



Vanderbilt Sports Medicine

Registration Due: May 15th, 2009
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 a T-shirt.

Return Registration form to:

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

Providing World Class
Sports Medicine and
Orthopaedic Care to Middle
Tennessee for over 15 years



Vanderbilt Orthopaedics

LOCATIONS:

Campus:

1215 21st Ave. South, Suite 4200
Nashville, TN 37232

Williamson County:

324 Cool Springs Blvd.
Franklin, TN 37067

Kentucky:

Paducah and Murray



Vanderbilt Sports Medicine



STUDENT
ATHLETIC TRAINING
CONFERENCE

JUNE 6TH – 7TH, 2009

Vanderbilt University
Nashville, Tennessee

2009 STUDENT ATHLETIC TRAINING CONFERENCE



Vanderbilt Sports Medicine is excited to offer its annual Student Athletic Training Conference for 2009. This two-day conference is for high school students or 2009 graduates interested in increasing their knowledge of Athletic Training, Physical Therapy, or related sports medicine profession.

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

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.

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

Conference Schedule

Saturday, June 6th, 2009

7:00am-9:00am	Check-In
9:30am-10:00am	Break-Out Session 1a: <i>Athletic Training Lecture</i>
	Break-Out Session 1b: <i>Nutrition for Athletes</i>
10:00am-11:00am	Taping Lab #1
11:00am-12:30pm	Lunch
12:30pm-1:30pm	Common Ankle Injuries
1:30pm-2:00pm	Break-Out Session 2a: <i>“Hot Topics” in Athletic Training</i>
	Break-Out Session 2b: <i>Evaluation of Ankle Injuries</i>
2:00pm-2:30pm	Snack / Break
2:30pm-4:00pm	Basics of Rehabilitation / Rehabilitation Techniques of Ankle Injuries
4:00pm-5:00pm	Taping Lab #2
5:00pm-6:15pm	Dinner
6:30pm-8:30pm	Ankle Dissection
8:30pm-10:30pm	Free Time
10:30pm	Lights Out



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 7th, 2009

7:00am-8:00am	Breakfast
8:00am-9:30am	Tour of Athletic Training Room / Agility Training Techniques
9:30am-11:00am	Snack
11:00am-11:30am	Break-Out Session 3a: <i>Head Injuries</i>
	Break-Out Session 3b: <i>Upper Extremity Injuries</i>
11:30am-12:30pm	Lunch
12:30pm-2:00pm	Core Strengthening Techniques
2:00pm-3:00pm	Taping Lab #3
3:00pm-4:00pm	Tape Off!
4:00pm-5:00pm	Check Out

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.

