

**HCMH SPORTS MEDICINE
CONFERENCE**

Friday, July 31, 2009

8:30-8:35 am	Welcome
8:35-9:20 am	Nutrition for the Athlete
9:20-10:05 am	Sport Specific Strength and Conditioning
10:05-10:20 am	Break
10:20-11:45 am	Core Strength and Injury Prevention
11:45-12:00	Break (Lunch Provided)
12:00-12:45 pm	Recognition/Evaluation of Concussions When to Return to Sports
12:45-1:15 pm	Panel Discussion Strength & Conditioning/Prevention: Your General Questions
1:15-1:50 pm	Breakout Session A
1:50-2:30 pm	Breakout Session B

Breakout session choices include:

1. Taping and bracing techniques
2. Challenge of 4 sport athletes with S&C
3. Specific core strengthening exercises for the athlete

FRIDAY, JULY 31 2009

8:30 AM - 2:30 PM

HANCOCK COUNTY MEMORIAL HOSPITAL

The 2009 event will address sports medicine issues relative to preventing sports injuries and discuss implementing proper strength and conditioning programs to reduce the risk of injuries occurring in today's youth.

Middle school, high school, college, club and volunteer community coaches (of athlete's 11 years of age and older) and athletic directors are invited to attend.

Objectives:

- Recognize appropriate prevention, treatment and rehabilitation of common sports injuries.
- Learn how to implement sports specific strength and conditioning programs to reduce the risk of injury.
- Receive practical nutrition tips and food ideas for every athlete.
- Learn how core strength is essential in preventing injuries.



REGISTRATION:

Name _____

School or Organization _____

Address _____

City _____

State _____ Zip _____

Phone Number _____

E-mail _____

Sports that you coach _____

Choose your Breakout Session:
(Circle one for each session)

Breakout Session A: #1 #2 #3

Breakout Session B: #1 #2 #3

Payment Options

Check Cash Money Order

Credit Card (Circle One)

Visa MasterCard Discover

American Express

CC # _____

Name on Card _____

Exp Date _____

Fee: \$25.00 per person

Pre-registration is required before July 27, 2009.

Return registrations and payment to:

Hancock County Memorial Hospital
Physical Therapy Department
532 1st St NW
Britt, IA 50423

PRESENTERS:



Mark Vrba, Head Athletic Trainer at North Iowa Area Community College, has been an athletic trainer since 2002. In addition to a degree in Biology and Athletic Training Certification, Mark is also a Performance Enhancement Specialist as well as a Certified Strength and Conditioning Specialist, which he uses to train local junior high, high school and college athletes to help them improve in their sports.



Torrie Chizek, Athletic Trainer at Hancock County Memorial Hospital, holds a Master's in Health Education, is a Certified Athletic Trainer, Certified Strength and Conditioning Specialist and Physical Therapist Assistant. Torrie has 9 years of experience in Sports Medicine working in various college, high school, hospital, and private practice settings. She resides in Britt with her husband Dave, daughter Rachel, and a new baby on the way.



John Boedeker, D.O., is a Family Practice Physician at the Garner Medical Clinic and Hancock County Memorial Hospital. He completed his undergraduate studies at the University of Northern Iowa; received his medical degree from the Des Moines University Osteopathic Medical Center; and completed his internship and residency at Mercy Medical Center—North Iowa. Dr. Boedeker has a strong medical interest in both Sports Medicine and Pediatrics and works with many local athletes. Dr Boedeker is also the sideline physician for the West Hancock Football Team.

Hancock County Memorial Hospital
532 1st St SW
Britt, IA 50423



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