



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's Athletic Trainers?

Destry Sperfslage, ATC, CSCS (head athletic trainer) and Logan Battreall, ATC, NAMS-CES (assistant athletic trainer) proudly serve the sports medicine needs of your W-SR Go-Hawks!

Destry has been in his position with W-SR since July of 2016. Destry comes to Waverly having grown up in Manchester, IA. Destry studied athletic training at the University of Northern Iowa, and attended graduate school at Southern Illinois University. Destry's experience varies greatly, from working professionally for the Denver Broncos, working at the Division I level, and now caring for the student-athletes at W-SR. In Destry's free time, he enjoys being outdoors with his wife (Haleigh), daughter (Norah), son (Baylor) and their family dog (Ace). Destry is an avid outdoorsman and hunter, and enjoys all things sports and wellness related!



Destry Sperfslage, ATC, CSCS

In 2019, Logan graduated from Iowa State University with a Bachelor's degree in Athletic Training. Following graduation, Logan took a seasonal internship with the University of Michigan's football team while finishing his Masters in Exercise Science with a focus in rehabilitative studies. Logan grew up in Montezuma, Iowa, and met his wife (Riley) while attending Iowa State University. In his free time he likes to travel around the United States seeing new places with his wife. He also likes to golf, watch football and spend time with his family.



Logan Battreall, ATC, NAMS-CES



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

Practice / Event Coverage:

Destry functions as the Strength and Conditioning Coach for Middle School and High School athletes. These opportunities are offered in the Go-Hawk Performance Enhancement Center where sessions are offered every weekday morning. Destry is also located in the Go-Hawk Performance Enhancement Center for Waverly-Shell Rock student-athletes to utilize throughout their academic day for injury evaluation and sports medicine services. Destry's event responsibilities include football, boys and girls basketball, boys and girls soccer, and baseball.

Logan can be found in the athletic training room daily prior to kids being dismissed from their 8th period class in helping to prepare student-athletes for the demands of their sports practices and competitions. Logan's event responsibilities include volleyball, boys and girls cross country, boys and girls wrestling, boys and girls track and field, and softball.

Concussion Management:

Concussions can be scary but recovery doesn't have to be! Destry and Logan 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

FREE Injury Evaluations at Taylor Physical Therapy at Waverly Health Center:

Taylor Physical Therapy at Waverly Health Center 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 at Waverly Health Center between 8am-5pm to schedule.

Clinic Location:
At Waverly Health Center
312 9th St. SW
Waverly, IA 50677
Clinic Phone Number: 319-342*5644

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