

Youth Athlete Symposium

presented by

Northern Westchester Hospital
and Athletes Warehouse

Thursday, October 20, 2016

5:30 – 8:30pm

Athletes Warehouse
220 Tompkins Avenue
Pleasantville, NY

Register for this
free symposium at
www.nwhconnect.org/2016AW

Questions? 914.666.1383

Keynote Speaker



Managing the Busy Athlete

Patrick Murphy

University of Alabama Head Softball Coach
10 WCWS Appearances, 17 Consecutive NCAA
Tournament Appearances, 5 SEC Championships,
2012 National Champions, 2013 NFCA Hall of Fame
Inductee, Coached 95 All-Americans and
17 Academic All-Americans



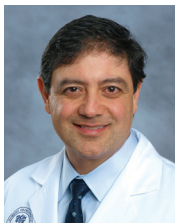
When a Youth Athlete Should Lift

Nicholas Serio

**MS, CSCS, USAW-Lv2, TPI,
CES, PES, CPT**

General Manager
Athletes Warehouse

and



What I Have Learned about
Concussions and Injury Prevention
in my 20 Years as a Team Physician

Victor Khabie, MD, FAAOS, FACS

Somers Orthopaedic and Sports Medicine Group
Chief, Department of Surgery
Co-Director of the Orthopedic and Spine Institute
Chief, Sports Medicine
Northern Westchester Hospital



Cassie Reilly-Boccia

MA, CSCS, USAW-Lv1, TPN

Athletes Warehouse



Prevention and Management
of the Stress Fracture

Eric Small, MD

Westchester Health Associates
Pediatric Sports Medicine
Northern Westchester Hospital



The Significance of Play, Rest and
Movement Diversity

Peter Richel, MD

Westchester Health Associates
Chief, Department of Pediatrics
Northern Westchester Hospital



Injury Prevention Strategies

Sarah Todd, PT, DPT, CLT

Manager of Outpatient Rehabilitation
Northern Westchester Hospital



Dealing with the
Pressure of Sport

Chari Hirshson, PhD

Neuropsychologist
Northern Westchester Hospital



How to Manage the
Overhead Athlete

Stuart Elkowitz, MD

NYU Langone Orthopaedics at Westchester
Orthopedic Surgery
Specialty, Hand Surgery
Northern Westchester Hospital