

Skyline College Sports Medicine and the Golden State Warriors Basketball Team  
Present the Third Annual

# Sports Medicine Camp

Students or youth sports coaches interested in Athletic Training, Physical Therapy, Medicine, or other allied sports medicine professions may be interested in attending this camp. This camp is to introduce high school (9<sup>th</sup>-12<sup>th</sup> grades) or community college students and/or youth sports coaches to basic techniques for the care and prevention of athletic injuries. (Registration priority will go to high school students if camp reaches limit of 30 participants) Participants will learn basic injury assessment techniques, basic taping and wrapping and proper stretching and strengthening techniques for prevention of injuries to athletes.

**Staff:** Jo Silken, ATC Head Athletic Trainer Skyline College, USA Wrestling  
Tom Abdenour, ATC Head Athletic Trainer Golden State Warriors Basketball  
Stacey Kofman, ATC Head Athletic Trainer, Palo Alto High School  
Other staff TBA

**Dates:** Monday, July 21 to Friday July 25, 2008

**Times:** 9:30 AM to 11:30 AM Lectures and Labs  
11:30 AM to 12:30 PM Lunch break and social with athletic trainers from various work settings (college, high school, clinic and professional) Participants should **bring a bag lunch.** (Drinks and snacks will be provided)  
12:30 PM to 2:30 PM Lectures and Labs  
2:30 PM to 3:30 PM Optional Lab Practice Time

**Dress:** Participants should wear shorts and tennis shoes.

**Location:** Skyline College  
3300 College Drive  
Portable Classroom 3B  
San Bruno, CA 94066

**Cost:** \$100.00 (includes athletic tape, elastic wraps, scissors and a camp t-shirt)  
Checks should be made payable to: Skyline College Sports Medicine

**Registration:** Registration form available at Skyline College web site at faculty web page for Jo Silken

**Contact:** Jo Silken, ATC  
Skyline College  
Sports Medicine  
3300 College Drive  
San Bruno, CA 94063  
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