder
- ¾ cup natural peanut butter (smooth & drippy is best)
- ⅓ cup honey or maple syrup
- 2 large eggs
- ¼ tsp salt
- ⅓-½ cup chocolate chips

Directions

- Preheat oven to 350 °F.
- Line an 8" x 8" baking dish with parchment paper.
- In a large bowl, combine oats, protein powder, peanut butter, honey/maple syrup, eggs and salt.
- Stir in chocolate chips.
- Add batter to baking dish and spread out top evenly.
- Bake for 18-22 minutes or until bars are firm and golden brown.
- Allow to cool completely before removing from pan and parchment and cutting into 12 bars.

Skip the store bought granola bars and reach for one of these high protein granola bars instead. With only 7 ingredients and 25 minutes required you'll be making a fresh batch of these homemade bars every week!

Storage Instructions

Store your granola bars in an airtight container on the counter for up to three days. They will also keep for up to one week in the refrigerator.

Freezing Instructions

- Store your protein granola bars in a single layer in an airtight container or freezer bag.
- For a grab and go option, you can individually wrap each bar in tinfoil or plastic wrap.
- Thaw for about 30 minutes before eating.



Nutrition Facts	
1 Serving	
Amount per serving	
Calories	251
Total Fat 11.2g	
Cholesterol 31mg	
Sodium 100.3mg	
Total Carbohydrates 26.5g	
Dietary Fiber 3.6g	
Protein 9.9g	
Sugar 9.6g	
Calcium 3%	
Iron 9%	
Vitamin A 1%	

RECIPE COURTESY OF THEHEALTHYMAVEN.COM

Benefits of Playing Multiple Sports

Specializing in one sport does not necessarily give you an advantage and may have negative consequences.

You may have heard of the recent basketball phenomenon Caitlin Clark. Even as a rookie, she has made a name for herself as one of the greatest of all time. However, did you know that she did not specialize in basketball until college? She also played softball, soccer, volleyball, tennis, and golf throughout her childhood and high school years. Her parents partially credit her success to her wide variety of experiences and, according to experts, they are not wrong.

Sport Specialization

Sport specialization is often defined as participation in the same sport for more than 8 months out of the year, especially when it results in the athlete quitting other activities. The consequences of specializing too early can be significant. For example, researchers found that young athletes who specialize in pitching were at least 5 times more likely to experience an arm injury requiring surgery compared to those who took time off to try out other sports. Increases in reports of stress and burnout are common as well as social isolation and a loss of identity if the athlete experiences an injury that takes them out of their sport. Medical costs tend to be higher for these athletes and they can miss valuable learning time if they need to skip school for appointments.



Photo courtesy of northjersey.com

Multi-Sport Participation

On the other hand, widening a young athlete's horizons can have the opposite effect. Aspen Institute's Project Play lists the benefits they have found to be associated with multi-sport participation. These benefits include decreases in the number of kids suffering from obesity, lower rates of mental health problems, and more fine-tuned impulse control. Socially, kids experience less loneliness especially when participating in multiple team sports. Academic benefits such as better time management skills and higher GPA have also been noted. Overall, less money is spent on medical needs, as these athletes tend to be less injury-prone and healthier overall.

