



XAVIER SPORTS MEDICINE

The Xavier University Sports Medicine Staff is pleased to welcome you to our campus. We are able to provide you and your team with state-of-the-art care and medical services. In preparation for your upcoming visit to Cincinnati, the following information has been prepared for you. If your team is traveling without a certified athletic trainer, we ask that you send a letter requesting the use of specific modalities. We also request that you call to make arrangements if treatments are needed prior to two hours before events are scheduled.

The main athletic training room is located on the event level of Cintas Center (Volleyball, Men's and Women's Basketball) and a secondary athletic training room is located on the first floor of Schmidt Fieldhouse (Baseball, Men's and Women's Soccer, Swimming).

The main athletic training room located in Cintas Center is a state of the art facility that includes a private physician office with a pharmacy. There are 2 whirlpools in the hydro room, a Hydrocollator, a Paraffin bath, a freezer of ice cups or gel packs, and a crushed ice machine. We have several Game Ready units and a compression unit. There is a Humac Cybex-Norm Isokinetic Machine, as well as, a Humac 360. The floor of the Athletic Training Room has an 8 bed capacity for patients equipped with Chattanooga Vectras of multiple wave forms and ultrasounds. There is one Chattanooga Genisys equipped with EMG, and we also have one Cold Laser. There is a vast assortment of rehabilitation equipment throughout the room which includes an Impulse, giant pogo, Total Gym, Rebounder, and slide board. There is a programmable bike, and a StarTrac elite Elliptical strider. There is one G5 massager. We are situated next door to our weight room which includes machines, free weights, and an assortment of cardio equipment. In the auxiliary gym we have a cardio facility that houses four treadmills. There are several bikes and a UBE that can be placed on the court if there is a need.

The following services will be provided to you on your visit:

- Ice, water, cups and towels for benches and locker rooms
- Full use of a state-of-the-art sports medicine facility
- Certified athletic trainer available two hours prior and one hour following event
- Infectious waste supplies on each bench
- Paramedics on site and ambulance on call
- Team physician on site or on call
- Drinks in locker room for post game

You will be provided with water, ice and cups for your practice session. You will be given a card with instructions for the emergency action plan for the facility and access to the training room during your session. If you have any special medical needs please contact XUSM so that they can make arrangements with one of the staff physicians.

Sports Medicine Directory

Jody Jenike

Head Athletic Trainer

Office - 513.745.3028

Cell - 513.200.3111

Email - Jenike@xavier.edu

(VB, Tennis)

Dave Fluker

Associate Head Athletic Trainer

Office - 513.745.2928

Cell - 513.200.3333

Email - Fluker@xavier.edu

(MBB, GOLF)

Mike Mulcahey

Assistant Athletic Trainer / Clinical Coordinator

Office- 513.745.2968

Cell- 513.969.7327

Email- Mulcahey@xavier.edu

Katie (Rapking) Svihlik

Assistant Athletic Trainer

Office - 513.745.4271

Cell - 513.200.3222

Email - rapkingkm@xavier.edu

(WBB, CC)

Julie Blowers

Assistant Athletic Trainer

Office - 513.745.4208

Cell - 513.200.3444

Email - blowersj@xavier.edu

(WSOC, Track, BAS)

Kelsey Pilati

Intern Athletic Trainer

Office - 513.745.2803

Cell - 513.300.3055

Email - pilatik@xavier.edu

(MSOC, SWIM,)

Cintas Center Training Room: 513.745.2899 | Schmidt Fieldhouse Training Room: 513.745.1973

XUSM Fax: 513.745.1963

EMERGENCY NUMBERS

**FOR ALL ON-CAMPUS EMERGENCIES
DIAL EXT. 1000**

Medical

- Good Samaritan..... 513.872.2536
Address..... 375 Dixmyth Avenue, Clifton
(Please contact a staff ATC to help expedite you through the ER)
- Bethesda North 513.745.1112
Address..... 10500 Montgomery Road, Montgomery
- University Hospital (Regional Trauma Center)..... 513.584.1000
Address..... 234 Goodman Street, Cincinnati
- Christ Hospital 513.585.2000
Address..... 2139 Auburn Avenue, Cincinnati

Police

- Xavier Campus Police 513.745.1000
- Cincinnati Police Department 513.352.3591
- Cincinnati Police Department (District 4) 513.352.3576

