

Healthy Athletes Symposium

Wednesday, Jan. 16

4 p.m.: Registration and Check-In

4:30 – 6:15 p.m.: Breakout Sessions

Presented in partnership with Children's Hospital LA and Positive Coaching Alliance



Register Here



Beach Cities
Health District



HERMOSA BEACH
CITY SCHOOL DISTRICT



	Youth Athlete Breakout Sessions	Parent Breakout Sessions	Coach/Health Professional Breakout Sessions
4:30 – 5:05 p.m.	Concussion Safety Presented by Bianca Edison, M.D.	Risks of Sports Specialization Early and Burnout Presented by Ryan Kelln, M.D.	PCA Workshop: Emotional Tanks, Power of Positivity in Leading Youth Athletes Presented by Positive Coaching Alliance Trainer Marti Reed
5:05 – 5:40 p.m.	Positive Imagery and Mental Preparedness on and off the Field Presented by Positive Coaching Alliance Trainer Chris Stretch, LCSW	Sleep: the Ultimate Power Aid in Class and on the Field Presented by Anita Hamilton, PhD	Concussion Update and Youth Athlete Safety Presented by Tracy Zaslow, M.D.
5:40 – 6:15 p.m.	Healthy Fueling for Athletes Presented by Brooke Ellison	Concussion Update and Youth Athlete Safety Presented by Bianca Edison, M.D.	ACL Epidemic and Importance of Biomechanics Presented by Curtis Vandenberg, M.D. and Chris Powers, PhD

FAMILIES CONNECTED SPEAKER SERIES



Beach Cities
BCHD Health District

Grit, Resilience & a Growth Mindset

Wednesday, Jan. 16

Redondo Union High School Auditorium
1 Sea Hawk Way, Redondo Beach

Registration & check-in: 6 – 6:30 p.m.

Presentation: 6:30 – 8 p.m.

How can we teach our children to be resilient to both small setbacks and larger failures so they are able to grow their grit? Defined as a combination of passion and perseverance to achieve long-term goals, grit can be built through a growth mindset: the belief that the ability to learn can change – with effort.

Featuring:



Dr. Mike Gervais

High-Performance Psychologist and Co-Founder of Compete to Create



Adam Krikorian

Olympic Gold Medal-Winning Coach of the U.S. Women's National Water Polo Team



Valorie Kondos Field

Pac-12 Coach of the Century for UCLA Gymnastics

Register at southbayfamiliesconnected.org

Childcare available through AdventurePlex