

YOUTH SOCCER HEALTH & SAFETY FREE SEMINAR SUNDAY SEPTEMBER 21ST, 2014 12PM-3PM



UCSF Benioff Children's Hospital
Oakland

An educational seminar specifically designed for youth soccer coaches, trainers, and team managers, parents, and players. This seminar will focus on the most up to date health and safety information for young, developing soccer players.

WHEN: Sunday, September 21st 12:00PM – 3:00 PM

WHERE: Prospect Sierra Middle School Auditorium
(960 Avis Dr., El Cerrito, CA 94530)

HOW: Free! Sponsored by ECFC Spurs.

WHO: Open to all coaches, parents, trainers, and players (U12 and up), **OPEN TO THE PUBLIC**

RSVP: Recommended, please email Michelle Cappello:
michcapp@hotmail.com

AGENDA

12:00 PM – 12:15 PM

12:15 PM – 12:30 PM

12:30 PM – 1:00PM

1:00 PM -- 1:30 PM

1:30 PM – 2:00 PM

2:00 PM – 2:45 PM

2:45 PM – 3:00 PM

Registration with Complimentary Snack

Health and Safety for Young Soccer Players:

Michelle Cappello, PT, UCSF Benioff Children's
Hospitals Health & Safety Board Member ECFC Spurs

Youth Soccer Injuries

Nirav Pandya, MD Pediatric Orthopedic Surgeon Director
Sports Medicine UCSF Benioff Children's Hospitals

First Response to Youth Soccer Injuries:

What To Do When Your Athlete Gets Hurt
Bruce Valentine, PTA, ATC Program Manager of Athletic
Training UCSF Benioff CH

Concussions in Youth Soccer

Lauren Small, ATC Head Athletic Trainer, Berkeley HS
Sports Nutrition & Hydration for Young Soccer Athletes
Daniel Kamenetzky, Kinesiologist, Biomechanist
UCSF Benioff Children's Hospitals

Q & A