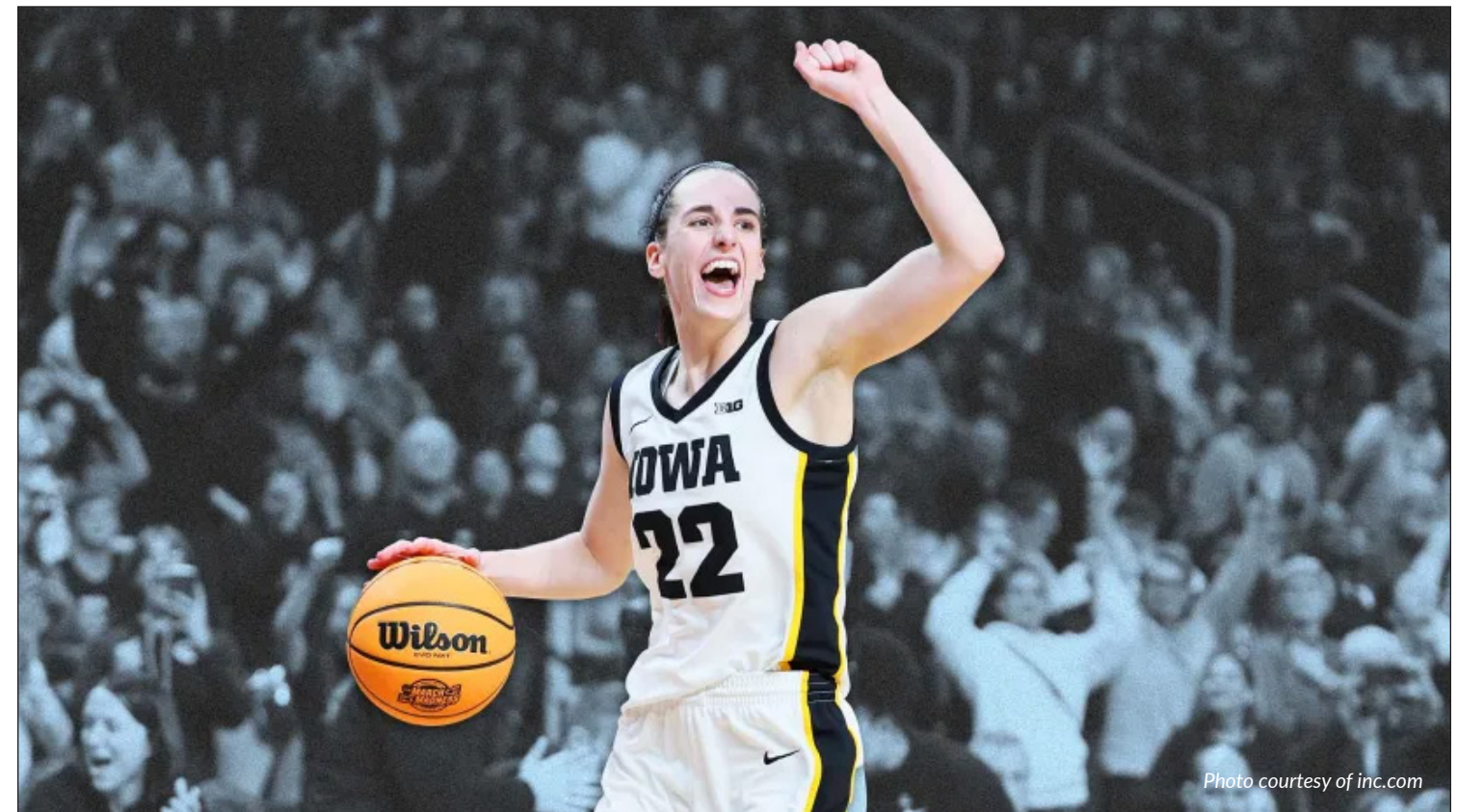


Photo courtesy of inc.com

Recommendations from the Experts

So what do the experts recommend? Young athletes should take off a day or two per week and at least two or three months per year off their main sport. Both coaches and parents can help these athletes learn to listen to their body: whether they are not being challenged enough or they are being pushed too hard. Throughout the season, training variation should be encouraged to help prevent injuries and to keep young athletes from getting bored with their sport. Most importantly, kids should be given the ability to try out as many different activities as possible. Who knows? The next Caitlin Clark might be practicing on a tennis court right now.



Photo courtesy of stack.com

References

1. Hayden, Jeff. (2024, May 2). *Caitlin Clark's Childhood Shows Delayed Specialization is the Best Way to Raise Successful Kids*. Inc.com. <https://www.inc.com/jeff-haden/caitlin-clarks-childhood-shows-delayed-specialization-is-best-way-to-raise-successful-kids-backed-by-new-research.html>
2. Jayanthi, N. A., Post, E. G., Laury, T. C., & Fabricant, P. D. (2019, October 1) *Health Consequences of Youth Sport Specialization*. Journal of Athletic Training. <https://meridian.allenpress.com/jat/article/54/10/1040/420868/Health-Consequences-of-Youth-Sport-Specialization>
3. *Youth Sports Facts*. (n.d.) Aspen Institute, Project Play. <https://projectplay.org/youth-sports-facts-copy?rq=Youth%20Sports%20Facts>

Mental Health in High School Athletes: the Good, the Bad, and the Unspoken

High school sports are often seen as an exciting outlet for students to showcase their athleticism, build friendships, and learn life lessons. However, the mental health aspect of participating in high school athletics is often overlooked, despite its profound impact on the students involved. While sports can offer a sense of accomplishment and community, they can also create significant pressure, leading to mental health challenges. Here is a closer look at the good, the bad, and the unspoken realities of high school sports.

