



The Children's Hospital

Anschutz Medical Campus
13123 East 16th Avenue
Aurora, Colorado 80045

**The Children's Hospital
Department of Orthopedics Sports Medicine
Coaches Clinic
June 25, 2011**

www.thechildrenshospital.org



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Purpose

The Children's Hospital Sports Medicine Department and HeartSmart, Inc. designed this clinic for youth sports coaches who want to be prepared to assist an injured athlete at games and/or practices. This seminar will include interactive presentations on nutrition, sideline management, concussion, and hands-on workshops on football injuries/conditions, soccer injuries/conditions and weightlifting/conditioning, and CPR certification.

Objectives

Upon completion of this conference, participants should be able to:

- Exchange ideas with experts and peers on proper nutrition and supplements.
- Identify early signs of dehydration.
- Understand the importance and need for sideline concussion management.
- Understand the importance of sideline medical management.
- Recognize the relevance and importance for sports psychology.
- Complete training for CPR.

Certification

CPR certificates will be provided for all participants **only** upon completion of training. **This conference fulfills the CHSAA concussion education requirement for all coaches.**

Location

The coaches clinic will be held on a Saturday, June 25, 2011 at The Children's Hospital, second floor, Medical Education and Conference Center, 13123 East 16th Avenue, Aurora, Colorado 80045.

Accommodations

An extensive list of accommodations is available upon request.

Further Information

Department of Orthopedics, Sports Medicine Program at The Children's Hospital manages this live event. If you require special services to accommodate a disability or need additional information, please contact Leslie Barnes-Berry, PRA, Conference Coordinator, (720) 777-6610 or e-mail barnes-berry.leslie@tchden.org in advance of the conference.

Acknowledgements

Special thanks to the Rose Brown Trust for the generous unrestricted educational grant in support of this coach's clinic.

Planning Committee

Rachel Coel, MD, PhD, Aaron Provance, MD, Bridget Younger, M.ED, ATC, Ryan Mooney, MS, PA-C, and Leslie Barnes-Berry, PRA, Conference Coordinator.

The Children's Hospital Sports Medicine Coaches Clinic

Agenda: June 25, 2011

7:15 a.m. Registration, Light Continental Breakfast

7:50 Opening Remarks
Rachel Coel, MD, PhD – Conference Chair

Nutrition

8:00 Promotion of Healthy Weight Control Practice
Quynh Hoang, MD

8:20 Sports Supplements
Rachel Coel, MD, PhD

8:40 Hydration and Fluid Replacement Needs in Athletics
Susan Gross, MS, RD

9:00 Interactive Question and Answer Session

9:20 Break

Sports Medicine Topics

9:30 Sideline Concussion Management
Aaron Provan, MD

9:50 Sports Psychology
Melissa Gollick, MA

10:10 Environmental Conditions in Sports - How to Play Safe
Ben Locke, ATC

10:30 Emergency Stabilization of the Injured Athlete
Joe Grubenhoff, MD

10:50 Interactive Question and Answer Session

11:10 Lunch

Break Out Sessions

12:00 p.m. I. Football Injuries & Conditions
Armando Vidal, MD; Aaron Provan, MD
Matt Brewer, ATC; Nick Garcia, ATC

II. Soccer Injuries & Conditions
Quynh Hoang, MD; Kate Brooks, ATC
Andrea Fetzer, ATC; Jenny Van Meter, ATC

III. Weightlifting and Conditioning
Rachel Coel, MD, PhD
David James, PT, DPT, OCS, CSCS
Nathan Estrada, PT, DPT; Ben Locke, ATC

1:00 CPR Training – Rich Perse

3:00 Evaluation

3:15 Adjourn

CPR Instructor

Richard Perse, II

Richard founded HeartSmart, Inc. in 1989, to provide CPR/First Aid training to schools, childcare centers, businesses and individuals using “specialized programs” he developed. He was a fire/paramedic with West Metro Fire Department in Lakewood prior to forming the company. Since 1980, he has been a Red Cross CPR/First Aid instructor, an American Heart Association instructor, and current ESCI instructor.

Local Faculty (The Children's Hospital)

Rachel Coel, MD, PhD Co-Medical Director
Sports Medicine Program

Aaron Provan, MD Co-Medical Director
Sports Medicine Program

Armando Vidal, MD Surgical Director
Sports Medicine Program

Quynh Hoang, MD
Sports Medicine Program

Joe Grubenhoff, MD
Emergency Medicine

Melissa Gollick, MA
Psychiatry & Behavioral Sciences

Susan Gross, MS, RD
Center for Human Nutrition

Ben Locke, ATC
Sports Medicine Program

Matt Brewer, ATC
Sports Medicine Program

Nick Garcia, ATC
Sports Medicine Program

Jenny Van Meter, ATC
Sports Medicine Program

Kate Brooks, ATC
Sports Medicine Program

Andrea Fetzer, ATC
Sports Medicine Program

David James, PT, DPT, OCS, CSCS
Sports Medicine Program

Nathan Estrada, PT, DPT
Sports Medicine Program

Further Information

Please contact Leslie Barnes-Berry, PRA, Conference Coordinator, at (720) 777-6610 or e-mail barnes-berry.leslie@tchden.org for more information.

Registration Form

Coaches Clinic

Aurora, Colorado • June 25, 2011

(Please list your name, phone number and organization as you would like them to appear on your name badge and/or participant list.)

Name _____ Degree _____

Position/Title _____

Organization _____

Address _____

City _____ State _____ Zip _____

Day Phone (____) _____

Fax # (____) _____

E-mail _____

Registration Fees:

	By 6/2	After 6/2
Coaches and All Allied Health	\$45	\$55

(For group discount information, please call (720) 777-6610.)

Amount enclosed _____ Check # _____

Visa/MC/AE # _____

Expires _____

Print Cardholder Name _____

Cardholder Signature _____

Return reply form and check made payable to:

The Children's Hospital
13123 East 16th Avenue, B060
Aurora, CO 80045
FAX: (720) 777-7268

Cancellation Policy

Your registration fee will be refunded less a \$25 enrollment processing fee if cancellation is requested by June 2, 2011. No refunds will be granted after this date or for non-attendance; however, you may send a substitute.

The Planning Committee reserves the right to alter the agenda or cancel the conference in the event of an unforeseen circumstance, or if the minimum acceptable registration is not attained by June 10, 2011, with a full refund to the participant.



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