Fire

- City of Cincinnati Fire Department 513.352.6220

Other

- Cincinnati Poison Control..... 513.636.5111

Hospital

Good Samaritan Hospital
375 Dixmyth Avenue
Cincinnati, OH 45220-2489
Phone - 513.862.1400
Fax - 513.862.3435
www.trihealth.com

Pharmacies

Walgreens (24 hours)
4605 Montgomery Road
Norwood, OH 45212
Phone - 513.731.0062

CVS
5229 Montgomery Road
Norwood, OH
Phone - 513.731.2600

Hyde Park Kroger
3760 Paxton Avenue
Cincinnati, OH
Phone - 513.871.4142

XAVIER UNIVERSITY  SPORTS MEDICINE



Jody Jenike, volleyball (c) 513/200-3111

Dave Fluker, men's basketball (c) 513/200-3333

Katie Svihlik, women's basketball (c) 513/200-3222

(Notify the Athletic Trainer of your sport in non-emergent cases and following the activation of a 911 call)

AED:

Located in the cabinet on wall between the Campus Police Office & the Cintas Center Operations Office to the right from the open end (North) of the Arena. Just open door to access.

Emergency Phone:

It is the Grey Phone on the right wall in the tunnel (closed end/South) on the Arena floor. It has direct access to Campus Police. State your name, location, type of emergency, and name of patient.

(Note: there is a 10-second delay until the operator comes on)

Campus Police will notify Cincinnati Fire Department with your 911 and intercept the Life Squad to guide them into the facility. If you use a cell phone to call the 911 you will not be able to guide the unit to you.

If phone is out of order use your cell phone to dial: **513/745-1000** or Xavier house phone (training room/Auxiliary Gym) to **dial 1000**.

Hospital:

GOOD SAMARITAN HOSPITAL is the hospital of Xavier Sports Medicine.

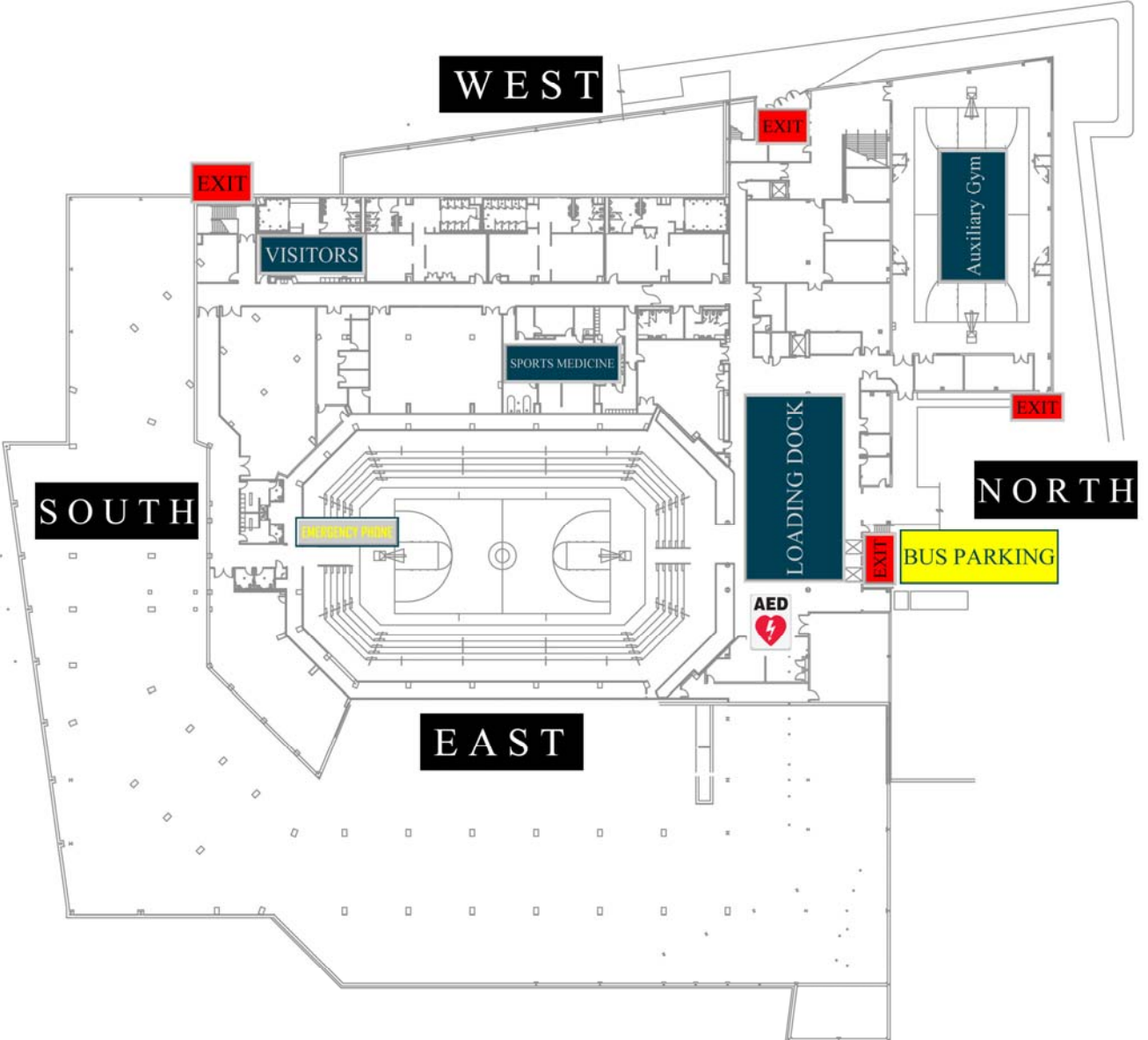
Due to the nature of your emergency you may be redirected to one of our Regional Trauma Centers instead. Ambulance personnel will make this decision based upon the level of care needed.

