



Dear Visiting Gymnastics Athletic Trainer,

On behalf of the University of Iowa Athletic Department and University of Iowa Sports Medicine Services, I would like to welcome you and your team to Iowa City for the upcoming gymnastics meet. We hope to make your stay as accommodating and enjoyable as possible.

The competition will take place on campus at **Carver-Hawkeye Arena**. The athletic training room in Carver is located on floor level just off of the competition floor. The following items will be available to you during your visit:

- Hot and cold whirlpools, Ice, and hydrocollator
- Electrical Stimulation & Ultrasound units
- Gatorade, water, ice, taping tables, biohazard kits, and emergency equipment will be located on the competition floor
- The Carver-Hawkeye Athletic Training Room will be open one hour prior to scheduled warmups, and will remain open for one hour after the completion of the meet.

EMS will be onsite for all competitions. A UI sports medicine team physician and team orthopedist will be onsite or on call for all practices and events and will be available through athletic training services. The University of Iowa Hospitals and Clinics is located less than a mile from Carver Hawkeye arena.

If you have an athlete who becomes symptomatic with COVID like symptoms during your stay, we have PCR testing on site. Please reach out to me if you need a test and I will help guide you in this process.

If you have questions about the services provided or need other information, please contact me directly and I will be happy to help. For more information about the University of Iowa and the University of Iowa Sports Medicine Services, visit <http://www.hawkeyesports.com> and <http://www.hawkeyehealthcare.com>.

If your team is traveling without a certified athletic trainer, please call ahead with any sports medicine related requests and send sufficient supplies to accommodate your team. If you would like us to provide treatment for a student-athlete, we require a physician prescription, so please plan accordingly. Have a successful and injury free season! I look forward to seeing you on your visit to Iowa City. Good Luck!

Sincerely,

*Emily C Reese*

Emily Reese MSATC, LAT  
Assistant Athletic Trainer-Women's Gymnastics  
University of Iowa  
[emily-link@uiowa.edu](mailto:emily-link@uiowa.edu)  
563-543-0473

## **Important numbers:**

### **Medical Facility Info:**

University of Iowa Hospital & Clinic – Hospital, Emergency Room  
200 Hawkins Drive, Iowa City, IA  
Elevator E, Level 1  
Main: (800) 777-8442  
ER Direct Line: (319) 356-2233

UI Quick Care – Mormon Trek – Urgent Care walk-in clinic  
767 Mormon Trek Boulevard, Iowa City, IA  
Office: (319) 384-8822  
Hours | M-F: 7:00am – 7:00pm, Sat & Sun: 8:00am – 5:00pm

UI Quick Care – Coralville – Urgent Care walk-in clinic  
2510 Corridor Way, Suite 6A, Coralville, IA, 52241  
Office: (319) 384-8822  
Hours | M-F: 7:00am – 7:00pm, Sat & Sun: 8:00am – 5:00pm

UI Quick Care – Old Capitol Town Center – Urgent Care walk-in clinic (Downtown Iowa City)  
201 S. Clinton Street, Suite 168, Iowa City, IA  
Office: (319) 384-0520  
Hours | M-F: 7:00am – 7:00pm, Sat & Sun: 8:00am – 5:00pm

Mercy Urgent Care – Primary care walk-In clinic  
2769 Heartland Drive, Coralville, IA | Coral West Health Center  
Office: (319) 688-7400  
Hours | M-F: 7:30am – 7:30pm, Sat & Sun: 9:00am – 4:00pm

### **Pharmacy**

Walgreens Pharmacy – Coralville, Store#: 5977 (Closest to Cross Country Course)  
102 2nd Street, Coralville, IA, 52241  
Store: (319) 341-6153  
Store Hrs 7:00am – 12:00am  
Pharmacy Hrs | M-F: 8 am–10 pm, Sat: 9 am – 6 pm, Sun: 10 am – 6 pm

Walgreens Pharmacy – Coralville Northwest, Store#: 10985  
2751 Heartland Drive, Coralville, IA  
Store: (319) 545-4600  
Store Hrs | M-Sun: 7am–10pm.  
Pharmacy Hrs | M-F: 8am–10pm Sat: 9am–6pm  
Sun: 10am–6pm