

SUMMER SCHEDULE



PLEASE NOTE:

This schedule is subject to change.
For the most up-to-date schedule, please visit myLRH.org/sportsmedicine.

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
JUNE 1	JUNE 2 Concussion: Andrea Ittner Practice Recovery: Annaleza Jones	JUNE 3 Supplements: Johanna Poole Injury Prevention 1: Omar Mas-Vayas	JUNE 4 Heatstroke: Matt Blair Functional Warm-Up: Andrea Ittner	JUNE 5 Mental Health: Priscila Medina Movement Assessment: Annaleza Jones	JUNE 6 Gameday Fuel: Johanna Poole Injury Prevention 2: Omar Mas-Vayas	JUNE 7
JUNE 8	JUNE 9 Weight Management: Matt Blair Injury Prevention 1: Omar Mas-Vayas	JUNE 10 Mental Health: Priscila Medina Functional Warm-Up: Andrea Ittner	JUNE 11 Supplements: Johanna Poole Movement Assessment: Annaleza Jones	JUNE 12 Concussion: Andrea Ittner Injury Prevention 2: Omar Mas-Vayas	JUNE 13 Heatstroke: Matt Blair Practice Recovery: Annaleza Jones	JUNE 14
JUNE 15	JUNE 16 Mental Health: Priscila Medina Practice Recovery: Annaleza Jones	JUNE 17 Supplements: Johanna Poole Injury Prevention 1: Omar Mas-Vayas	JUNE 18 Heatstroke: Matt Blair Functional Warm-Up: Andrea Ittner	JUNE 19 Gameday Fuel: Johanna Poole Movement Assessment: Annaleza Jones	JUNE 20 Concussion: Andrea Ittner Injury Prevention 2: Omar Mas-Vayas	JUNE 21
JUNE 22	JUNE 23 Concussion: Andrea Ittner Injury Prevention 1: Omar Mas-Vayas	JUNE 24 Mental Health: Priscila Medina Functional Warm-Up: Andrea Ittner	JUNE 25 Weight Management: Matt Blair Practice Recovery: Annaleza Jones	JUNE 26 Supplements: Johanna Poole Movement Assessment: Annaleza Jones	JUNE 27 Heatstroke: Matt Blair Injury Prevention 2: Johanna Poole	JUNE 28
JUNE 29	JUNE 30 Gameday Fuel: Johanna Poole Functional Warm-Up: Andrea Ittner	JULY 1 Heatstroke: Matt Blair Practice Recovery: Omar Mas-Vayas	JULY 2 Supplements: Johanna Poole Injury Prevention 1: Omar Mas-Vayas	JULY 3 Concussion: Andrea Ittner Injury Prevention 2: Omar Mas-Vayas	JULY 4 Holiday	JULY 5

Concussion: Learn how to recognize common symptoms of concussions and the best return-to-play methods.

Recovery: Review and practice sport-specific practice and game-recovery methods.

Supplements: Review the use of supplements such as caffeine in sports.

Injury Prevention 1: Learn about common injuries in the lower body, and how to prevent them.

Heatstroke: Learn how to recognize and manage symptoms of heatstroke.

Functional Warm-Up: Review and practice the ideal activity warm-up methods.

Mental Health: Discuss common mental health topics in the athlete population.

Functional Movement Assessment: Participate in individualized movement screening to increase awareness of potential injuries.

Gameday Fuel: Learn optimal nutrition decisions for fueling your body.

Injury Prevention 2: Learn about common injuries in the upper body and how to prevent them.