



**FOR IMMEDIATE RELEASE**

**Media Contact:**

Jenna Beach, Public Relations and Marketing Specialist  
2316 First Avenue South | Birmingham, AL 35233  
205.329.7528 Phone | [jbeach@sportssafety.org](mailto:jbeach@sportssafety.org)

**The State of Iowa Makes Strides to Create Sports Safety Awareness**

**Des Moines, IA – August 13, 2012** –Iowa Ortho, a leader in the prevention of youth-related sports injuries, has partnered with Physiotherapy Associates and the National Center for Sports Safety (NCSS) to create sports safety awareness through an educational program called PREPARE. Physiotherapy Associates will sponsor the National Center for Sports Safety PREPARE course on Saturday, August 18<sup>th</sup> at the Mercy Center Conference Center.

Developed by the NCSS and a team of medical experts in 2004, PREPARE educates coaches, assistants and volunteers on how to prevent common injuries, how to recognize symptoms of potentially dangerous conditions and how to respond in emergency situations. Upon completion of the course, each participant will receive a Certificate of Completion and his/her name will be added to the NCSS' National Registry of Coaches.

The instructor for this class is Troy Kleese, LAT, ATC, Sports Medicine Director at Physiotherapy Associates of central Iowa and Licensed Certified Athletic Trainer to Des Moines Hoover High School since 1995. When asked about the partnership to create sports safety awareness, Troy said, "Our Sports Medicine Team strives to emphasize safety in youth sports, and the PREPARE course was chosen as another avenue by which we could reach out to the state community. The more coaches we can educate, the safer our athletic venues and athletes will be."

Kathryn Gwaltney, NCSS Executive Director, added, "We applaud the efforts of the State of Iowa for choosing the PREPARE course to protect and maintain our youth's safety. For our future endeavors, the focus is to continue growing the presence and awareness of sports safety through the State of Iowa through the NCSS and its core programs."

The \$60 registration fee is waived for the first 100 coaches who sign up. Registration begins at 7:30AM and the class starts promptly at 8:00AM. To register for this event, please contact the National Center for Sports Safety at 866.508.NCSS (6277).

**About NCSS**

Dr. Lawrence Lemak founded the National Center for Sports Safety in 2001 to promote the importance of injury prevention and safety on all levels of youth sports through education and research. The NCSS focuses on decreasing the number and intensity of injuries through developing and teaching sports-safety courses. NCSS also collects, analyzes and researches injury data to improve safety practices.

###