



**Athletes in Action Sports Performance Educational Clinics
Merida, Mexico**

Organized in Partnership with:

Instituto Tecnológico de Mérida (ITM)

Universidad Autonoma De Yucatan (UADY) Medical School

U.S. Sponsors

Hibiclens & Hibistat

New Options Sports, INC.

Thera-Band

PROGRAM

Monday June 7, 2010 at Instituto Tecnológico de Mérida

- 10:00 am to 10:50 am "Sports Nutrition" – Brad St.Louis, B.S. Dietetics, Minor in Exercise Science
Former NFL Football Player (Cincinnati Bengals)
- 11:00 am to 11:50 am "Head Injuries" – Greg Evans M.S., ATC
Head Athletic Trainer, Wheaton College
- 12:00 pm to 12:50 pm "Knee Injuries" – David Watt M.D.
Orthopedic Team Physician, Wheaton College
- 12:50 pm to 1:00 pm "Introduction to Athletes in Action" – Diego Sosa Madera
AIA Mexico

Tuesday June 8, 2010 at Instituto Tecnológico de Mérida

- 10:00 am to 10:50 am "Strength & Conditioning Principles – Periodization"
– Brad St.Louis, B.S. Dietetics, Minor in Exercise Science
Former NFL Football Player (Cincinnati Bengals)
- 11:00 am to 11:50 am "Ankle Injuries and Rehabilitation"
– Greg Evans, M.S., ATC Head Athletic Trainer, Wheaton College
- 12:00 pm to 1:00 pm "Shoulder Injuries and Rehabilitation"
– David Watt, M.D.
Orthopedic Team Physician, Wheaton College

**Same Clinic Schedule for Wednesday June 9th and Thursday June 10th at the
Universidad Autonoma De Yucatan (UADY) Medical School**

**Clinics with athletes will be held at Instituto Tecnológico de Mérida
Weightroom and fields on all four days from 4:00 pm to 6:00 pm**



New Options Sports
"The New Standard in Sports Medicine"
"Made Well in the USA"

