

INTERACTIVE FITNESS CHALLENGE, ATHLETES PANEL DISCUSSION AND CONFERENCE LEARNING LABS

Saturday, November 14, 2015

8:30 a.m. to 1:00 p.m.

Walt Price Student Fitness Center at Everett Community College



OPEN UP TO FITNESS!

8:00 AM - 1:30 PM
9:00 AM - 10:00 AM
10:15 AM - NOON
12:15 PM - 1:00 PM
1:30 PM - 5:00 PM

VENDOR FAIR
ATHLETE PANEL
INDUSTRY EXPERT SEMINARS
MAUI BORDEN - KEYNOTE SPEAKER
OPTIONAL CPR TRAINING

HomeStreet Bank

SNOHOMISH COUNTY
NW WASHINGTON

SPORTS COMMISSION


INTEGRATED REHABILITATION GROUP
Physical and Hand Therapy Services
WWW.IRGPT.COM

SNOHOMISH COUNTY SPORTS COMMISSION

1ST ANNUAL YOUTH SPORTS PERFORMANCE CONFERENCE

NOVEMBER 14, 2015, 8 AM TO 1 PM

Join in the FUN at this FREE FAMILY EVENT! INTERACTIVE FITNESS CHALLENGE, ATHLETES PANEL DISCUSSION and CONFERENCE LEARNING LABS

Interactive “fitness challenge” for all youth participants to measure your speed, power and agility
Hands-on activities with local sports programs
Athlete Panel and Industry Experts
Vendor Fair

PROGRAM HIGHLIGHTS

- Keynote speaker **Maui Borden** from Proactive Coaching, LLC will present the role of parents in a young athlete's life.
- Athlete Panel discussing the challenges of today's youth athletes with some of Snohomish County's biggest sports names including:
 - **Heather Tarr**, in her eleventh year as Head Coach, Washington Huskies Softball. A native of Redmond, WA, graduate of UW and former member of the Women's Professional Fastpitch Softball League's Tampa Bay Fire Stix.
 - **Mitch Canham**, graduate of Lake Stevens High School and OSU, Major League Baseball player having played with the San Diego Padres and St. Louis Cardinals, and founder of the BASE By PRO's Program for high school students.
 - **Bret Lillibridge**, Graduate of Jackson High School in Mill Creek and UW, and a Major League Baseball player having played for the Atlanta Braves, Chicago White Sox, Boston Red Sox, Cleveland Indians, Chicago Cubs and New York Yankees.
 - **Mikayla Pivec**, outstanding all-around athlete in select soccer, fastpitch, track and field, and basketball. Washington State Girls Basketball Tournament MVP and Wesco 4A track & field conference champion at Lynnwood High School.
 - **Jacob Eason**, a Lake Stevens High School multiple sport athlete and first team all-Wesco in football, baseball and honorable mention in basketball. Rated as the # 1 college quarterback recruit in the nation, he has committed to the University of Georgia Bulldogs.
- Educational seminars exploring topics important to youth athletes, parents and coaches. Learn from industry leaders in the topics of obesity and performance nutrition, concussions, overuse injuries and return to play protocols. Speakers include:

Dr. Stanley Herring. Team physician for the Seattle Seahawks, Seattle Mariners and a consultant to the UW Sports Medicine Program and the Seattle Storm. He serves as a member of the NFL's Head, Neck and Spine Committee. Dr. Herring is University of Washington's clinical professor in the Departments of Rehabilitation Medicine, Orthopaedics and Sports Medicine, and Neurological Surgery.

Julie Mahler, Jordan James and David Trotter, Integrated Rehabilitation Group's Registered Dietician Nutritionist and experts on achieving a positive and practical approach to total health and nutrition suited to your child's lifestyle and individual nutrition needs leading to achieving results that reduce risk to many common diseases and enjoy an improved quality of life through healthier choices.

Optional CPR certification 1:30 – 5:00 pm. Pre-registration required. \$50 per person. Conducted by with professional, experienced, educators creating a fun learning environment that meets or exceeds Washington State Labor and Industry (L&I) Standards. You will leave this class with the confidence that you are prepared for an emergency situation. For registration, please contact the Snohomish County Sports Commission via e-mail: sports@snohomish.org or call 425-348-5802, ext. 109.

Disclaimer: Everett Public Schools has neither reviewed nor approved the program, personnel, activities or organizations announced in this flyer. The participants agree to protect, indemnify, and hold harmless the district, its elected and appointed officials, employees, agents, staff and volunteers, from any and all claims, liabilities, damages, expenses, or rights of action, directly or indirectly attributed to the activities. Permission to distribute this flyer should not be considered a recommendation of the program by the school district. This is not a school district sponsored activity.