

Group Rate - 3 or more \$100/ participant

If three or more registrations are received together, the participants are eligible to receive a group rate of \$100 per participant. The participants do not have to be from the same school but the registrations must be in the same envelope. (Late fees will apply if received after June 10th)

On Campus Housing

Participants staying on campus will receive 2 nights lodging (Friday and Saturday) in one of the Mesa State College dormitories and have 5 meals provided.

Participants under the age of 18 staying on campus will receive 24-hour supervision and will not be allowed to leave campus nor have visitors come on campus without approval of the workshop staff.

If you want to have a specific roommate, please identify them on the registration form.

Graduate Credit

One hour of graduate credit available for the Coaches Workshop Mesa State College - HPWA 534 – Advanced Athletic Training for Coaches.

The fee for the course had not been set at the time this brochure was printed. Contact us for more details

The Mesa State College Athletic Training Staff would like to thank the following Athletic

Corporate Partners:

Western Orthopedics and Sports Medicine

Grand Junction Chiropractic Center

Community Hospital

Coca-Cola

Ed Bozarth Chevrolet

Outback Steakhouse

Boston's the Gourmet Pizza

KREX- TV

Mesa Systems

KFC

Thrifty Car Rental

Workshop Schedule

(Tentative Student Schedule)

Friday July 7, 2006

1:00 - 2:00 pm - Registration

2:00 - 2:30 pm - Introduction to Workshop

2:30 - 4:00 pm - Participant evaluation

4:00 - 4:45 pm - Injury Prevention I

4:45 - 6:00 pm - Dinner

6:15 - 7:15 pm - General Evaluation

7:15 - 8:00 pm - Tape and Wraps

8:00 - 9:00 pm - Treatment & Rehabilitation I*

Saturday July 8, 2006

7:00 - 8:00 am - Breakfast

8:30 -10:15 am - Lower leg/Ankle/Foot

10:15-10:30 am - Break

10:30-12:00 pm - Knee, Thigh and Hip

12:00-12:45 pm - Lunch

1:15 - 2:45 pm - Current Topics

2:45 - 3:00 pm - Break

3:00 - 5:00 pm - Nutrition

5:15 - 6:00 pm - Dinner

6:15 - 7:30 pm - Head, Neck and Back

7:30 - 9:00 pm - Treatment & Rehabilitation II*

Sunday July 9, 2006

7:30 - 8:00 am - Breakfast

8:30-10:00 am - Shoulder/Elbow

10:00-10:15 am - Break

10:15-11:45 am - Forearm/Wrist/Hand

11:45-12:30 pm - Review / Closing Comments

* - Participants will receive abbreviated electrical muscle stimulation, ultrasound, cryotherapy, and heat treatments

Coaches workshop will follow a similar schedule arranged to limit conflicts with activities held in the athletic training room.

Sign up for graduate credit during registration

Coaches registered to receive graduate credit will meet until 4:00 pm on Sunday

Registration Form

Name _____

Address _____

City _____

State/Zip _____

Phone _____

School _____

Gender M F

T-shirt size - S, M, L, XL, XXL

H.S Grade 2006-07 Fr. So. Jr. Sr. Coach

Fees:

Registration (\$125.00)

(\$100 Group rate) _____

(Registration before June 10, 2006)

Housing (\$90.00) _____

(Roommate) _____

Late Fee (\$25.00) _____

(Registration after June 10, 2006)

Total _____

To Workshop Director: I hereby authorize the director and members of the Mesa State College Athletic Training workshop to act for me according to their best judgement in any emergency requiring medical attention and hereby waive and release the camp of all liability for any illness or injury incurred by the above named participant while at the workshop.

I know, understand, and accept the risks related to workshop activities. I understand medical expenses are my responsibility; not the workshop's.

I also hereby authorize the use of electrical muscle stimulation, ultrasound, heat and cold therapies on the above named participant in order to understand the effects of such treatments.

Parent or Guardian signature

Return registration to:

Mesa State College

Athletic Training Workshop

1100 North Ave

Grand Junction, CO 81501

Make checks payable to:

Mesa State College Athletic Training

Fees:

Workshop \$125.00

Group rate \$100

(Includes workshop manual and all supplies)

On Campus Housing \$90.00

(2 nights lodging in campus dorms and 5 meals).

**Late Fee: \$25.00 for registration
postmarked after June 10, 2006**

Make checks payable to:

Mesa State College Athletic Training

**Unique course design based on
existing skills and knowledge**

Students and coaches will be in separate groups. Participants will be divided into two groups (basic and advanced) based on knowledge and skills demonstrated in the participant evaluation conducted during the first session of the course. During several sessions of the workshop the participants will be divided into groups based on their abilities related to the specific topic to be covered. For example: If a participant is skilled at evaluating an ankle injury but has never had the opportunity to evaluate a shoulder, the individual will be in the advanced ankle group and the basic shoulder group.

The participant evaluation will include brief multiple choice and matching tests on anatomy, kinesiology, treatment and rehabilitation, as well as skill demonstration in taping and evaluation.

For more information call

Robert Ryan MA, ATC, CSCS 970-248-1374

**Unique course
design based on
existing skills and
knowledge**

**Group rates
available**

**Participant to instructor
ratio will not exceed 10:1**

**1 hour graduate credit available for
the coaches workshop.**

**Register for graduate credit at the
beginning of the workshop.**

For more information

Call

970-248-1374

Or check out our website

at

www.mesastate.edu/schools/sbps/hpw/athletictraining/

7th Annual



Mesa State College
Athletic Training Workshop

**High School Students
and**

Coaches at All Levels

1 hour Graduate credit available

July 7 - 9, 2006

Group rate available. Save \$25 if 3 or more registrations are received together.

Coaches and students will be in separate groups.

Mesa State College Campus
Saunders Field House
12th and Orchard

Registration: Fri July 7th
1:00 pm - 2:00 pm
Saunders Rm 131

Workshop begins July 7th 2:00 pm

www.mesastate.edu/schools/sbps/hpw/athletictraining