Emergency Exits:

Primary exit is on the loading dock on the open end of the arena. There is an exit courtside on the closed end of the arena through the tunnel next to the visitors' Locker room. Once through this fire door walk up to the next level and out the door to the outside of the building. You can always go up the arena stairs and onto the concourse at the closed end of the arena and out the main entrance.

CINTAS CENTER – EVENT LEVEL PLAN

SCALE: NTS



Schmidt Fieldhouse Emergency Action Plan

Mike Mulcahey (c) 513/969-7327

Julie Blowers, women's soccer/track / baseball (c) 513/200-3444

Kelsey Pilati, men's soccer / swim (c) 513/300-3055

(Notify the Athletic Trainer of your sport in non-emergent Cases and following the activation of a 911 call)

AED:

Located in the Schmidt Fieldhouse Training Room & the O'Connor Sports Center desk is next to Schmidt Fieldhouse. Campus Police have units in their vehicles.

Emergency Phone:

Yellow Phone outside the public bathrooms on the soccer field side of O'Connor Sports Center. It has direct access to Campus Police. State your name, location, type of emergency, and name of patient. (Note: there may be a 2-second delay until the operator comes on) Campus Police will notify Cincinnati Fire Department with your 911 and intercept the Life Squad to guide them into the facility. If you use a cell phone to call the 911 you will not be able to guide the unit to you. If phone is out of order use your cell phone to dial: **513/745-1000** or Xavier house phone (training room) to **dial 1000**.

Hospital:

GOOD SAMARITAN HOSPITAL is the hospital of Xavier Sports Medicine. Due to the nature of your emergency you may be redirected to one of four Regional Trauma Centers instead. Ambulance personnel will make this decision based upon the level of care needed.

