



HEALTH & WELLNESS AND THE STUDENT ATHLETE

How student athletes can prepare for a successful season and ways parents can support them.

**Wednesday, November 15, 2017
Ashland High School Auditorium
6:30 PM – 8:30 PM**

*Health and wellness can be defined in many different ways. **Student athletes and parents/guardians are highly encouraged** to join us for this unique opportunity to learn about the different aspects of youth health & wellness and how to best support a successful athletic experience.*

ATTENDEES WILL CHOOSE FROM **3** OF THE FOLLOWING WORKSHOPS:

Injury Prevention



High School Athletic Injuries on the Rise: *Dr. Kelsey Britton PT, DPT and James L. Casady, MPT, Platinum Physical Therapy*

Learn the importance of early detection and intervention of injuries in order to get your athlete back on the field as soon as possible. Will include a discussion about how to utilize alternative pain control to avoid abuse.

Nutrition & Chemical Health



Health Hacks for the High School Athlete: *Tommy Anderson Health Coach, Listen Body Health*

Helpful health & nutrition tips that the average high school athlete can implement immediately to help with school, athletics, and a foundation for a lifetime of healthy living.

Social Emotional & Mental Health



The Culture of Sport: Suck it Up! *Samantha O'Connell, Ph.D., Licensed Clinical Psychologist, Integrated Center for Child Development*

Explore messages in sport that help our athletes thrive, but may color their mental health symptoms. Increase awareness, review risks, learn strategies & practice conversations.

Social Media & Internet Safety



What Parents & Teens Need to Really Know About Social Media & Internet Safety: *Michelle L. Dineen Jerrett, Assistant United States Attorney, U.S. Attorney's Office, District of Massachusetts*

Teens are growing up in the technology age, but may not be aware of the consequences of their actions & behavior using texting, apps and social media. Learn more about the personal and legal impact of social media misuse.

Sports after High School



The Scoop on Playing Sports in College: *Jennifer Weiss, Harvard - Head Coach Women's Volleyball & Jay Weiss, Harvard - Head Coach Wrestling*

Thinking about playing sports in college? Learn how the recruitment process works, what college coaches are looking for, and how to balance positive mental health & well-being with the demands of being an athlete.

PROGRAM OUTLINE

6:15 Doors open

6:30 Welcome

6:45 Meet the Workshop Presenters

7:00 Workshop 1

7:20 Transition time

7:25 Workshop 2

7:45 Transition time

7:50 Workshop 3

8:10 Open session & Exhibit tables

8:30 Program End

This program is a proud partnership of:

