



## University of Iowa Athletic Training

On behalf of the University of Iowa Athletic Department and University of Iowa Sports Medicine Services, welcome to the University of Iowa and Xstream Arena for your upcoming women's volleyball match. We hope to make your stay in Iowa City as smooth as possible. Included is information about our facilities, services, and contact information.

The Xstream Arena Athletic Training Room is located in the Iowa Volleyball team suite. At this time we are not sharing the Athletic Training Facility but will have all of the necessary items your team may need available either in your locker room, court side, or on request.

### Locker Room:

- Water and cups
- OSHA supplies
- Hydroculator
- Injury Ice

### Courtside:

- Water, Gatorade, cups
- OSHA supplies
- Splint bag
- Crutches
- Emergency equipment

A staff certified Athletic Trainer will be available at every match and on call for all practices. A staff orthopedic surgeon or family practitioner will either be on site or on call during the matches and available through athletic training services.

If your team will travel without an athletic trainer, please call ahead and bring sufficient supplies to accommodate your team. If you would like us to provide ultrasound or electrical stimulation for your athletes, we require a physician prescription, so please plan accordingly.

Good luck with your season and we look forward to your visit in Iowa City.

Yours in health,  
Katie Berger, MA, LAT, ATC  
C: 712-520-1042 E: [katie-berger@uiowa.edu](mailto:katie-berger@uiowa.edu)