

Coaches Clinic Program 2009

October 17, 2009

1. **Registration, handout of packets** 7:30 - 7:50 am
2. **Welcome, Introductions, Instructions** 7:50 am - 8:00 am:
Kevin Flaherty PT, CSCS, Vice President of Operations, Ramsey Rehab
3. **Lectures**
 - a. **General First Aid** 8:00 - 8:45am
 - i. **Karen Plant, EMT**
 - b. **Concussions** 8:45 - 9:30am
 - i. **Katherine Riggert, MD**
 - c. **Nutrition and Supplementation** 9:30 – 10:15am
 - i. **Ester Perrault, ND**
 - d. **Break** 10:15 am – 10:30 am
 - e. **Sports Psychology** 10:30 - 11:15am
 - i. **Adam Naylor, Ed.D., AASP-CC**
 - f. **Postural Training/Strength Training** 11:15–
12:00pm
 - i. **John St. Jean, PTA, CGFI**
 - g. **Dynamic Warm Up Drills** 12:00-12:45pm
 - i. **Timothy Sacino, PT, DPT**
 - h. **Q and A** 12:45–1:00pm