



Vitruvian Health

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FOR MEDIA INFORMATION

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Hamilton Sports Medicine celebrating Athletic Training Month

DALTON, Ga. (March 5, 2025) – Hamilton Sports Medicine (HSM) is celebrating National Athletic Training Month in March. The theme for the month is “Champions in Health Care.”

Hamilton Medical Center has provided certified athletic trainers to local schools for more than 20 years. There are currently 12 HSM athletic trainers on staff. They include: Ryan Bonanno, manager; Meg Connelly, Northwest Whitfield High School; Antoine Simmons, Coahulla Creek High School; Justin Poff, Dalton High School; Megan Kennedy, Dalton State College; Sherman Howze, Dalton State College; Jordan Brown, North Murray High School; Tony Mathis, Southeast Whitfield High School; Pranay Shah, Murray County High School; Kelly Henschel, Christian Heritage School; Jennifer Howard, The Dalton Academy; and Amaris Alas, Calhoun High School.

“We’re proud of our commitment to keep local athletes as safe as possible,” said Bonanno. “Not only do we provide injury evaluation and treatment as well as rehabilitation services, but we play a role in the community as well.”

HSM athletic trainers provide free physicals to student-athletes and volunteer at events like the Bill Gregory Healthcare Classic as well as other events.

“Athletic trainers serve as the bridge between the medical field and physically active individuals,” said Howze. “They provide cost-effective healthcare solutions by reducing unnecessary emergency room visits, minimizing re-injury risk and ensuring proper rehabilitation.”

Coordinating with orthopedic surgeons, HSM athletic trainers provide: evaluation and on-site injury rehabilitation and reconditioning, preparation for games and practices, emergency medical coverage for games and practices, biomechanical motion analysis, pre-season screenings and physicals, educational workshops and training on sports injuries, injury risk assessment, and baseline/post-injury concussion testing and management. Athletic trainers advocate for safer playing conditions, proper equipment use and evidence-based healthcare practices.

HSM offers American Heart Association cardiopulmonary resuscitation (CPR) and Automated External Defibrillator (AED) certification training to athletic coaching staff at schools where HSM is represented.

HSM athletic trainers have completed an accredited bachelor's or master's athletic training program and are certified by the National Athletic Trainers' Association and state board. They specialize in injury prevention, evaluation, rehabilitation and emergency care.

"Our main focus is helping athletes prevent injuries and stay healthy," said Bonanno.

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Photos:

Hamilton Sports Medicine Athletic Trainers are pictured. From left are Pranay Shaw, Sherman Howze, Amaris Alas, Justin Poff, Megan Connelly, Jordan Brown, Ryan Bonanno (manager), Kelly Henschel, Tony Mathis, Megan Kennedy, Antoine Simmons and Jennifer Howard.