

# 2017 Youth Sports Safety Conference & Celebration Gala

Youth Athletic Development for  
Sport, Health & Beyond



**July 13-14, 2017**

**Vanderbilt University**

Vanderbilt Recreation & Wellness Center

*Presented by the Program for Injury Prevention in Youth Sports,  
Monroe Carell Jr. Children's Hospital at Vanderbilt*



**Vanderbilt Sports Medicine**

VANDERBILT UNIVERSITY  
MEDICAL CENTER

**SAFE  
KIDS**  
CUMBERLAND  
VALLEY



Dear Colleagues and Youth Sports Advocates,

On behalf of the Program for Injury Prevention in Youth Sports (PIPYS) at Vanderbilt, it is my great pleasure to invite you to Music City for our 3rd biennial Youth Sports Safety Conference & Celebration Gala. This meeting will offer health care professionals, educators, administrators, coaches and parents from across the country an ideal opportunity to learn about the latest information regarding the health and wellness of our young athletes as well as a unique environment to exchange ideas and experiences all while earning continuing education credits.

With a diverse group of highly respected faculty including internationally recognized keynote speakers, I am certain that the 2017 PIPYS Youth Sports Safety Conference will provide an exciting and expanded multidisciplinary scientific program, covering the full spectrum from educational opportunities and cutting-edge research presentations to networking opportunities.

In addition to covering the key health and safety issues facing our young athletes, we will also address physical literacy as our theme indicates: "Youth Athletic Development for Sport, Health & Beyond." With distinct tracts for healthcare providers and non-healthcare personnel as well as joint sessions that bring all conference attendees together, we are proud that this meeting provides something for everyone and allows all stakeholders to sit at the same table at the same time.

We also hope that you will make plans to join us for our pre-conference gala. This exciting event will feature dinner, silent auction, keynote address from a legendary figure in the sports world and of course award-winning live entertainment that only Nashville can provide.

All of this year's activities will take place at the Recreation and Wellness Center on the campus of Vanderbilt University, a truly unique venue with a mission that embodies our theme. We are thrilled to host one of the leading youth health and sports safety conferences in the country. If you are involved in the care, coaching or life of young athletes, you will not want to miss this opportunity. Your presence would be invaluable and together we can take steps toward providing a critical and long-lasting benefit for our kids.

A stylized, handwritten signature in black ink, likely belonging to Alex B. Diamond.

Alex B. Diamond, DO, MPH, FAAP  
*Director, Program For Injury Prevention In Youth Sports*

# PROGRAM FOR INJURY PREVENTION IN YOUTH SPORTS (PIPYS)

**[ChildrensHospital.Vanderbilt.org/sportssafety](https://ChildrensHospital.Vanderbilt.org/sportssafety)**

An estimated 3.5 million children and an additional two million high school students receive medical treatment for a sports-related injury each year. We believe it is vital to make a concerted effort to reduce that number. As a result, a youth sports safety initiative was started five years ago here at the Monroe Carell Jr. Children's Hospital at Vanderbilt in partnership with Vanderbilt Sports Medicine.

The Program for Injury Prevention in Youth Sports (PIPYS) consists of a multidisciplinary team of dedicated medical center, university and wide-ranging community partners whose mission is to develop, evaluate and promote strategies to prevent youth sports-related injuries and to protect the health of the pediatric athlete. Overuse and acute injuries, heat-related injury, concussion, hazing, violence against women and children, and emergency preparedness are just a few of the key topics we address through the five purposes of the center – research, education, advocacy, social and legislative action, and patient care.

Sports are important for children to develop fitness and strength, build self-esteem and confidence and learn to be part of a team. It's not a zero risk endeavor, but the benefits outweigh the risks. We are working to find better ways to let kids and young adults do what they love.



# 2017 YOUTH SPORTS SAFETY CONFERENCE

## Purpose

An estimated 3.5 million children and an additional two million high school students receive medical treatment for a sports-related injury each year and we believe it is vital to make a concerted effort to reduce that number. The third Biennial Youth Sports Safety Conference presented by the Program for Injury Prevention in Youth Sports (PIPYS) at Vanderbilt seeks to develop, evaluate and promote strategies to prevent youth sports related injuries and to protect the health of the pediatric athlete. We also seek to improve long-term fitness and health for all by improving physical literacy.

Sports are important for children to develop fitness and strength, build self-esteem and confidence and learn to be part of a team. It's not a zero risk endeavor, but the benefits outweigh the risks. We are working to find better ways to let kids do what they love.

## Education

Injury prevention in youth sports is a rapidly developing field covering a broad spectrum of medical, musculoskeletal and psychological topics. Through a series of lectures and small group sessions, conference attendees will be provided with the most current information and tools for creating a game plan that promotes health and safety for young athletes as well as physical fitness for all kids and young adults.

