



To the CBC sports community,

We would like to introduce ourselves. We are Brady Moore and Nathan Wilmes, and we are the athletic trainers (sports medicine) for CBC High School. We are at the high school every day at 3:00 in the athletic training room and on select gold days during activity period. The athletic training room is located between the sports locker rooms and the double glass-doored conference rooms, and it can be accessed from the locker rooms. We provide the after-school athletic medical care to all CBC student-athletes. We are there to evaluate injuries, provide rehabilitation, offer advice, cover practices and games, and refer to other medical professionals as indicated. Brady works closest with football, wrestling, volleyball and track and field. Nate works closest with soccer, basketball, baseball and lacrosse.

Our medical building is called the CPM building which stands for Center for Performance Medicine and is one mile away from CBC. It is right across from the main Mercy hospital. The address there is 701 South New Ballas Road, Saint Louis, MO 63141. X-rays, MRIs, surgery, rehab and sports performance are all performed at this location. There is also a “walk-in clinic” until 6:00pm daily for those needing medical care without an appointment. The hours for the walk-in clinic are Mondays-Thursdays 10am-6pm, Fridays 10am-5pm and Saturdays 8am-12 noon. The physicians that work closest with CBC are Dr. Brian Mahaffey who is a primary care, sports-medicine certified physician, and Dr. Matt Steffes, who is an orthopedic surgeon. Both physicians work with the Saint Louis Cardinals as Mercy is the official Sports Medicine provider to the baseball Cardinals. Or to schedule an appointment, please visit <https://www.mercy.net/service/orthopedics/walk-in-care>.

To locate additional sport medicine information, please visit cbchs.org; then click on “student experience”; then “athletics website”; then “sports medicine” tab at the top of the page.

Our contact information is: Brady Moore - brady.moore@mercy.net and 217-929-8006

Nathan Wilmes - nathan.wilmes@mercy.net and 636-342-0987

Please let us know what questions you have or how we can help our athletes,

Thank you, Brady and Nate

