

★ TARGET AUDIENCE

This conference is intended for female athletes, their parents, coaches and sports medicine trainers.

★ PROGRAM OBJECTIVES

Main topics will include:

- Identify knee exercises for prevention of knee injuries.
- Discuss how the female athlete can make smart choices regarding nutrition and a healthy life-style.
- Discuss long term hand care, prevention of arthritis and treatment of hand injuries.
- Discuss head and spinal chord injuries in the female athlete.
- Motivational tips for being a team player.

★ LOCATION

August 3, 2004 – Marquette General Hospital, Conference Room 1.

The **Marquette General Hospital Conference Center** is located in the East Building, also known as the 1984 Building. Please park in lot A, which is located at the corner of Hebard Court and College Avenue. Enter the hospital through the East Entrance canopy and take the elevator to the third floor and exit to the right.

A non-smoking policy is maintained throughout the hospital.

★ TRAVEL/LODGING

A special conference rate has been established for some hotels/motels. Call the MGH Education Department at (906)225-3470 for this listing or contact the Marquette Area Chamber of Commerce at www.marquette.org or (906) 226-6591 or 1-888-57UNITY.

GIRLS ATHLETIC CONFERENCE

Tuesday, August 3, 2004

AGENDA

8:30-9:00 a.m.	Registration
9:00-9:15 a.m.	Welcome
9:15-10:15 a.m.	Knees and Me <i>Wallace Pearson, MD</i>
10:15-10:30 a.m.	BREAK
10:30-11:15 a.m.	My Body and Me <i>Susan Ritter, MD</i>
11:15-11:30 p.m.	Go thru lunch line
11:30-12:30 p.m.	Player Panel Discussion
12:30-12:45 p.m.	BREAK
12:45-1:45 p.m.	Hand on the Ball, Head in the Game <i>Stephanie & Sheila Yakobina</i>
1:45-2:30 p.m.	Head & Spinal Injuries in Women Athletes <i>Craig Coccia, MD</i>
2:30-3:30 p.m.	When You Believe, You Achieve <i>Janel Grimm Burgess,</i> <i>Associate Head Coach</i> <i>Michigan State University</i>
2:45-3:30 p.m.	Wrap-up and Closing

★ FEE

Students-\$10.00 Adults-\$20.00.

Marquette General Hospital Conference Center
(906) 225-3470 or 1-800-562-9753

Preview Future Conference Offerings:

Go to **MGHS Website mgh.org**, click on: **About MGHS** then **EDUCATION** and select **CONFERENCE CALENDAR**.

★ REFUNDS

Registration is refundable one week prior to the program. **Pre-registration is REQUIRED.** A \$10.00 cancellation fee will be charged for notices less than one week. Marquette General Hospital reserves the right to cancel this program due to limited registrations or severe weather. In such cases, attempts will be made to contact all registrants.

**Seating is limited.

— — — — — **REGISTRATION** — — — — —

GIRLS ATHLETIC CONFERENCE **Tuesday, August 3, 2004**

— By Mail —

Marquette General Hospital
ATTN: Trish Nadeau, Education Dept.
580 W. College Avenue
Marquette, MI 49855

— By Fax —

906-225-3037

FEE: Students: \$10.00 Adults: \$20.00

Registration enclosed for:..... **Tuesday, August 3, 2004**

Please Print

Email: _____

Name _____

Address _____

City _____ State _____ Zip _____

Phone (Home) _____

Student School Name _____

Circle One: PT ATC COACH EMT Other _____

Check One: **Payment Enclosed** (Payable to Marquette General Hospital)

Charge My Credit Card: Master Card Visa Discover

Card # _____ Exp. Date _____

Signature _____