

Agenda

- 8:00 – 8:30 am **Registration, Education Displays & Continental Breakfast**
- 8:30 – 8:40 **Welcome**
- 8:40 – 9:25 **Head Smart – Identification, Diagnosis & Treatment of Concussions**
John Wooten, MD, Pediatric Neurologist
Raleigh Neurology
- 9:25 – 9:35 **Break**
- 9:35 – 10:20 **Overuse Injuries in Sports**
Jonathan D. Chappell, MD, Orthopaedist
Wake Orthopaedics
- 10:20 – 10:50 **Fueling Athletes with Proper Nutrition**
Tracy Owens, MPH, RD, CSSD, LDN
Registered Dietitian and Certified Specialist in Sports Dietetics
Triangle Nutrition Therapy
- 10:50 – 11:00 **Break**
- 11:00 – 11:30 **Sudden Cardiac Arrest in Athletes and the Use of Automatic External Defibrillators**
Randolph Cooper, MD, FACC, Cardiologist
Wake Heart and Vascular Associates
- 11:30 – 12:15 **Tips for Preventing Dehydration and Heat Illness**
Janna Fonseca, MEd, LAT, ATC
Head Athletic Trainer
Carolina Family Practice & Sports Medicine
- 12:15 – 12:30 **Wrap-up and Evaluations**

Target Audience

This half-day conference is for parents, coaches, and athletic trainers interested in learning health information, injury prevention and care for middle and high school aged athletes.

Course Objectives

- At the end of the program, participants will be able to:
- > Understand what a concussion is, including recognition of warning signs, diagnosis and treatment
 - > Discuss second impact syndrome and the risk it presents for young athletes
 - > Recognize common orthopaedic sports injuries, including shoulder, elbow and knee pain, and apply immediate treatment recommendations
 - > Understand how to prevent common sports injuries
 - > Understand the importance of proper nutrition for young athletes
 - > Be familiar with sports drinks, energy drinks and supplements
 - > Recognize signs and symptoms of dehydration and heat stroke, and understand how to replenish fluids appropriately

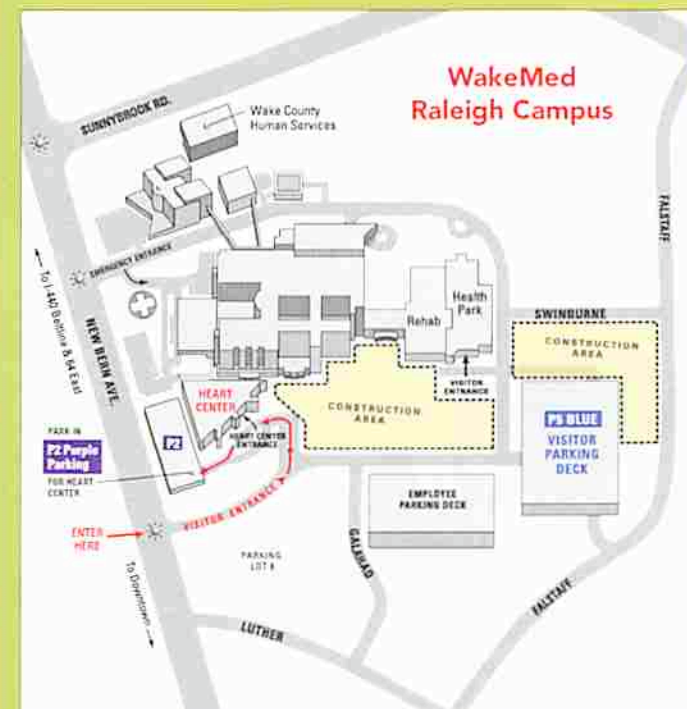
Course Credit

This program has been approved for a maximum of 3 hours of Category A continuing education. Certified Athletic Trainers should claim only those hours actually spent participating in the continuing education activity. Carolina Family Practice & Sports Medicine is recognized by the Board of Certification, Inc. to offer continuing education for Certified Athletic Trainers.

Location/Directions

The SportFit Clinic conference will be held in the WakeMed Heart Center Conference Center, WakeMed Raleigh Campus, 3000 New Bern Avenue, Raleigh, North Carolina.

From the I-440 beltline, take Exit 13A at New Bern Avenue and turn toward downtown Raleigh. Cross over the Sunnybrook Road intersection and turn left at the second traffic light into WakeMed's Visitor/Heart Center entrance. Free parking is available in the P2 Purple Parking Deck.



SportFitclinic

SATURDAY, AUGUST 8

Registration

There is **NO COST** for the SportFit Clinic, but pre-registration is required:

- > Visit register.wakemed.org and select "SportFit Clinic" from the menu of classes and events
- > Or call 919.350.7827
- > Or fax the registration form below to 919-350-8810

FIRST NAME _____ MI _____ LAST _____

AFFILIATION (COACH, TRAINER, PARENT, OTHER) _____

TEAM NAME/LEAGUE _____

HOME ADDRESS _____

CITY/STATE/ZIP _____

COUNTY _____

HOME PHONE _____

WORK PHONE _____

EMAIL ADDRESS _____

SportFitclinic
TRAINING & MAINTAINING
TODAY'S YOUNG ATHLETES

WakeMed

WakeMed Health & Hospitals

3000 New Bern Avenue

Raleigh, NC 27610



SportFitclinic

training &
maintaining today's
young athletes

SATURDAY, AUGUST 8

8 am – 12:30 pm

WakeMed Raleigh Campus
Heart Center Conference Center
3000 New Bern Avenue
RALEIGH, NC

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WakeMed
WakeMed Health & Hospitals

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