



PLAYING IT SAFE: LAUREL HIGHLANDS COACHES CLINIC 2021

Focus on Enhancing Performance and Safety

Saturday, July 31, 2021

Holiday Inn Downtown (free parking)

7:30 am: breakfast • 8:00 am - noon: conference

The value of sports from youth to adulthood is well documented. Unfortunately, injuries are part of the game and we want to ensure coaches/assistants/ athletic trainers/school nurses/volunteers have the knowledge and tools to be able to prevent, manage and collaborate with parents if and when an injury occurs, to optimize recovery.

This program is FREE to all participants. The program starts with a deluxe breakfast with a focus and information on methods to fuel the “athletic machine.” To thank attendees for their commitment to local youth, all participants will receive a gift designed especially for coaches. In addition, attendees will have an opportunity to win one of three donations to the non-profit youth sports organization of their choice: \$500 from Conemaugh, \$250 from Lee Initiatives, and \$250 from 1889 Foundation.

Game plan for the day:

- **Fueling the athletic machine:** How to guide the youth athlete on the best fluid and nutritional choices to maximize performance and prevent dehydration/injury.
- **Strength and conditioning:** Best practices to maximize performance, improve safety, and reduce injuries during pre-season, pre-game, and weight room.
- **“Put me in, Coach!”:** Methods to prevent, identify, and manage an athlete that is at risk or has suffered a concussion. Reversing the concept of “Cocoon Therapy” to active recovery.
- **“Are you hurt or are you injured?”:** Methods to manage the most common illnesses and injuries that occur in athletes in the initial phases, especially if you don't have a trainer.
- **“Don't give me that!”:** Best practices to prevent the spread of communicable diseases.
- **“I'm calling my lawyer!”:** Understanding the changing legal environment in youth sports, and managing situations encountered with athletes, parents, and volunteers that fall outside the realm of coaching.
- **Calling it safe:** Insight on methods officials plan to enhance fair and safe play.
- **Time out:** Closing comments and a Q&A session

Presenters:

- **Mr. William Caldwell (Moderator)**
Market CEO Conemaugh Health Systems
Soccer coach
- **Tonya Spada-Dixon, RDN, LDN**
Director / Clinical Nutrition Manager MMC
Parent of school age athletes
- **Dr. John Baker**
Medical Director Conemaugh Concussion Program
Hollidaysburg High School Team physician
- **Caitlyn Miller**
Nutrition and Dietetics MMC
3-sport high school athlete
- **Dr. Joseph Pietropaoli**
Emergency physician Memorial Medical Center
Fellowship in Sports Medicine
- **Dr. Russell Dumire**
Director Trauma Services/ Chief of Surgery Memorial
Medical Center
Wrestling Coach/ Team physician
- **Keith Pesto**
Federal Judge Johnstown Division of W. PA
Soccer coach

Please register early in one of three ways:

Online: Visit www.surveymonkey.com/r/LTQK37C

Phone: Call 1889 Foundation, 814-532-0100, option 2 (Debbie Costlow)

Email: Tom Causer, tcauser@conemaugh.org

Free to attendees!



LEE INITIATIVES
Health & Wellness
ENDOWMENT



Conemaugh
Health System

1889
FOUNDATION