Coaching The Female Athlete: What Coaches Need to Know!

Mon. Nov. 24, 2014 ~ 8:30 am -1:30 pm ~ Lunch provided

Registration begins at 8:00; Workshop begins promptly at 8:30

MIAA Conference Center, 33 Forge Parkway, Franklin, MA 02038

Workshop Description

This comprehensive workshop will address the specific wellness, safety, and leadership considerations for the teen female athlete.

Workshop Topics

Concussion:
Definition, signs and symptoms; Safety guidelines for return to play; Support for the recovering student

Training and Conditioning:
Guidelines; common injuries in the female adolescent athlete; injury prevention and rehabilitation

Hydration, Nutrition, and Supplements:
Guidelines and recommendations; Overcoming body images and maintaining healthy lifestyles

Leadership and Character Building:
The importance of caring, skilled role models; Building healthy relationships, team building; empowering and nurturing leadership skills

Who should attend?

School administrators, wellness coordinators, athletic directors, teachers, school nurses, guidance counselors, activity group leaders, coaches, and anyone interested in learning about special considerations and challenges when coaching the teen female athlete.

Workshop Presenters

Dr. Kathryn Ackerman, Boston Children’s Hospital
Dr. Courtney Gleason, Boston Children’s Hospital
Dr. Jeff LaCure, Sports Psychologist
Kim Penney, High School Coach
Dr. Kelly Mcinnis, MGH Sports Medicine Service

Please wear comfortable clothing!

5 PDP’S are available following the completion of this workshop
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Coaching the Female Athlete

$40.00 per Participant

Name ______________________________________
Title ______________________________________
School/Agency _______________________________
Address ____________________________________
                                Street, City/Town, State, Zip
Telephone ________________________________
Email ____________________________________

To register for this workshop, please fax this form to 508-541-9888
or mail to MIAA 33 Forge Parkway, Franklin, MA 02038
  Attn: Karen Nardone, M.Ed., Wellness Coordinator

Cancellation Policy: Cancellations received up to 72 hours before a workshop
beings will be honored. If you do not cancel and do not attend,
you are responsible for full payment.

***Please keep a copy of this form for your records***

Please direct all billing questions to our accounting department 508-541-7997