

Dear parents of the Key City Gymnastics club,

My name is Kate Richardson – I am a former artistic gymnast, now physiotherapist, and am very excited to be providing physiotherapy services for the athletes at Key City. I'd just like to introduce myself as well as the services that I will be providing at the gym.

I was a gymnast for 20 years, during which time I was lucky to be able to compete for Canada in 2 Olympic Games. Now, being a physiotherapist, I have taken a special interest in helping young gymnasts recover from and prevent injury. Over the years, I have seen too many young gymnasts' careers cut short, or not enjoyed to their fullest, due to injury. Many of these are preventable, and I want to do my part in trying to avoid these situations. I know that this is also a very important part of Michelle and Garry's coaching philosophy, so we are all very excited to collaborate on this approach.

I will be providing physiotherapy assessments and follow up treatments for athletes with any injuries at the gym. I will book on an appointment basis during training times. If you, and your son or daughter, are interested in booking an assessment, please email me at katerichardsonphysio@gmail.com . Please also provide the following information:

- Your child's name and age
- Your child's training times, and coach's name(s)
- Whether I have your consent to treat them, and to release their assessment information to their coaches

As mentioned above, it is a primary goal of your coaches', as well as mine, to prevent as many of these injuries from occurring as possible. So with that in mind, I will also be offering functional movement screens. These screens are thorough movement assessments that aim to identify any asymmetries or deficiencies that may contribute to injury down the road. Following the assessment, I will create and review with the athlete a short, individualized exercise program, which will address any faults identified in their screen.

The fee schedule will be as follows:

- Functional Movement Screen: \$100
- Injury Assessment/Follow-up treatment: \$60

I will provide an invoice, which can be submitted to your extended health provider for reimbursement, depending on your health plan.

I am very much looking forward to working with Key City Gymnastics. Please don't hesitate to contact me should you have any questions.

Best regards,



Kate Richardson