The Good

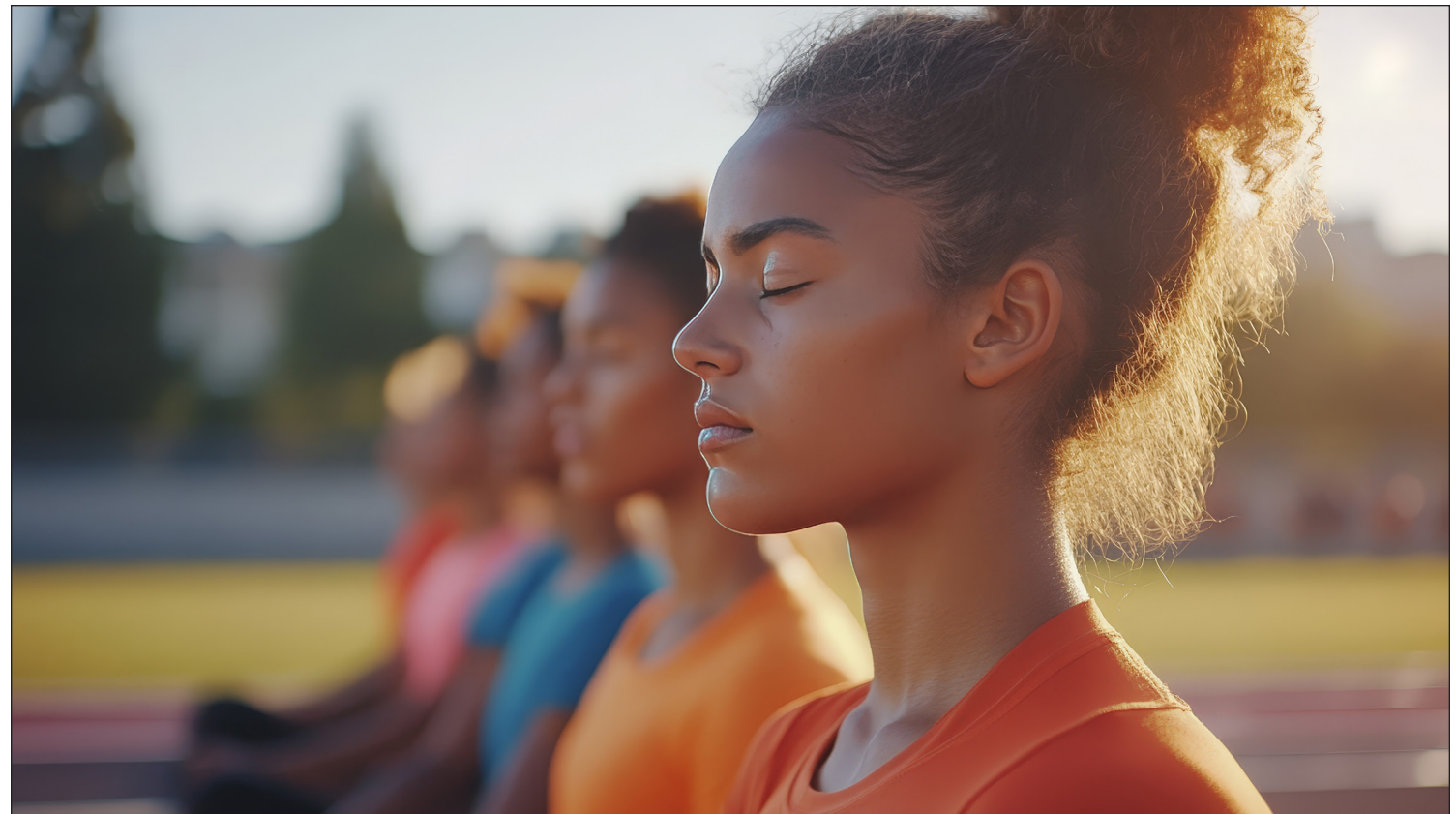
One of the most widely recognized benefits of high school sports is the boost in self-esteem and confidence that comes from competing, achieving goals, and being part of a team. For many student athletes, sports provide a sense of identity and purpose that reaches far beyond the classroom or field. Physical activity also has a positive impact on mental health, releasing endorphins that can reduce stress and anxiety. Sports can also provide an escape from academic pressures, allowing students somewhere to focus their energy, outside of their studies. For some, sports are a key factor to managing and maintaining a healthy mind.

The Bad

On the other side of things, the pressure to perform well in sports can take a toll on students' mental health. Many high school athletes feel the weight of expectations from coaches, parents, and their teammates. For those with big goals of playing at the collegiate level, the pressure can become overwhelming. In 2023, a study was done with 200 student athletes, male and female, between the ages of 16-17 years old. The results showed that out of those 200 athletes, 91% of them felt some level of stress due to sports. The main stressors came from fear of failure and self-pressure. About ⅓ of the athletes, that experienced stress stated that it affected them in a positive way, but not everyone handles stress in the same fashion. Another fear for athletes are injuries. Sports injuries add another layer of mental stress, especially when athletes are sidelined or unable to perform at their previous levels. Depending on the injury, recovery can be a long process, often accompanied by feelings of frustration, isolation, and self-doubt.

