

# Keep your Head in the Game



## 2011 Sports Health Seminar

Sponsored by:

Rochester Community Council

**PTA**

Advocate, Communicate, Support



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Sports Fitness Training Center  
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Presented by:

**Michigan Sports & Spine Centers**  
**CORE Sports Fitness**

Dr. Jeff S. Pierce, Medical Director of Michigan Sports & Spine Centers and Dr. Tarek Hadla will provide you with information that will raise awareness on the seriousness of **Concussions, Hydration & Nutrition** in Youth sports. They will enlighten you with the newest research on concussion management and prevention.

- **WHEN** is it safe for athletes to return to sports after a concussion?
- Common, but **missed signs** and **symptoms** of a concussion.
- Energy drink, sports drinks or water; which is the **right time** for each?
- **WHAT** should I eat and when do I fuel up?

**When: March 22, 2011**

**Where: West Middle School**

**Time: 7:00—9:00 p.m.**

### WHO SHOULD ATTEND?

Coaches - Parents - Athletes  
Trainers - Professionals

Anyone who is involved in sport  
and recreational activities.

**REGISTER at**  
[coresportsfitness.com](http://coresportsfitness.com)

Michigan Sports & Sports  
CORE Sports Fitness

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No cost for admission....just a valuable use of your time!