



Waverly-Shell Rock Community School District and Taylor Physical Therapy proudly partner to provide comprehensive sports medicine services to all Waverly-Shell Rock athletes. With the goal of making sports medicine services more accessible, an on-site athletic trainer is provided in various ways to help injured athletes get the help they need the most efficient and effective way possible. With that, early evaluation can help prevent injuries and keep athletes where they belong - on the court or playing field!

What is an Athletic Trainer

Athletic trainers are highly qualified, multi-skilled health care professionals who render service or treatment under the direction of, or in collaboration with, a physician in accordance with their education, training and state's statutes, rules, and regulations. As part of the health care team, services provided by athletic trainers include primary care, injury and illness prevention, wellness promotion and education, emergent care, examination and clinical diagnosis, therapeutic intervention and rehabilitation of injuries and medical conditions.

- Evaluate and accurately diagnose injuries and illnesses
- Help manage and direct plan of care to ensure the efficient and timely referral processes
- Educate student-athletes, parents, and coaches on injury and illnesses and the importance of proper management
- Collaborate with physicians to improve patient outcomes
- Manage, coordinate and communicate return-to-play progression

Who are Waverly-Shell Rock High School's Athletic Trainers

Dietrich Wagner- ATC and **Destry Sperfslage** ATC, CSCS proudly serve the sports medicine needs of your Waverly-Shell Rock Go-Hawks.

Dietrich began his academic journey at Des Moines Community College where he earned his Associate's degree in 2020. Dietrich continued his education at the University of Northern Iowa, completing his Bachelor's degree in Athletic Training and Rehabilitation Studies before earning his Master's degree in Athletic Training. During his time at UNI, Dietrich gained valuable hands-on experience through clinical rotations with UNI Wrestling, Waverly-Shell Rock High School, and Hawkeye Community College. Dietrich's inspiration to become an athletic trainer stems from his love for helping people and his passion for athletics.

Dietrich is originally from Altoona, Iowa. In his free time, he enjoys watching sports, golfing and spending time with friends and family.



Dietrich Wagner, ATC



Who are Waverly-Shell Rock High School's Athletic Trainers

In 2012, Destry graduated from the University of Northern Iowa with a Bachelors degree in Athletic Training. He then went on to attend Southern Illinois University where he graduated with a Masters degree in Kinesiology. Destry works as the Head Athletic Trainer and Head Strength and Conditioning Coach for the Waverly-Shell Rock High School. As the school's primary sports medicine caregiver, he specializes in the prevention, recognition, assessment, physical evaluation, management, treatment and physical reconditioning of athletic injuries. Destry manages the program design and implementation for Waverly-Shell Rocks High School and Middle School strength and conditioning programs. He is also a resource for directing plan of care following sports medicine-related injuries. Through Taylor Physical Therapy, Destry also helps manage the Sports Performance programs in the advancement of an athlete's physical capability while decreasing the likelihood of injury.



Destry Sperfslage, ATC, CSCS

In Destry's free time, he enjoys being outdoors with his wife (Haleigh), daughters (Norah and Lennyn), son (Baylor) and their family dog (Ace). Destry is an avid outdoorsman and hunter, and enjoys all things sports and wellness related!

What services are provided for your Waverly-Shell Rock HS Athletes?

Injury -Checks: During this time, athletic trainers evaluate injuries, check on “tweaks” and nagging pains, offer guidance to prevent injuries, provide activity modifications to keep the athlete safely participating, or recommend further follow up evaluation / referral as needed. Communication is key - progress reports for coaches and parents will be provided as well as education for athletes so they understand their injuries.

When: Daily Check-Ins

Where: Waverly-Shell Rock High School

How: No appointment needed - approach Dietrich or Destry with any sports medicine concerns or let your coach know you would like to speak with them.

Concussion Management: Concussions can be scary but recovery doesn't have to be! Athletic trainers can help manage a concussion from initial assessment and evaluation to returning the athlete safely back to the court and in the classroom.

- Initial assessments and evaluation
- Return-to-Learn progression guidance
- Return-to-Play progression guidance
- Post-concussion treatment



Taylor Physical Therapy Waverly
(319) 352-5644
312 9th St.
Waverly, IA 50677



Sporting Event Coverage

Logan or Destry can be found on the sidelines of home and away football games, and all home volleyball, cross country, wrestling, basketball, soccer track and field, baseball and softball contests. In-season athletes can utilize our sports medicine staff before, during, or after competition. Out-of-season athletes may also take advantage of this opportunity to seek our athletic trainer's help while attending sporting events and cheering on their fellow Go-Hawks.

FREE Injury Evaluations at Taylor Physical Therapy Waverly

Taylor Therapy Waverly Clinic offers one FREE injury evaluation per injury. During that evaluation, a physical therapist will complete a thorough evaluation, provide treatment as indicated, and recommend follow up as needed. They will provide education to the athlete and parent, address questions or concerns, and communicate with coaches regarding practice guidelines and return to competition as needed. Contact Taylor Physical Therapy's Waverly Clinic between 8am-5pm to schedule. Clinic Location:

Waverly Clinic Location:
319 Ninth St.
Waverly, IA 50677
Clinic Number: 319-352-5644

Visit our website to learn more about the Sports Medicine Program!