

## **DIRECTIONS**

### **To the Ellis School**

#### **From the North, Northeast, Northwest -**

Access Route 28, take the Highland Park Bridge. As you cross the bridge stay in the left lane and follow the signs to Washington Blvd. Bear right at the first light onto Washington Blvd. Go straight on Washington Blvd. It will turn into Fifth Ave. As you cross Penn Ave. Mellon Park will be on your right. There is a large tennis court bubble on the right. The entrance to The Ellis School is the first driveway past the tennis bubble.

#### **Coming from the East on Interstate 376 -**

Take the Edgewood Swissvale exit. Stay in the right lane and turn right at the light on Braddock Avenue. Continue on Braddock to the second large intersection at Penn Avenue. Turn left on Penn and proceed to Fifth Avenue. Turn left on Fifth, go through one traffic light. The Ellis driveway is on the right just past the large white tennis bubble.

#### **Coming from the Liberty Tunnel and Bridge**

Exit the Liberty Tunnel and cross the Liberty Bridge. Follow the signs to Bigelow Boulevard. Continue up Bigelow Boulevard and follow the signs to Oakland. After you pass the Bloomfield Bridge (on your left), you will come to a fork in the road. Stay to the left; you will now be on North Craig Street. Take North Craig Street to Fifth Avenue. Turn left onto Fifth Avenue and go approximately 1-1/2 miles. At Shady Avenue you will pass a big yellow building on your right (Pittsburgh Center for the Arts). Start looking for our driveway on the left. The first driveway is an exit, so you will take the second driveway. If you pass the tennis courts (or tennis bubble) on the left, you've gone too far.

**For More Information,  
Call (412) 432-3770**

**UPMC Sports Medicine  
3200 South Water St.  
Pittsburgh, PA 15203**

# **UPMC**

## *Sports Medicine*

presents

### **The 12<sup>th</sup> Annual High School Athletic Training Aide Workshop**

**August 4 – 6, 2009**

**at**

**The Ellis School**

**6425 Fifth Avenue,  
Pittsburgh, PA 15206**

## Registration Information

Please Print

Name \_\_\_\_\_  
Address \_\_\_\_\_  
City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_  
Home Phone \_\_\_\_\_  
Email \_\_\_\_\_  
School \_\_\_\_\_

Grade Entering Fall 2009 \_\_\_\_\_

Years as an Athletic Training Aide \_\_\_\_\_

List any special dietary needs:  
\_\_\_\_\_

T-Shirt Size S M L XL XXL

Please indicate if you will be taking CPR  
I will / will NOT

**Registration Fee: \$55**

**Add \$10.00 for Optional CPR/AED**

Make checks payable to:  
UPMC Presbyterian Shadyside

Detach this section.  
Send form & payment to:

**UPMC Sports Medicine**  
**Attn: Donna Ayres, 2<sup>nd</sup> Floor**  
**3200 South Water St.**  
**Pittsburgh, PA 15203**

Cost includes: continental breakfast,  
lunch, course & lab materials, t-shirt

H.S. supervising ATCs are welcome to  
accompany students at no charge.

**Registration Deadline: July 11, 2009**

**The workshop will be limited to 75**

**UPMC Sports Medicine is proud to offer our annual workshop for high school students who are interested in a career in sports medicine or who wish to enhance the skills they use daily in their high school athletic training rooms. Students will be exposed to elements of our key topics through lecture with an emphasis on hands on practice of techniques and procedures. An extensive amount of lab time has been set aside to focus on the skills students will utilize in their high school athletic training environments. The schedule also includes a session with an Athletic Training Program Director from a local university who will present ideas on how to prepare for a college program in athletic training. As an option, students will receive instruction in American Heart Association Adult CPR and AED (automated external defibrillator).**

**The dates for this workshop are Tuesday, August 4 through Thursday, August 6, 2009.**

**This year's workshop will be held at The Ellis School, located at 6425 Fifth Ave. The Ellis School provides a private, secure environment with plentiful, free parking.**

**A continental breakfast and lunch are provided daily as well as all course and lab materials.**

**The fee for this program is \$55. Please add an additional \$10.00 if you are opting to take the CPR/AED course offered on Tuesday afternoon.**

**For questions regarding the workshop call: (412) 432-3770**

### Tuesday, August 4

8:00 - 8:30 Check In / Continental Breakfast  
8:30 - 9:00 Announcements / Introductions  
9:00 - 10:00 First Aid Stations  
10:00 - 10:15 Break  
10:15 - 11:15 First Aid Stations  
11:15 - 11:20 Break  
11:20 - 11:45 RICE & Modalities  
11:45 - 12:00 Warm Up and Stretching  
12:00 - 12:45 Lunch  
12:45 - 4:00 CPR (Optional with fee of \$10)

### Wednesday, August 5

8:00 - 8:30 Check In / Continental Breakfast  
8:30 - 9:30 Foot, Ankle, & Lower Leg Lecture  
9:30 - 9:40 Break  
9:40 - 11:30 Ankle, Arch, Turf Toe  
11:30 - 12:15 Lunch  
12:15 - 1:45 Achilles & Shin Taping, Ace Wraps  
1:45 - 2:45 Knee and Thigh Lecture  
2:45 - 2:55 Break  
2:55 - 4:00 Padding, Crutch, Hip Wrap, Body Composition Lab

### Thursday, August 6

8:00 - 8:30 Check In / Continental Breakfast  
8:30 - 9:30 Shoulder, Elbow, Wrist, and Hand Lecture  
9:30 - 9:40 Break  
9:40 - 11:40 Thumb, Wrist, Elbow, Shoulder Spica Wrap  
11:40 - 12:30 Lunch  
12:30 - 1:00 Head and Neck Injuries  
1:00 - 1:50 Spine Boarding Lab  
1:50 - 2:20 College Presentation  
2:20 - 2:30 Break  
2:30 - 3:15 Taping Contest  
3:15 - 4:15 AT Jeopardy