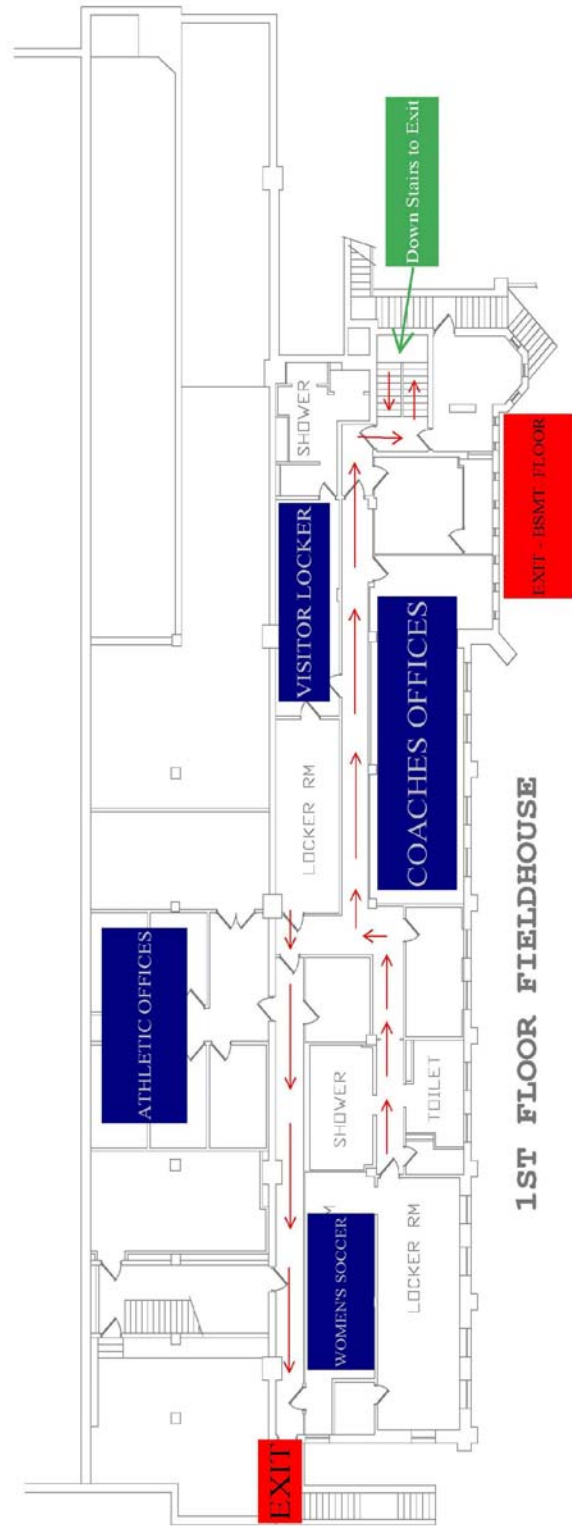
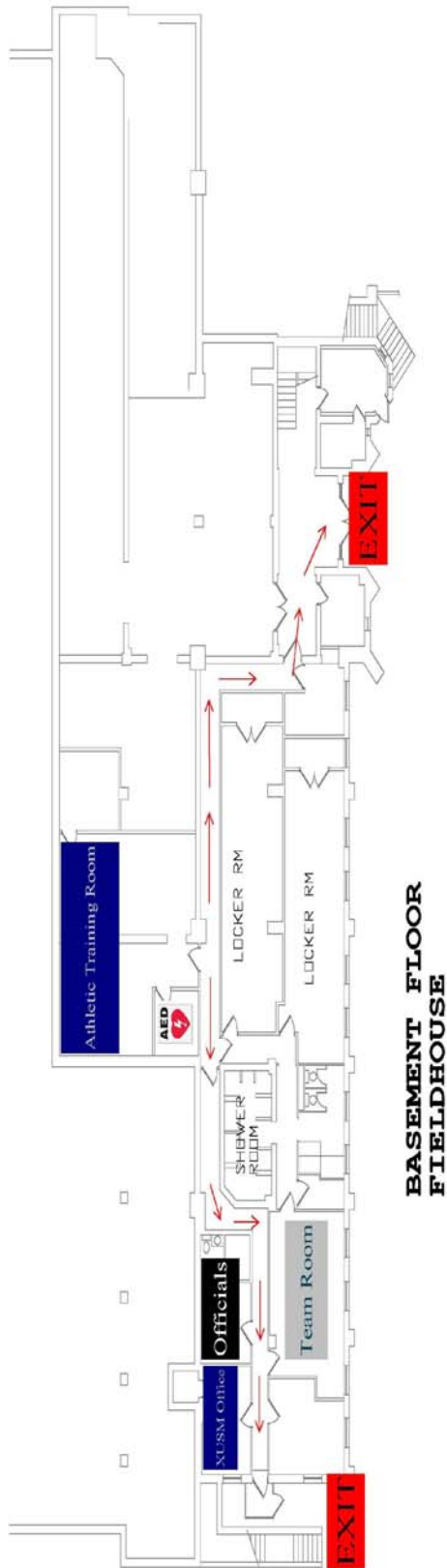
Emergency Exits:

Exits for the two buildings and the fields are marked on the attached maps. In Schmidt Fieldhouse exits are on court level, and on the north & south ends of the building on the 1st & 2nd level. The third level has a north exit off the court and the south exit is down one stairs one level and out the 2nd floor.

Shelter from Inclement Weather:

Can be sought inside either Schmidt Fieldhouse or O'Connor Sports Center. In game situations these locations will be announced and game personnel will act as guides to move you into these facilities.

Schmidt Field House – Basement and First Floors



Schmidt Field House – Third and Fourth Floors

