



SPORTS REHABILITATION:



COACHES

2019

CLINIC



MARCH 29, 2019

DIAMOND CLUB AT RENT ONE PARK



Coaches earn 4 CPDUs for attending the FREE clinic.



REGISTER ONLINE AT

www.sih.net/coachesclinic

COST

FREE

COMPLIMENTARY BREAKFAST

RSVP BEFORE FRIDAY, MARCH 15, 2019

PRESENTERS



Dena Kirk, MBA, OTR/L, CEAS, CWCE

Kirk is the Administrative Director for Occupational Medicine & Rehabilitation Services at SIH.

Tami Eggleston, Ph.D

Eggleston is the Associate Dean of Institutional Effectiveness at McKendree University.

Nick Hill

Hill is the head football coach for Southern Illinois University.

Chris Ketter, DO

Ketter is a Sports Medicine Fellow at SIU School of Medicine

Sarai Yates, ATC

Yates is the Coordinator for SIH Sports Rehabilitation and the head Athletic Trainer for Herrin High School.

SCHEDULE



7:45—8:15 am

BREAKFAST AND REGISTRATION

8:15—8:30 am

WELCOME AND INTRODUCTION
Dena Kirk

8:30—9:30 am

TAPING 101
Sarai Yates

9:30—10:30 am

NUTRITION
Dr. Ketter

10:30—10:45 am

BREAK / NETWORKING OPPORTUNITY

10:45—11:45 am

KEEP CALM
Tami Eggleston, Ph.D

11:45—12:15 pm

GOAL SETTING
Nick Hill

