SPEAKERS

Bre Davenport, ATC, VATL, MBA
Head Athletic Trainer, Washington County Public Schools
Bre Davenport, nationally certified Head Athletic Trainer for Washington County Public Schools completed her undergraduate degree in Athletic Training and Sports Management from Gardner-Webb University as well as her MBA in Healthcare Administration from Milligan College. She also serves as a Preceptor for the Emory & Henry College Athletic Training Program, volunteers with the Virginia Medical Reserve Corps as an educator and for emergency/disaster response.

Matt Harris, PT, MPT, ATC, LAT
Mountain States Rehabilitation at Johnston Memorial Hospital
Matt Harris, physical therapist, received his undergraduate degree in Exercise Physiology from Ohio University and his master's degree in Physical Therapy from the University of Cincinnati. He is a nationally Certified Athletic Trainer (ATC) and is licensed through the Commonwealth of Virginia (LAT). In addition to his knowledge of physical therapy, he has extensive experience as a volunteer PT/ATC at the high school level. His primary interests are in manual therapy, sports medicine/orthopedics and functional outcomes. He has been with Mountain States Rehabilitation since 2006 and practices at Johnston Memorial Hospital, Russell County Medical Center and Smyth County Community Hospital.

Timothy G. McGarry, MD
Blue Ridge Orthopedics & Sports Medicine
Dr. McGarry, board certified orthopedic surgeon, received his medical degree from the University of Virginia’s School of Medicine. He completed both his internship in general surgery and his residency in orthopedic surgery at Wake Forest University’s Bowman Gray School of Medicine. Practicing in Abingdon since 1992, Dr. McGarry is a member of the American Academy of Orthopedic Surgeons, American Orthopedic Society for Sports Medicine, American College of Surgeons, Virginia Orthopedic Society, American Medical Associates and the Virginia Medical Society. In addition to his work as an orthopedic surgeon, he has been heavily involved in the treatment of several local athletes from the high school level as well as serving as associate professor, Medical Director of Athletic Training Programs and team physician at Emory & Henry College. Dr. McGarry is also an adjunct professor for the Edward Via College of Osteopathic Medicine.

Myra Sims, BS, MS
Director of Athletics at Emory & Henry College
Myra Sims received her bachelor’s degree in psychology from University of North Carolina, Asheville and completed her master’s degree in recreation administration at Georgia State University. As Director of Athletics at E&H, Sims oversees all 13 intercollegiate athletic teams, is responsible for a staff of over 40 coaches, administrators and staff, manages all athletic facilities and facility improvements, coordinates all athletic fundraising in conjunction with the College’s Advancement Office and is responsible for compliance with NCAA and ODAC regulations.

Holly Taylor, MS, RD
Clinical Nutrition Manager, Morrison at Johnston Memorial Hospital
Holly Taylor, Registered Dietitian, received both her bachelor’s degree in Dietetics and Food Systems Management and her master’s degree in Clinical Nutrition in 2004, from East Tennessee State University. She has been a Registered Dietitian for 11 years and now serves as Clinical Nutrition Manager at Johnston Memorial Hospital where she has worked since 2004. Prior to her time at JMH, Holly was a dietitian in a pediatrician’s office, and served as an adjunct professor for Virginia Intermont College in their Culinary Arts program.

Local healthcare provider and educator-led classes for high school athletes, parents and coaches

Total Athlete Program
Dates:
June 16th, June 18th, June 23rd, June 25th, July 16th and July 23rd

Times:
All sessions will start at 6 p.m. and will be one hour in length. The session on June 23rd will start at 7 p.m. and be 2 hours in length.

Location:
Regional Cancer Center at Johnston Memorial Hospital
2nd floor conference room
16000 Johnston Memorial Dr., Abingdon, VA 24211

Contact:
Caitlin Kelley, ATC | 276-623-0153

Sign up now!
Door prize drawings after each session.

Admission per session – $10
High school athletes are free!

EDUCATION SESSION LINE-UP

**Behind the NCAA College Sports Scene**
June 16, 2015 | 6 p.m.
Presented by:
Myra Sims, BS, MS
Director of Athletics at Emory & Henry College

With 30 years of experience as a coach and administrator, Myra Sims will share her understanding about the jump from high school to collegiate athletics. She will touch on the differences between Divisions I, II and III and NAIA schools, as well as the level of commitment needed to participate in intercollegiate athletics.

**Understanding Heat-Related Illnesses**
June 18, 2015 | 6 p.m.
Presented by:
Bre Davenport, ATC, VATL, MBA
Washington County Public Schools

As experts warn of the hazards with heat-related illnesses, schools and teams must be increasingly vigilant in their efforts to protect athletes. This session will share information on the underlying causes and ways to prevent heat-related illnesses.

**Concussions**
June 23, 2015 | 7 p.m.
Presented by:
Timothy G. McGarry, MD
Blue Ridge Orthopedics & Sports Medicine
Bre Davenport, ATC, VATL, MBA
Washington County Public Schools

Concussions in athletics and youth events are becoming a growing concern for parents, coaches and athletes alike. Led by orthopedic surgeon Dr. Timothy McGarry and Certified Athletic Trainer Bre Davenport, this session will cover the many aspects of head injury as well as Washington County Public Schools’ policies and procedures.

*This session is free for WCPS athletic coaches

**Fueling Optimal Performance**
July 16, 2015 | 6 p.m.
Presented by:
Holly Taylor, MS, RD
Clinical Nutrition Manager,
Morrison at Johnston Memorial Hospital

The total athlete must know how to fuel their performance correctly. Our registered dietitian will cover how to best feed your athletes’ body pre, during and post-workout or competition.

**The ACL Injury Mystery**
June 25, 2015 | 6 p.m.
Presented by:
Matt Harris, PT, ATC
Mountain States Rehabilitation at Johnston Memorial Hospital

Come to this session to learn the causes and functional movement of the ACL injury epidemic as well as preventative measures to help assure strong mechanics during play.

**The Overhead Throwing Athlete**
July 23, 2015 | 6 p.m.
Presented by:
Timothy G. McGarry, MD
Blue Ridge Orthopedics & Sports Medicine

The overhead motion is an extremely intricate and highly skilled movement that places high stress on the shoulder. Dr. Timothy McGarry, orthopedic surgeon, will cover the anatomy of the shoulder as well as measures to prevent injury.