



HEALTH & SAFETY SUMMIT

Day 1 – Wednesday, May 27		
Sports Medicine		
Program	Speaker	Time
Welcoming Remarks	Kate Bergstrom	9:15 – 9:30am
Fascia: Anatomy Trains	Meredith Stephens, MS, PT, DPT, LMT, BCSI <i>Anatomy Trains, Certified Teacher</i>	9:30 – 11:30am
SCREEN BREAK		11:30 – 11:50am
Emergency Situation & Mass Casualty Preparation	Chris Troyanos, ATC <i>Sports Medicine Consultants, Founder & Executive Director</i>	11:50am – 12:40pm
Breakout Discussion Rooms (Fascia & Emergency Situations)		12:40 – 1:05pm
The Female Athlete	Jennifer Hopp, MD <i>University of New Hampshire, Team Physician</i>	1:20 – 2:10pm
Breakout Discussion Rooms (Sport Specific)	Basketball, Lacrosse, Football, Ice Hockey, Soccer, Baseball/Softball	2:10 – 2:45pm
SCREEN BREAK		2:45 – 3:15pm
Assessment and Treatment of Visual-Motor Dysfunction Following Concussion	Michelle Lavertu, Wentworth Douglass	3:15 – 4:15pm

Day 2 – Thursday, May 28		
Sports Performance + Sports Medicine		
Program	Speaker	Time
Coffee Talk (<i>optional</i>)		8:30 – 9:00am
Collaboration: Bridging the Gap Between Sports Performance and Sports Medicine	John Parsons, Ph.D., AT, ATC <i>Managing Director, NCAA Sport Science Institute</i>	9:00 – 10:00am
<i>Breakout Discussion Rooms (Bridging the Gap)</i>		10:00 – 10:30am
Concussion Rehab / Return-to-Play	David (DJ) Cormier, MD <i>University of New Hampshire, Team Physician</i>	10:30 – 11:20am
SCREEN BREAK		11:20 – 11:45am
Performance Nutrition: Developing a Comprehensive Nutrition Program for Student-Athletes	Marcia Nelson <i>UNH, Director of Sports Nutrition</i>	11:45am – 12:45pm
	Sotiria Everett, EdD, RD, CDN, CSSD <i>Stony Brook, Clinical Assistant Professor</i>	
	George Greene & Joel Lynch, <i>Stony Brook</i>	
LUNCH / SCREEN BREAK		12:45 – 1:15pm
Safely Progressing Athletes Back after Extended Break Period: Three Season Discussion	Fall – Keith Vinci, Marcus Williams, Kevin Cronin, UMass Lowell Winter – George Greene & Kaitlyn Newell, Stony Brook Spring – Brian Amenta, UMBC	1:15 – 2:15pm
<i>Breakout Discussion Rooms (Return to Play)</i>		2:15 – 2:45pm
Using Data to Guide the Training Process	Matt Marshall, Maine	2:45 – 3:15pm
Creative Ways to Maximize Your Resources: Scheduling	Jarrett Kratzer, Hartford Jon Lynch, Maine	3:15 – 3:50pm
<i>Breakout Discussion Rooms (Data & Scheduling)</i>		3:50 – 4:10pm
Closing Remarks & Wrap Up		4:10 – 4:20pm



MENTAL HEALTH

— COACHES WORKSHOP —

Friday, May 29		
Program	Speaker/Panel	Time
Welcoming Remarks	Amy Huchthausen <i>America East Commissioner</i>	9:00 – 9:10am
Assessment, Management, and Interventions for Eating Disorders in College Athletes	Paula A. Quatromoni, DSc, RD <i>Associate Professor and Chair, Department of Health Sciences, Boston University</i>	9:10 – 10:00am
When Athletes are in the Red: Understanding the Psychological Science of Performance Excellence	Jessica M. Mohler, Psy.D., CMPC <i>Assistant Director, Clinical and Sport Psychologist, United States Naval Academy</i>	10:05 – 10:55am
SCREEN BREAK		11:00 – 11:30am
<u>Panel</u> : Working Collaboratively to Manage Student-Athlete Mental Health Challenges	Tim Runk, L.I.C.S.W. Michelle Mallett, Associate Head AT Josh Willman, UNH Swimming & Diving Cory Schwartz, UNH Skiing	11:30am – 12:30pm
SCREEN BREAK		12:30 – 1:00pm
College Coaches Experiences, Knowledge and Attitudes regarding Student-Athlete Mental Health	Cathy Rahill, LCSW <i>Associate AD for Student-Athlete Development and Academic Affairs SWA, University of Vermont</i>	1:05 – 1:40pm
Enhancing the Mental & Emotional Health of Student-Athletes Regarding Use of Substances: Perspectives and Guidelines	Charlie Maher, PsyD, CMPC <i>Sport, Performance and Organizational Psychologist, Cleveland Indians Baseball Professor Emeritus of Psychology, Rutgers</i>	1:50 – 2:40pm
Wrap-up & Closing Remarks		2:45 – 3:00pm