



SPORTS PERFORMANCE ACADEMY

New **2016 Coaches Clinic Series**

Target Audience

Coaches of competitive sports clubs, high school, middle school and recreational teams interested in **learning** how to train your athletes to excel in sports

Objectives

- Identify common sports injuries and return to play issues
- Learn upper and lower conditioning and training techniques that prevent injuries
- Understand that mental fitness is key to peak performance
- Learn how to communicate with millennial athletes and their parents
- Identify individual and team issues when overuse injuries and over training occurs
- Learn about pre- and post-game nutrition for young athletes

***Coaches who attend all three clinics will receive a Sports Performance Academy sports bag with a first aid kit and clipboard. A \$30 value.*



Register online at CHKD.org/conferences.

Part I – Injury Prevention Half-day Clinic

(Limited to the first 50 registered participants)

Saturday, July 23, 8–11:45 a.m.

Princess Anne High School, Auditorium
4400 Virginia Beach Blvd, Virginia Beach

- 8:00–8:30 a.m. Roles of the CHKD Sports Medicine Team - *Sara Stites, DPT*
8:30–9:15 Common Sport Injuries and Return to Play Issues - *Aisha Joyce, MD*
9:15–9:25 Break
9:25–10:10 Upper and Lower Body Conditioning Overview, CHKD Physical Therapy Team
10:15–11:00 Interactive Session - Upper Body
11:00–11:45 Interactive Session - Lower Body

Part II - The Psychology of Sports: The Mental Game – how important is it really?

Are you having difficulty managing and coaching today's athletes? Do your athletes have trouble retaining information? Does providing feedback to your athletes (even if positive) create problems? How about communicating with your athletes and/or their parents? You are not alone. Learn from Dr. Tiffany Jones, sport psychology consultant, how to train today's athletes and help them reach peak performance by:

- Teaching life skills so you can coach
- Developing mental toughness in your team
- Incorporating mental skills training directly into your practices
- Helping your athletes learn from failures so they can succeed

Wednesday, September 28, 6-8:30 pm

Princess Anne High School, Auditorium
4400 Virginia Beach Blvd, Virginia Beach

- 6:00–6:30 p.m. **Free Dinner** for registered participants
6:30–8:30 Presentation

Part III – Training for Peak Performance

(Limited to the first 50 registered participants)

Dr. Joel Brenner will address the impact of overuse injuries and over training on the individual and team and how to prevent it. Susan Fogarty, MS, RD, will address pre- and post-game nutrition for athletes. Participants can tour the new state-of-the-art CHKD sports medicine gym and learn about the various injury prevention programs offered through the CHKD Sports Performance Academy (SPA).

Wednesday, November 2, 6:30-8:30 p.m.

CHKD Health Center and Urgent Care at Landstown, 3rd floor
1924 Landstown Centre Way, Virginia Beach

CHKD Sports Performance Academy Coaches Clinic Faculty



Joel Brenner, MD, MPH, FAAP

An internationally known leader in the field of sports concussion, Dr. Joel Brenner is medical director of CHKD's sports medicine and adolescent medicine programs, director of the CHKD sports concussion program and associate professor of pediatrics at Eastern Virginia Medical School. He serves as chair of the American Academy of Pediatrics' Council on Sports Medicine and Fitness, as well as team physician for several Hampton Roads high schools and colleges, Governor's School of Dance, Todd Rosenlieb Dance and Virginia Ballet.

CHKD Certified Athletic Trainers

CHKD's certified athletic trainers (ATCs) work to prevent injury and illness as well as to assess, treat and rehabilitate injuries of physically active youth. They are used in sports-related areas such as schools and are increasingly popular in physical therapy clinics where they assist therapists with exercise programs, reconditioning and other activities.

CHKD Sports Medicine Physical Therapy Team

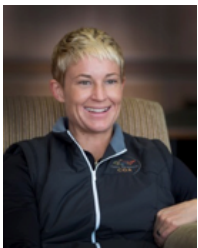
Our CHKD physical therapists (PTs) are healthcare professionals who diagnose and treat children who have conditions that limit their ability to perform functional activities in their daily lives. They also work to prevent problems by providing fitness and wellness programs that encourage healthy and active lifestyles.

Susan Fogarty, MS, RD

CHKD Sports Medicine Dietician

As a former college softball centerfielder at Keene State College, dietitian Sue Fogarty understands the importance and dynamics of a sound diet and how it can help an athlete. Fogarty received her B.S. in Nutrition at Keene State and her master's degree in nutrition and physical performance from Saint Louis University. Her clinical interests are in nutrition education, psychotherapy, healthy eating, medical nutrition therapy and pediatrics. She enjoys paddle boarding, going to the beach with her family and playing with her two Bulldogs.

Guest Faculty



Tiffany Jones, PhD

Dr. Tiffany Jones is a sport psychology consultant and the President of X-Factor Performance Consulting, a firm which helps athletes of all ages develop both mental and life skills. Dr. Tiff is a certified consultant for the Association for Applied Sport Psychology (AASP-CC) and is on the USOC Registry for Sport Psychology. She works with professional and Olympic athletes and/or teams, national sports programs, colleges/universities, high schools and youth programs from around the country, including collegiate, national and professional teams, the National Football Foundation, Empowering Sports, LLC, and Ultimate Gymnastics organizations. Dr. Tiff often presents at national coaching conferences and trainings on

topics such as mental toughness, managing emotions/anxiety, decreasing negative thoughts, coming back from injury, motivation, controlling the controllables, coaching the millennial generation and developing effective communication between coaches and athletes. Currently Dr. Tiff is the sport psychology consultant for Kennesaw State University, William Smith College, Bridgemill Youth Golf Academy and for several professional and Olympic athletes as well as a consultant for the NSCAA, the Meghan Klingenberg Soccer Camp and national youth sport programs. www.xfactorperformance.com.



Aisha Joyce, MD

Dr. Joyce grew up in Virginia Beach and graduated from University of Virginia Medical School. She completed a residency in physical medicine and rehabilitation at Harvard Medical School and a fellowship in pediatric primary care sports medicine at Northwestern University. Her clinical interests include pediatric sports injuries involving overuse injuries, stress fractures, concussions, ACL injury prevention, adaptive sports and soccer injuries. She was named a Coastal Virginia Magazine "Top Doc" in 2015 and is the team physician for Indian River High School and Chesapeake United Soccer Club.



Sara Stites, PT, DPT, ACT

CHKD Sports Medicine Physical Therapy Supervisor

Sara obtained her bachelor's in sports medicine and athletic training from Averett University in Danville, VA. While at Averett she played volleyball and tennis. She received her doctorate degree in physical therapy from Old Dominion University. Her clinical interests include post-op rehabilitation, concussion treatment, trigger point dry needling, return to sport progression and pediatric sports medicine.

Register online at CHKD.org/conferences. Questions? Contact Sam Fabian 668-7402 or Sandra.Fabian@CHKD.org.

Certificates of attendance will be offered at each session.

If you attend all three clinics, you will receive recognition as a CHKD SPA graduate and a sports bag with a first aid kit and clipboard, a \$30 value.



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