

2010 Student Athletic Training Conference

Registration Due: May 28, 2010
Registration Fee: \$80.00

Please Print

Name: _____

Address: _____

City: _____ Zip Code: _____

Telephone: (____) _____ - _____

Email: _____

High School: _____

Gender: Male / Female *(please circle one)*

Shirt Size: _____

Break-Out Session: (Please circle your choices)

Session: 1a or 1b *(refer to the schedule on the inside panel)*

Session: 2a or 2b *(refer to the schedule on the inside panel)*

Session: 3a or 3b *(refer to the schedule on the inside panel)*

Signature of Parent:

_____ Date: _____

Checks payable: Vanderbilt Sports Medicine

**Fee includes materials, room fees, meals, and T-shirt*

Return Registration form to:

Vanderbilt Sports Medicine
Attention: Kim Walter
MCE, South Tower, Suite 3200
Nashville, TN 37232

LOCATIONS:

Vanderbilt Orthopaedic Institute
1215 21st Ave. South, Suite 4200
Nashville, TN 37232
615.343.9430

Vanderbilt Orthopaedics Cool Springs
324 Cool Springs Blvd.
Franklin, TN 37067
615.790.4280

Vanderbilt Bone & Joint
206 Bedford Way
Franklin, TN 37067
615.790.3290

Kentucky
Bowling Green ~ Murray ~ Paducah
877.826.3976



Vanderbilt Orthopaedics



Vanderbilt Sports Medicine



STUDENT
ATHLETIC TRAINING
CONFERENCE

JUNE 19 – 20, 2010

Vanderbilt University Medical Center
Nashville, Tennessee

Student Athletic Training Conference



Vanderbilt Sports Medicine is excited to offer its annual Student Athletic Training Conference for 2010. This two-day conference is for high school students or 2010 graduates interested in increasing their knowledge of Athletic Training, Physical Therapy, or related sports medicine profession.

The Student Athletic Training Conference features interactive lectures and labs focusing on the treatment, prevention, and rehabilitation of sport-related injuries. All sessions are taught by Vanderbilt Sport Medicine Certified Athletic Trainers and Physical Therapists.

“THIS CONFERENCE PROVIDES STUDENTS AN EXCELLENT OPPORTUNITY TO INCREASE THEIR SKILL SET AND FURTHER PREPARE THEM FOR A FUTURE IN SPORTS MEDICINE.”

Featured this year will be a dissection of the knee performed by a Vanderbilt Orthopaedic Surgeon. Students will first learn about basic anatomy of the knee, common injuries and treatment, and then take a look inside the human body.

Conference Schedule

Saturday, June 19th, 2010

7:00am-9:00am	<i>Check-In</i>
9:00am-9:30am	Introduction
9:45am-10:15am	Break-Out Session <u>1a:</u> Careers in Athletic Training <u>1b:</u> “Hot Topics in Athletic Training”: Concussion Guidelines, H1N1
10:30am-11:30am	The Sports Medicine Team & Speakers Panel
11:45am-1:00pm	<i>Lunch</i>
1:15pm-2:15pm	Taping Lab #1
2:30pm-3:00pm	Common Knee Injuries
3:15pm-3:45pm	Break-Out Session <u>2a:</u> Sports Psychology <u>2b:</u> Upper Extremity Injuries
4:00pm-5:00pm	Taping Lab #2
5:15pm-6:15pm	<i>Dinner</i>
6:30pm-8:30pm	Knee Dissection
8:30pm-10:30pm	<i>Free Time</i>
10:30pm	<i>Lights Out</i>

There will be multiple “break-out” sessions designed to cater to an individual’s interests or level of experience as a student athletic trainer.

Sunday, June 20th, 2010

7:00am-8:00am	<i>Breakfast</i>
8:15am-8:45am	Tour of Vanderbilt University Athletic Training Room
9:00am-9:30am	Dynamic Warm-up
9:45am-10:15am	Break-Out Session <u>3a:</u> Core Strengthening Techniques <u>3b:</u> ACL Prevention Program
10:30am-11:00am	Nutrition for Athletes
11:15am-12:15pm	<i>Lunch</i>
12:30pm-1:30pm	Rehabilitation Techniques for the Knee
1:45pm-2:45pm	Taping Lab #3
3:00pm-4:00pm	<i>Tape-Off</i>
4:00pm-5:00pm	<i>Check Out</i>



Students attending the conference will stay in a Vanderbilt

University dorm and dine in Vanderbilt’s dining hall. Students will have adult supervision at all times. Various sections of the campus will be utilized, including Vanderbilt Orthopaedic Institute and the University’s athletic facilities.