

Powerplay in Sports Community Workshop

Date: Sunday, June 28th (8:00am-1:00pm)
Location: NUHS Campus / Lombard, IL
Instructor: Alan Sokoloff, DC, DACBSP; Spencer Baron, DC, DACBSP; Cindy Howard, DC; Jay Greenstein, DC, CSCS
Hours: 5.0

PROGRAM DESCRIPTION

The POWERPLAY IN SPORTS program is an in-depth and comprehensive approach to the four most problematic conditions in the youth sports world: concussion recognition, prevention, and treatment; dehydration and heat related illnesses; nutrition in sports; and musculoskeletal injury prevention. The POWERPLAY IN SPORTS instructors will have the ability to utilize their guidebook and references to ensure that every workshop is sport, gender, age, skill level, or season specific.

FORMAT

The program content will be presented in lecture format.

OUTLINE

Concussion Prevention and Recognition (1.25 hours)

- I. Understanding Concussion is not new.
 - A. A time line of some events of the past that addressed concussion.
- II. Defining Concussion
 - A. The Zurich 2012 definition
 - B. More Common Definition
- III. Potential Common Areas of Risk
- IV. What You As Coaches And Parents May Observe
- V. Symptoms Your Athlete May Report
- VI. What Should You Do If You Suspect Concussion?
- VII. Things the doctor should know that you can help with...
- VIII. Return to Play... or School
- IX. A Licensed Health Care Provider Will Look For:
- X. What Are Action Steps You Can Take As Coaches and Parents In Prevention?
- XI. A Look At The Global Effort To Prevent Concussions
- XII. A Look At Gender Differences Concussion
- XIII. Education / Communication is Key!
- XIV. Always Remember, They are STUDENT – Athletes
- XV. Summary: Challenge To Coaches And Parents

Dehydration and Heat Related Conditions (1.25)

- I. The Body is a Good Regulator of Heat
 - A. Understanding How the Body Regulates Heat
- II. A Look at Heat Related Conditions (Recognition / Treatment)
 - A. Heat Cramps
 - B. Heat Exhaustion
 - C. Heat Stroke
- III. Common Misconceptions
- IV. Heat Acclimation Strategies
- V. What is a Heat Fit Athlete
- VI. Dehydration
- VII. What is Dehydration
- VIII. Obvious Causes of Dehydration and Effects
- IX. What Makes Kids Different
- X. Identifying Who May Be At Higher Risk
- XI. Contributing Risk Factors
- XII. Top 10 Practical POWERPLAY IN SPORTS for Preventing Dehydration (What you can implement NOW to prevent dehydration)
- XIII. Pre-Hydration Strategies
- XIV. Re-Hydration POWERPLAY IN SPORTS

Nutrition In Sports (1.25)

- I. Basic Nutrition History
 - a. History of Vitamin C
 - b. Vitamins needed if eating properly
 - c. Variables that affect the body and how they affect the need for vitamins
- II. Today's Nutrition Objectives/Basic Nutrition
 - a. How many meals do we need?
 - b. Three Whites: Flour, sugar, salt
 - c. Fruits
 - i. best choices
 - d. Veggies
 - i. servings before and after a workout
 - ii. best choices of veggies
- III. Nutrition Rules
 - a. Carbohydrates, Proteins, Fats
 - b. Identifying a food vs. a manufactured product
 - c. Best sources of food
 - d. Grocery shopping
 - e. Pre-event meals
 - f. Morning event meals
 - g. Afternoon event meals
 - h. Evening event meals
 - i. How to hydrate
 - j. Post event meals
 - k. Post event meal rules
- IV. Cutting Edge Nutrition
 - a. Sports drinks
 - b. sports bars
- V. Sports Specific Meal Plans

- a. Football
 - b. Soccer/Lacrosse
 - c. Baseball/Softball
 - d. Hockey
 - e. Gymnastics/Cheerleading/Dance
 - f. Meal plans for tournaments
- VI. Meal supplementation
- a. Protein powders/bars
 - b. Energy/Performance drinks
 - c. Food preparation/storage tricks
 - i. Examples of food and storage options
- V. Food for thought
- a. Inspiration

Musculoskeletal Injury Prevention (1.25)

Understanding How Athletes Get Injured

What Are the Real Causes Behind Injuries?

- Age Factors
- Gender Factors
- Environmental Factors
- Sports Specific Factors

What are the Types and Rates of Athletic Injuries?

- Sports Specific Findings
- Special Population Findings
 - Professional
 - Collegiate
 - High School
 - Pediatric and Adolescent

How the Gold-Standard Treatments Drive Lower Injury Rates

- Spine/Trunk
- Upper Extremity
- Lower Extremity

Opportunities to Identify Potential Injuries BEFORE They Happen

- Functional Movement Screen (FMS)
- Selective Functional Movement Assessment (SFMA)
- Psychosocial models

Opportunities for Parents and Coaches to Provide Simple Solutions to Reduce Injury Risk:

- Spine/Trunk
- Upper Extremity
- Lower Extremity

Performance Enhancement – Naturally!

- Pre-Activity Warm Ups
 - Dynamic vs. Static Stretching
 - Foam Rolling/Myofascial Release
 - Sports-Specific Warm Ups
- Performance Enhancement Training Methodologies
- Post –Performance Recovery Techniques