

3rd Annual Heat, Heart and Head Sports Injury Prevention Symposium

Topics Covered

- ◆ Heat Related Illness and Proper Hydration
- ◆ Sudden Cardiac Death in Athletes
- ◆ Concussions and Cervical Spine Issues in Athletes

Group A

- ◆ Emergency Action Plans—Are You Prepared?
- ◆ A Sip of Hydration: Practical Nutrition Tips for Coaches

Group B

- ◆ The Female Triad
- ◆ Sports Medicine for SportsCenter

Group C

- ◆ Interesting Cases from a Sports Cardiologist's Vault
- ◆ Training Methodologies for Florida Basketball

For more information, please contact Phoebe Howard at howap@shands.ufl.edu.



July 25, 2015

9 a.m.—2 p.m.

**Ben Hill Griffin Stadium
Gator Room**

[between Gates 1 and 18]

157 Gale Lemerand Drive
Gainesville, FL

Please join us to learn the latest information about three areas of concern in youth sports: **Heat Illness, Sudden Cardiac Death and Concussions**. There will be additional hot topics in sports covered as well— and all by experts in their field.

This event is **FREE** to all coaches and administrators of schools and sports organizations, all ages and all sports. Lunch will be provided.

Register online by July 20

<https://ufhealth.org/events/heat-heart-and-head-sports-injury-prevention-symposium>*

*Please indicate which group you would like to participate in when registering.