## Learning Objectives

After participating in this CME/CEU activity, participants should be able to describe and discuss:

1. The evaluation and management of sports-related concussions including the role of active rehab.
2. The approach toward screening and preparedness for sudden cardiac arrest in young athletes.
3. That physical activity in the right "dosage" is a highly effective prescription for the prevention, treatment and management of many chronic health conditions.
4. A properly implemented model that provides a change in sports programs and athletic development by identifying gaps, and providing guidelines for movement problem solving, improving performance at various stages of athletic development, and outlining a framework to develop physical literacy, physical fitness for life, and competitive athletics.
5. The importance of their role in creating a healthy and safe atmosphere for youth sports participation.

## Target Audience

- General Practitioners providing primary care & urgent care services in the fields of Pediatrics, Family Medicine and Emergency Medicine
- Musculoskeletal Specialists from the fields of Orthopaedics, Sports Medicine, Physiatry and Rheumatology
- Healthcare providers including all physicians, fellows, residents, students, nurse practitioners, physician assistants, therapists, athletic trainers, emergency medical personnel, mental health providers, nursing professionals, and allied health professionals
- Personnel from school districts and community youth sports organizations including any teachers, coaches, administrators and support staff
- Concerned parents and caregivers
- Professionals from the health, wellness and fitness industry





## Registration and Cancellation Fees

If you must cancel your registration for this conference, we will refund your registration fee, less a 10% administration fee, provided you notify us by July 1, 2017. No refunds will be made after that date. Exceptions will be made for justifiable emergencies. Registration may be transferred to another person.

In the event of cancellation or rescheduling of this conference, Vanderbilt University will refund registration fees in full. Vanderbilt University and AAFP is not responsible for non-transferable, non-refundable airline tickets or hotel accommodations purchased in conjunction with attendance at this conference.

## AAFP CME Credit

This Live activity, PIPYS Youth Sports Safety Conference, with a beginning date of 07/14/17, has been reviewed and is acceptable for up to 8.00 Prescribed credit(s) by the American Academy of Family Physicians. Physicians should claim only the credit commensurate with the extent of their participation in the activity.

Approval for AAFP CME credit does not imply authorization to use the AAFP logo on CME activity materials or to use AAFP's name in any association with the activity other than the credit statement.

The AAFP reserves the right to perform a post-activity audit and/or have a live monitor at any AAFP certified CME activity.

## AMA/AAFP Equivalency

AAFP Prescribed credit is accepted by the American Medical Association as equivalent to AMA PRA Category 1 credit(s)<sup>™</sup> toward the AMA Physician's Recognition Award. When applying for the AMA PRA, Prescribed credit earned must be reported as Prescribed, not as Category 1.

Credit has been approved and will be awarded to teachers, coaches, OT/PT, Athletic Trainers, EMS and nursing personnel.

Additional comments: No credit granted for breaks, and meals.



## Youth Sports Safety Conference and Celebration Gala

Vanderbilt University • Recreation & Wellness Center

July 13 - 14, 2017

PLEASE PRINT THIS PAGE AND FILL OUT THE FOLLOWING INFORMATION.

Name \_\_\_\_\_

Mailing Address \_\_\_\_\_

City \_\_\_\_\_

State \_\_\_\_\_

Zip \_\_\_\_\_

Phone (            ) \_\_\_\_\_

Email Address\* \_\_\_\_\_

\*Required - your registration confirmation will be sent via email.

### **YOUTH SPORTS CELEBRATION GALA** DINNER + SILENT AUCTION + LIVE ENTERTAINMENT

Thursday, July 13 6:00 PM - 9:00 PM | \$65 per person (free if registered for the conference)

- ☐ I am registered for the conference and will attend the gala. (\$0)
- ☐ I am not registered for the conference but will attend the gala. (\$65)
- ☐ Guests will attend the gala with me. (\$65 per guest x \_\_\_\_\_ = \$ \_\_\_\_\_ )  
(number)

### **YOUTH SPORTS SAFETY CONFERENCE** BREAKFAST + LUNCH INCLUDED

Friday, July 14 7:00 AM - 4:00 PM

- ☐ \$250 Physician or Physician Extender (NP, PA)  
Specialty \_\_\_\_\_
- ☐ \$200 Allied Health Professional (PT/OT, ATC, RN/LPN, MA, Tech)  
Occupation \_\_\_\_\_  
*If you are an ATC employed by Vanderbilt, please contact Karen Shelton prior to registration.*
- ☐ \$100 Coach / Teacher / Administrator / Parent or Guardian / EMS Personnel  
If you are a coach, what sport? \_\_\_\_\_
- ☐ \$80 Student / Resident / Fellow  
Area of Focus \_\_\_\_\_  
*If you are a resident at Vanderbilt in the departments of Orthopaedics or Pediatrics, please contact Karen Shelton prior to registration.*

Please mail this form with your check or money order (payable to Vanderbilt University) to:

Youth Sports Safety Conference  
c/o Karen Shelton  
Medical Center East, South Tower, Suite 3200  
Nashville, TN 37232-8828

Phone: (615) 322-4683

Fax: (615) 343-8989

Questions? Email Karen at [karen.shelton@vanderbilt.edu](mailto:karen.shelton@vanderbilt.edu)