

Raising a Student-Athlete

Parent and Coach Seminar Series

Part I - Thursday, September 16th 7pm

Sports Medicine Issues in Adolescent Athletes and Foundations of Athletic Achievement

Part II - Thursday, September 23, 7pm

Injury Prevention & High Performance Fitness and High Performance Nutrition

Presenters:

Dr. Adam Naylor, Laura Thompson, MS, RD, Mike Lagomarsine, MS, Dr. Shawn Ferullo

Location: BUAEC inside BU's Track and Tennis Center 100 Ashford St.

Learn about creating an environment for optimal sports performance, minimizing risks of concussion and overuse injury, and assuring positive experience for youth and high school athletes. This workshop series presents a team of sport science and medicine professionals to provide guidance and support to coaches/parents of youth athletes. It will begin with a discussion about the mental, and emotional demands of sport from a developmental perspective. Next, proper sports nutrition for the adolescent athlete will be shared. Thirdly, the basics for developing athletic fitness and core strength will be introduced. Lastly, some of the common injuries that affect our pediatric and adolescent athletes and how to return them safely to play will be discussed. Ultimately a strong focus will be given to preventing injury and burnout, while nurturing high performance and valuable life skills.

What Will You Learn:

- How to help minimize the incidence of injury in youth athletes
- Adult roles and responsibilities in the development of a healthy, young athlete
- How to assist an athlete in reaching his or her athletic potential
- How to identify and foster optimal sport and conditioning experiences
- A better understanding of the complex world of youth sport, competition, and advanced sports training

Come join this team of sports performance professionals for two evenings of thought provoking discussion. **This event is free but seating is limited. Please call/e-mail to reserve your spot - 617-353-0313 or buaec@bu.edu.**



www.bu.edu/aec

The Panel of Experts

Adam Naylor, EdD, AASP-CC

Dr. Naylor is the Director of the BU Athletic Enhancement Center. He is a nationally recognized expert on the mental-emotional side of player development. For over a decade he has helped Olympic, professional, collegiate, and elite junior athletes, coaches, and organizations develop mental excellence on the playing field.

Shawn Ferullo, MD

Dr. Ferullo is the Assistant Director of Primary Care and Sports Medicine at Boston University Department of Family Medicine. He serves as the team physician for Boston University and Massachusetts Institute of Technology student-athletes.

Mike Lagomarsine, MS, CSCS, USAW

Coach Lagomarsine leads the strength and conditioning programming at the Athletic Enhancement Center. Over his career he has served as a strength and conditioning coach in the Colorado Rockies minor league system, collegiate strength coach at Bloomsbury University and Nassau Community College. Beyond these experiences, he is published in peer reviewed journals including *Medicine and Science in Sports and Exercise* and the *Journal of Sports Medicine and Physical Fitness*.

Laura Thompson MS, RD, LD

Ms. Thompson is a licensed, registered dietician with a Masters degree in Nutrition from Boston University. Before moving to Boston, Laura completed her undergraduate education at Bradley University where she ran cross-country and track as a Division I athlete. Laura is the sports nutritionist for the varsity athletes at BU. With her specific interests in nutrition for exercise and sports performance, weight management, and overall health and wellness, Laura is enthusiastic about teaching and helping individuals make sense of confusing health messages.

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Nutrition and Fitness Center - www.bu.edu/nfc
Sports Medicine Services - www.bu.edu/sportsmedicine
Athletic Enhancement Center - www.bu.edu/aec
