



SportMedBC

The NEW SportMedBC Speaker Series presents six 45 minute workshops over three sessions, led by expert sport medicine and sport science practitioners speaking on a variety of pertinent topics. The 2015 Hockey Speaker Series is targeted to parents and coaches of players 8 to 13 years old. All workshops

Wednesday October 14, 2015 (Langley Event Centre)

Workshop #1 – Injury Prevention and Injury Management

Presented by Paul Dwyer, Certified Athletic Therapist and Strength & Conditioning Specialist, SportMedBC Sport Safety Manager

An introduction to proper season preparation and during-season considerations for injury prevention and optimal sport enjoyment for young athletes, discussion about the management of common injuries to ensure proper recovery and successful return to play.

Workshop #2 – Growth and Development Factors in Young Athletes

Presented by Dr. Ben Sporer, Exercise Physiologist and consultant to several national team programs

Insights into the key growth and development factors affecting physical, psychological, social and emotional growth and development of children in this critical age range, and how those factors affect physical learning and sport development in children.

Wednesday October 21, 2015 (University of the Fraser Valley – Abbotsford)

Workshop #3 – Nutrition for Young Athletes

Presented by Michelle Shepherd, RD BSc

Fuelling a young athlete's body properly will positively affect their sport enjoyment, performance and post-activity recovery. The workshop will discuss proper nutrition for growing, active young athletes including preferred options for snacks, pre-game meals, hydration and meal planning.

Workshop #4 – Concussion Management

Presented by Dr. Shelina Bubal, Associate Director, Sports Injury Specialist, BC Injury Research & Prevention Unit, BC Children's Hospital

Important information on concussions, including key messages, signs and symptoms, an update on current research and what is happening in the sporting world today with policy and practice. The Canadian Awareness Training Tool (CATT) will also be introduced to help educate parents and coaches about standardized practice.

Wednesday October 28, 2015 (Langley Event Centre)

Workshop #5 – Mental Performance for Young Athletes

Presented By Dr. David Cox, Clinical Psychologist and a Professor in the Department of Psychology at Simon Fraser University

Participation in sport is both challenging and exhilarating for young athletes. The workshop will discuss ways in young athletes can learn to be more mentally prepared for different types of situations, and how parents and coaches can encourage and support their child.

Workshop ##6 – Hockey and the Foot

Presented by Dr. Joseph Stern, Podiatrist

Information about a number of foot conditions and common injuries faced by young athletes, along with various treatment options. Proper fitting of skates and the use of orthotics will also be discussed.