

Skyline College Sports Medicine and The Golden State Warriors  
Present the First 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 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:**

Tom Abdenour, ATC	Golden State Warriors Head Athletic Trainer
Jo Silken, ATC	Skyline College Head Athletic Trainer, USA Wrestling
Stacy Kofman, ATC	Palo Alto High School Head Athletic Trainer
John Mack, PT, ATC	West Bay Physical Therapy
Jennifer Cox, ATC	Saratoga High School head Athletic Trainer

**Dates:** Friday, July 22 to Sunday July 24, 2005

**Times:**

Friday:	6:00 PM to 9:00 PM
Saturday:	9:00 AM to 12:00 PM
	12:00 PM to 1:00 PM lunch break
	(Participants should <b>bring a bag lunch</b> . Drinks and snacks will be provided)
	1:00 PM to 4:00 PM
Sunday:	10:00 AM to 1:00 PM

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

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

**Cost:** \$50.00 (includes athletic tape, elastic wraps, scissors and a camp t-shirt)  
Checks should be made payable to: Skyline College Sports Medicine

**Contact:** Jo Silken, ATC  
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Sports Medicine  
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San Bruno, CA 94063  
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(650) 738-4283