



28th Annual Sideline Help Coaches' Clinic

October 17, 2024

Mansfield Health Education Center ■ 2900 12th Ave N, Suite 30W
6 OPI Renewal Units Available

\$45 if Registered by October 13, 2024 ■ \$55 for all registrations October 13-17, 2024
(No Refunds for Cancellations after October 13, 2024)

Clinic Objectives:

- RECOGNIZE INJURIES THAT NEED TO BE REFERRED
- SUMMARIZE COMMON CAUSES OF INJURIES IN SPORTS
- IDENTIFY STRATEGIES FOR INJURY PREVENTION
- PRACTICE HANDS ON EMERGENCY RESPONSE TRAINING: T.A.C.O. METHOD, SPINE BOARDING
- DEMONSTRATE ACUTE INJURY CARE: COMPRESSION WRAP, SPLINTING, CRUTCH FITTING
- EXPLAIN USE & FIT OF COMMON BRACES USED IN SPORT INJURY
- IDENTIFY STRATEGIES FOR LEADERSHIP DEVELOPMENT WITHIN YOUR TEAM
- IDENTIFY THE BALANCE BETWEEN STRESS AND ANXIETY
- FACILITATE POSITIVE SELF-TALK STRATEGIES AND COPING MECHANISMS
- RECOGNIZE THE RISKS AND BENEFITS OF PRE-WORKOUT & ENERGY DRINKS
- EXPLAIN PROMOTION OF PROPER POSTURE WITH STRENGTH TRAINING

7:00-7:30

Check-in, Snacks, coffee, & juice

7:30-8:00

Where do I Refer.....?

Heather Hansen, MD - Ortho Montana

- Recognize injuries that need to be referred
- Determine timeliness of referrals
- Recommend referral to appropriate healthcare provider

8:00-8:30

Injury Prevention

Becky Butler, ATC - AMP

- Summarize common causes of injuries in sports
- Identify strategies for injury prevention

8:30-9:30

Hands on Activity: Practicing the Role of Coaches in an Emergency

AMP ATs

- Demonstrate how to apply compression wrap to ankle, and splint leg and arm
- Discuss how to assist with spine boarding an injured athlete
- Explain the T.A.C.O. cooling method and required equipment
- Show how to properly use crutches

9:30-10:00

What's that Brace for & How does it Fit?

Ross Powell - Pacific Medical

- Describe commonly used braces in sports
- Explain how common braces should fit

10:00-10:15

~ Break ~

10:15-11:00

Developing Leadership in your Athletes

Derek Waddoups - MSUB

- Discuss the value in developing leadership within your team
- Identify strategies for leadership development

11:00-11:45

**The Role of Team:
A Concussion Case Study**

**Jodie Smith, Aimee Bitzel,
Jack Nehler, Derek Waddoups, Hunter Smith**

- Discuss the multitude of people that are part of the team when an injury occurs
- Explain the importance of frequent 2-way communication
- Identify resources available and how to find additional resources

11:45-12:15

Lunch - provided

12:15-12:45

What's Wrong with Me.....? Nothing!

Jerry Girard, LCPC, LAC - MSUB

- Explain how stress is normal and can be helpful
- Identify the balance between stress and anxiety
- Facilitate positive self-talk strategies and coping mechanisms

AMP Performance Program presents

12:45-1:05

**Nutritional Aspects of Pre-Workout
and Energy Drinks**

Anna Kasperick. RD

- Identify the physiological effects of caffeine
- Discuss the typical contents of pre-workout & energy drinks
- Describe the risks and benefits of pre-workout and energy drinks

1:05-2:00

**Isometrics in Weight Training for
Sports Performance**

**Justin Smith, CSCS
Dayne Dyer, CSCS**

- Explain how to promote proper posture with strength training exercises
- Discuss the importance of muscular endurance training
- Identify ways to incorporate yielding and overcoming exercises in strength workouts

**Thank you for coming and we hope you enjoyed the 28th
Annual AMP Sideline Help Coaches' Clinic!**

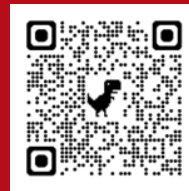
PLEASE TAKE THE TIME TO COMPLETE THE PROGRAM EVALUATION. HISTORICALLY WE GET VERY FEW RESPONSES YET THIS IS WHAT WE USE TO DEVELOP OUR AGENDA FOR NEXT YEAR AS WELL AS LEARN WHAT YOU LIKED AND DID NOT LIKE.



**ATHLETIC MEDICINE
& PERFORMANCE**

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REGISTER TODAY!



<https://forms.gle/1WVtEuoJ1Te9JC3e7>



National Strength and Conditioning Association (NSCA) approved 0.6 CEU(s) in category A for certified individuals attending this event.

POWERED BY: ORTHO MONTANA - INTERMOUNTAIN HEALTH - YELLOWSTONE SURGERY CENTER