



**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  
July 24, 2010**

[www.thechildrenshospital.org](http://www.thechildrenshospital.org)



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# The Children's Hospital Department of Orthopedics Sports Medicine Coaches Clinic



**July 24, 2010**

Aurora, Colorado

## 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, injuries, concussion, and workshops scenarios on head/neck/back, internal bleeding, asthma attacks, overheating and CPR/First Aid 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.
- Know how to assess and treat acute and overuse injuries.
- Understand the importance of sideline medical management.
- Recognize the relevance of neuropsychological testing (ImPACT).
- Complete training for CPR/First Aid certification.

## Certification

CPR/First Aid certificates will be provided for all participants only upon completion of training.

## Location

The coaches clinic will be held on a Saturday 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 educational offering. 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](mailto: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.

# The Children's Hospital Sports Medicine Coaches Clinic

## Agenda: July 24, 2010

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

7:50 Opening Remarks  
Aaron Provance, MD

### NUTRITION

8:00 **Game Day Nutrition**  
Rachel Coel, MD, PhD

8:20 **Supplements**  
Heather Brady, PhD, MS, RD

8:40 **Hydration**  
Heather Brady, PhD, MS, RD

9:00 **Questions and Answers**  
Nutrition Speaker Panel

### INJURIES

9:10 **Acute Injuries**  
Armando Vidal, MD

9:30 **Overuse Injuries**  
Ryan Mooney, PA-C

9:50 **Warm-Up/ Stretching**  
David James, PT, MSPT, OCS, CSCS

10:10 **Questions and Answers**  
Injuries Speaker Panel

10:15 Break

### CONCUSSION

10:30 **Sideline and Medical Management**  
Aaron Provance, MD

10:50 **Neuropsychological Testing (ImPACT)**  
John Kirk, PsyD, ABPP

11:00 **Questions and Answers**  
Concussion Speaker Panel

11:10 Lunch (Provided)

12:00 pm. Sports Medicine Coaches Clinic PM Session:

I. CPR/FIRST AID Training

II. Scenarios: A. Head/Neck/Back Injury Management

B. Internal Bleeding Management

C. Asthma Attack

D. Overheating

4:15 Evaluation

4:30 Adjourn



## CPR/First Aid 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 and University of Colorado School of Medicine Denver, Colorado**

*Heather Brady, PhD, MS, RD* Sports Dietitian

*Rachel Coel, MD, PhD* Assistant Professor, Sports Medicine

*John Kirk, PsyD, ABPP* Pediatric Neuropsychologist

*David James, PT, MSPT, OCS, CSCS* Physical Therapist

*Ryan Mooney, MS, PA-C* Physician Assistant

*Aaron Provance, MD* Assistant Professor, Sports Medicine

*Armando Vidal, MD* Assistant Professor, Sports Medicine, Team Physician, University of Colorado and University of Denver

## Cancellation Policy

Your registration fee will be refunded less a \$25 enrollment-processing fee if cancellation is requested by **June 25, 2010**. 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 July 9, 2010, with a full refund to the participant.

## 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.

## Registration Form Coaches Clinic

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(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 \_\_\_\_\_

<b>Registration Fees:</b>	<b>By 7/2</b>	<b>After 7/2</b>
Coaches and All Allied Health	\$40	\$50
<i>(For group discount information, please call (720) 777-6610.)</i>		

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

## Further Information

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

