

## **MEET YOUR ATHLETIC TRAINERS**

As part of their participation in Buchholz High School Athletics, each of our student athletes has access to a certified athletic trainer who is on-site each day and is present at most home events. Our athletic trainers and team physician's dedication to our student-athletes, the coaches and the high schools is second to none. Their attention to detail is admirable and their ability to build trusting relationships with the student-athletes is comforting.

Our athletic trainers are provided through the University of Florida and the UF Health Orthopedics and Sports Medicine Institute. Each athletic trainer is board certified and licensed by the state of Florida.

Injuries are an unwelcome part of the game that comes without warning and often causes great mental and physical anguish. Although we cannot totally prevent injuries, we are relieved to say that we can and do offer the very best post injury treatment available for our student-athletes. Key areas of emphasis include:

- Injury Prevention
- Clinical Evaluation and Injury Assessment
- Rehabilitation
- Referral of injured athletes to additional medical professionals when appropriate

### **Gina Gambucci, LAT, ATC**



Graduate Assistant Athletic Trainer: Buchholz High School

Gina is currently pursuing her Masters Degree in Applied Physiology and Kinesiology from the University of Florida. She currently serves as the Head Athletic Trainer at Buchholz High School. She works with about 300 high school students on prevention, assessment, treatment and rehabilitation of athletic injuries. She is available for athletes for both home contests and practices daily. She previously served as the head athletic trainer at Fort White High School. Gina completed her undergraduate degree in Athletic Training from the University of Wisconsin-Madison in 2017. She is BOC certified and licensed by the State of Florida.

## **Cassie Winkfield, MS, LAT, ATC, OTC**



UF Health Department of Orthopedics Sports Medicine  
Lead Athletic Trainer - Education  
*Buchholz High School, Gainesville High School,  
Fort White High School*

Cassie serves as a physician extender for the University of Florida Physicians, primarily working with two orthopedic surgeons. In addition to her clinical work, Cassie serves as a mentor to the high school graduate assistant athletic trainers at Buchholz HS, Gainesville HS, and Fort White HS.

Cassie earned her Bachelor of Arts in Athletic Training from University of Northern Iowa in 2008. Cassie then completed a year internship at Charleston Southern University as an assistant athletic trainer with the football and softball teams. While at CSU she was awarded the SEATA Collegiate Athletic Training staff of the year. In 2011, she earned her Masters of Science from the University of Kentucky, and served as a graduate assistant at Madison Central High School. Following graduation, she continued to work as head athletic trainer at Madison Central High School for 4 years before starting her current position.

Cassie is a member of the Athletic Training Association of Florida, and serves on the Committee on Practice Advancement. She is also a member of Southeast Athletic Trainers' Association, and National Athletic Trainers Association. She currently serves at the National level as the liaison for the National Association of Orthopedic Technologists (NAOT). In addition to her Florida and national athletic training certifications and licensures, she is certified by the NAOT as an orthopedic technologist.

## **Meet Your Team Physicians**

**Jason Zaremski, MD**



Team Physician

Jason L Zaremski, M.D., a former collegiate baseball player at Emory University in Atlanta, GA, earned his medical degree from Tufts University School of Medicine in 2007 before going on to complete his residency in Physical Medicine and Rehabilitation at Tufts Medical Center in Boston, MA and his fellowship in sports medicine at Geisinger Health System in Northeastern Pennsylvania.

He currently works as a non-operative musculoskeletal and sports medicine physician for the University of Florida and is the Co-Medical Director for the High School Outreach Program. Dr. Zaremski has published more than 30 peer-reviewed publications and abstracts specific to all areas of sports and musculoskeletal medicine. He has a particular research focus interest in throwing injuries in baseball players.

Zaremski is involved in the American Medical Society for Sports Medicine, American College of Sports Medicine, and is a diplomat in the American Academy for Physical Medicine and Rehabilitation. Additionally, he was one of the only ten physicians nationally to write the Musculoskeletal & Sports Medicine PM&R-AMSSM Curriculum Guidelines.

He has also been a team physician from the high school level to the NCAA level to the professional hockey level. Dr. Zaremski was honored upon outstanding record of success by Marquis Who's Who in the 70<sup>th</sup> Platinum Anniversary Edition of Who's Who in America published in September 2015

### **Gary Allen, DO, ATC**



Team Fellow

Undergraduate (2007-2011): Athletic Training - Brigham Young University

Athletic Trainer (2011-2012): Lone Peak High School, Alpine UT

Medical School (2012-2016): Doctor of Osteopathic Medicine - Des Moines University

Residency (2016-2019): University of Florida - Family Medicine - Sports Medicine Area of Concentration

Fellowship (current): University of Florida - Primary Care Sports Medicine

Personal: Married to wife, Carly, and three kids: Austin (7), Lennox (4), and Darren (1)