The Unspoken

Perhaps one of the most concerning aspects of high school sports is the mental health struggles that often go unnoticed or unspoken. Athletes may face anxiety, depression, or eating disorders, but the stigma surrounding mental health in sports can prevent them from speaking up. The “tough it out” mentality that is preached in many athletic environments can drive students to ignore their struggles rather than address them. Additionally, the lack of mental health resources



in many high schools makes it even harder for students to get the support they need. While physical injuries are easily recognized and treated, emotional and mental pain can be much harder to diagnose and confront. Athletes may be embarrassed or fear that showing vulnerability will be seen as a sign of weakness, leaving them to suffer in silence.

Recognizing the Importance of Mental Health

As the importance of mental health continues to grow, coaches, parents, and administrators should familiarize themselves with some of the signs of mental health struggles. Creating an open environment where athletes feel comfortable to seek help could be life changing for some. Providing access to counseling services is not always available, but by creating a culture where mental health is treated with the same seriousness as physical health could make a big impact on our athletes. Ultimately, while high school sports can, and should be, an enriching experience, it is essential to address the mental health challenges that athletes face. By acknowledging the good, the bad, and the unspoken, we can begin to build a healthier, supportive environment for the students who dedicate themselves to athletics.

References

Ward, T., Stead, T., Mangal, R., & Ganti, L. (2023, February 20). *Prevalence of stress amongst high school athletes (v2)*. Vol. 11.



Elevate Your Game

Become a stronger, more stable, and powerful athlete.

Wayne Sports Performance Program



Take Your Performance to the Next Level

Wayne Sports Performance Program offers training and techniques to give athletes or aspiring athletes the edge to take their performance to the next level. Training programs are personalized to identify and correct each athlete's weaknesses, while maximizing their athletic potential. A pre and post assessment will be performed to determine the athlete's current baseline and identify what training is needed to get them to their goal. Our program is tailored toward the junior high athlete looking to safely progress their physical development and improve mobility, stability, strength, agility, power, and speed. Our focus is to bridge the gap between Sports Medicine and Sports Performance to enhance performance and minimize the risk of injury.

Our Facility and Team

Experience elite training in our beautiful Wellness Center, featuring a 10,000 sq. ft. gymnasium, expansive 30-yard turf area, dedicated walking/running track and floor-to-ceiling windows. Our training program is created and led by our team of certified athletic trainers.

For more information or to register online, scan the QR code or visit:
WayneHealthCare.org/SportsPerformanceProgram

Or contact Stephanie Beisner:
937.569.6980

stephanie.beisner@waynehealthcare.org



MAY 27 – JUNE 26

(5-week Program, 10 sessions)

TUESDAYS & THURSDAYS
3:30PM – 4:30PM

Middle School (Grades 6-8)
Cost: \$100

Registration Deadline: May 21

AREAS OF FOCUS:

- ▶ Plyometrics
- ▶ Strength
- ▶ Speed/Agility
- ▶ Core
- ▶ Flexibility



Wayne Primary Care & Walk-In Care Services

Sports Physicals Summer Special

June 2 thru September 5

NO APPOINTMENT NECESSARY

GREENVILLE OFFICE

828 Central Avenue
Greenville, OH 45331
(937) 569-6996

HOURS:

Monday - Friday: 7 am - 4:30 pm*
Closed for lunch from 12 - 1 pm

UNION CITY OFFICE

622 East Elm Street
Union City, OH 45390
(937) 968-7416

HOURS:

Wednesday & Thursday: 7 am - 4:30 pm*
Closed for lunch from 12 - 1 pm



Receive a **FREE** cinch bag with your physical!



Matt Light All-Conference Football Camp



June 16-17, 2025
For players entering grades 2-8

Improve your football skills and develop leadership qualities and attributes that are necessary for attaining success on and off the field. Under a coaching staff of area high school coaches, college coaches and former college and pro-players, each camper comes away with a better understanding of the game of football. In addition to learning skills specified for each position, campers develop a better understanding of pride, discipline, attitude, and team play. Awards are presented at the end of each day and at the end of camp to recognize performance, hard work and leadership.



Scan the QR
code for more
information and
to register.



Wayne HealthSports

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about Wayne HealthSports
or Wayne HealthCare
Outpatient Rehabilitation,
please contact:

Wayne HealthCare
Outpatient Rehabilitation Center
1111 Sweitzer Street
Greenville, OH 45331

937.547.5714

To learn more about
rehabilitation, orthopedic and
sports medicine services,
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