

Adams Health
Sports Medicine *Presents*

an annual event to educate athletic directors, athletic trainers, coaches, parents and athletes!

This years topic:

**The Benefits of Being a Multi-Sport Athlete
& Prevention of ACL Injuries**



Tuesday, March 17th at 5:45pm

at the South Adams High School Auditorium

LIGHT SNACKS SERVED...6:00 PROGRAM STARTS



Dr. Kate Heimann



Dr. David Coats



Dr. Robert Kinne

Dr. Kate Heimann Family Practice and Certified ImPACT
Concussion Management Physician

Dr. David Coats Orthopaedic Surgeon

Dr. Robert Kinne Sports Medicine Specialist



Will be presenting information on:

- Reducing the risk of overuse related injuries
- Develop better skills as an all-around athlete
- Tips to prevent ACL injuries
- Concussion update
- Common skin conditions in athletes
- Sports performance

