

Organization of the San Angelo Sports Medicine Symposium



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Introduction

San Angelo Sports Medicine Symposium is held every year in early January. People from around the United States come and discuss important topics related to sports medicine. This symposium is open to Athletic Trainers, Physical Therapists and other health care professionals that have a field related to sports medicine. This year there will be nine speakers for the symposium and topics this year include: methodology of a noteworthy career, post traumatic stress syndrome & concussion awareness, prehabilitation, environmental & legal concerns, basic tai chi, tai chi- an adaptive activity, concussions: evaluating head injuries on and off the field and sport psychology in athletics.

Purpose of Symposium

The purpose of this project was to be able to help organize a sports medicine conference. My goal for this symposium is for the audience to get more than what they paid for. I do not want the audience to sit in, get their CEUs for the day and leave. I want them to share the knowledge they have gained with their colleagues, patients, etc. Also, being able to help organize a symposium, such as this one, gives me the chance to learn how everything will be ran, what it takes to bring the whole thing together and make it successful.

January 11, 2014

- Center for Human Performance (CHP)
- Breakfast and Lunch provided
- \$ 40 for Professionals/9 CEUs
- \$ 25 for Certified/Licensed Students/9 CEUs
- \$ 15 for all college students
- \$ 10 for High School and all other students

8th Annual San Angelo Sports Medicine Symposium

Anyone Interested In Athletic Training, Coaching, Physical Therapy, and Recreation

Agenda

Professional/College/High School:
8:30-9:00 am Registration-Breakfast
9:00-9:25 Methodology of a Noteworthy Career
Dr. Pete Tolosman
9:30-10:25 Post Traumatic Stress Syndrome & Concussion Awareness - Dr. Omar Lyons
10:30-11:25 Rehabilitation
Dr. Adam Parker
11:30-12:25 Environmental & Legal Concerns
Dr. Steven Snowden
12:30-1:25 Basic Tai Chi - Dr. Duane Childer
1:30-2:00 Tai Chi
2:05-3:00 Tai Chi - an Adaptive Activity
Dr. Duane Childer
3:05-4:00 Sport Psychology in Athletics
Dr. Warren Simpson
4:05-4:05 Concussions: Evaluating Head Injuries on and off the Field - Randy Mathew
6:05-6:10 Closing remarks

Contact for more information:
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ASU Sports Medicine Club

Methods

My plan to help organize the symposium started with communicating with Sherry Ann Miller, Symposium Coordinator and Dr. Warren Simpson, Director of Graduate Studies in Coaching, Sport, Recreation and Fitness administration. They both gave me contacts to get in touch with and also a rubric to begin an invitation letter. Once the invitation letter was finalized I sent them off to the suggested contacts and received RSVPs within a week or two. Once the speakers finalized their topics and at what times they wanted/needed to present I began making a flyer to send to Sherry Ann. This flyer contains the presentation times, speakers, topics, cost for attending and who to get a hold of to attend the symposium. The symposium will be held in the Vincent Nursing building at Angelo State University this year. If all goes well the symposium will be a success!

Summary

Overall the symposium went very well. Sherry Ann and I were able to adapt to the situation when it came to speakers going over their presentation times. It was a great experience to work with Ms. Sherry Ann Miller and to know that it takes a lot of work and time to get a symposium, such as this one, ready for the announced date. I had fun and I hope to do it again soon.