



# CENTRAL WASHINGTON UNIVERSITY

## WILDCAT ATHLETIC TRAINING

Dear Visiting Athletic Trainer,

Wildcat Athletic Training Staff would like to welcome you to Central Washington University. Central Washington University is located in Ellensburg, Washington, about 100 miles east of Seattle. Our athletic training room is located on the first floor of Nicholson Pavilion (Rm 104A) adjacent to the field house and weight room.

### STAFF

Kari Gage, ATC	Head Athletic Trainer	gageka@cwu.edu
Andy Bloch, ATC	Graduate Assistant	
Brian Sahalov, ATC	Graduate Assistant	
Lanna Pangle, ATC	Graduate Assistant	

### EQUIPMENT PROVIDED

Water, cups, water bottles (if needed), ice bags, heat packs, crutches, splints, whirlpools, biohazard supplies, and AED.

### TREATMENTS

- The athletic training room will open at least 2 hours prior to competition for taping and treatments.
- A certified athletic trainer will be available in the gymnasium or field
- If you will not be traveling with an ATC, please contact our staff with written instructions for taping and modality treatments.
- Please provide a medical kit with supplies for your team.

### EMERGENCY

For an emergency the Kittitas Valley Community Hospital will be contacted.

Phone: (509) 962-9814

603 S Chestnut St.

Ellensburg, WA 98926

If you have any questions regarding your visit to Central Washington University, please contact the Wildcat Athletic Training Room at (509) 963-3238.

Sincerely,

Central Washington University Athletic Training Staff

Kari Gage, ATC

Cell: (509) 899-5061

**Wildcat Athletic Training Room**

400 E. University Way · Ellensburg, WA 98926-7570 · Tel: (509) 963-3238 · F: (509) 963-3236



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**WILDCAT ATHLETIC TRAINING**

Items available for you during your visit:

**Visiting Team Locker Room**

1-10 Gallon Coolers of Water  
1-Ice Chest with ice bags  
Cups

**Visiting Team Sidelines**

4-10 Gallon Coolers of Water  
1-Ices Chest with ice bags  
1- Sets of Water Bottles (6packs)  
Cups

We will also have splint bag, crutches and AED available on home sideline. If you have any questions or any other needs please feel free to contact me.

Thanks,

Kari Gage, ATC/L  
Head Athletic Trainer  
Senior Women's Administrator  
Central Washington University  
(509) 963-3238  
[gageka@cwu.edu](mailto:gageka@cwu.edu)