

Group Rate - 3 or more \$115/ participant
If three or more registrations are received together, the participants are eligible to receive a group rate of \$115 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 11th)

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**

Workshop Schedule

(Tentative Student Schedule)

Friday July 11, 2008

- 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 12, 2008

- 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 13, 2008

- 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

**Coach's 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 2007-08 Fr. So. Jr. Sr. Coach

Fees:

Registration (\$140.00)

(\$115 Group rate)

(Registration before June 11, 2007)

Housing (\$75.00)

(Roommate)

Late Fee (\$25.00)

(Registration after June 11, 2008)

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:

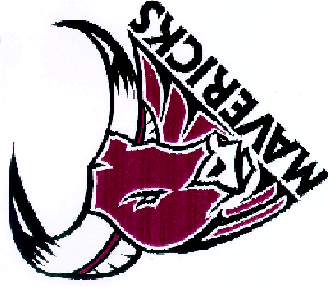
Mesa State College
Athletic Training Workshop
1100 North Ave

Grand Junction, CO 81501

Make checks payable to:

Mesa State College Athletic Training

9th Annual
Mesa State College



Athletic Training Workshop

High School Students

and

Coaches at All Levels

1 hour Graduate credit available

July 11-13, 2008

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 11th
1:00 pm - 2:00 pm
Saunders Rm 131

Workshop begins July 11th 2:00 pm

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 coach's workshop.

Register for graduate credit at the beginning of the workshop.

For more information

Call

970-248-1809

Or check out our website at

Fees:

Workshop \$140.00

Group rate \$115.00

(Includes workshop manual and all supplies)

On Campus Housing \$75.00

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

Late Fee: \$25.00 for registration postmarked after June 11, 2008

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
Josh Fullmer MS, ATC, 970-248-1809

<http://www.mesastate.edu/schools/sbps/hpw/athletictraininghome.htm>