

Exercise and Sport Sciences & Athletics Symposium

Colby-Sawyer College

Ware Campus Center

Wheeler Hall

March 22, 2010

Youth Sport Specialization: Is It Too Much Too Soon?

- 8:00 a.m. Registration
- 8:30 a.m. **Burnout and the Changing Landscape of Youth Sport**
Dr. Thomas Raedeke
- 9:45 a.m. **How to Train Developing Athletes to Prevent Injury and Improve Performance**
Dr. James Johnson
- 11:00 a.m. **A Coach's Dozen: 12 FUNdamental Principles for Building Young and Healthy Athletes**
Dr. Avery Faigenbaum
- 12:00 p.m. Buffet Luncheon
- 1:00 p.m. **Global Perspectives on Youth Sport**
Dr. John Nauright

Thomas Raedeke is an associate professor of sport and exercise psychology at East Carolina University. A research expert on motivation, stress, and burnout, he has co-edited special issues of the *International Journal of Sport Psychology* on athlete burnout and recently co-authored the [Athlete Burnout Questionnaire Manual](#) and a book titled [Sport Psychology for Coaches](#). Dr. Raedeke's research on burnout stems from a broader interest in promoting positive sport and exercise experiences that facilitate continued involvement, personal development, and psychological well-being.

James Johnson is professor and chair of the Department of Exercise and Sport Studies at Smith College. He is the author of [Applied Sports Medicine for Coaches](#) and is heavily involved in Smith College's highly ranked coaching education program. For the past 25 years Dr. Johnson has focused his work on applying exercise science to coaching. He is frequently invited to speak on overuse injury and how to design exercise programs to prevent injury and improve performance.

Avery Faigenbaum is a professor in the Department of Health and Exercise Science at The College of New Jersey. He is a fellow of the American College of Sports Medicine and of the National Strength and Conditioning Association. Dr. Faigenbaum lectures nationally and internationally to sports medicine and fitness organizations. As a leading researcher and practitioner in the field of pediatric exercise science, he has co-authored over 120 scientific publications, 25 book chapters, and eight books, including [Youth Strength Training](#) and [Progressive Plyometrics for Kids](#).

John Nauright is a professor of sport management at George Mason University. He is also the director of the Academy of International Sport and a visiting professor of sports studies at Aarhus University in Denmark. Dr. Nauright is widely published in academic journals in sports marketing, sports history, the sociology of sport, tourism, and South African history. He is also the author of several books including [Making Men: Rugby and Masculine Identity](#) and [The Political Economy of Sport](#). He has guest lectured at many universities around the world and has served as the keynote speaker at several international conferences.

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8:00 a.m. – 2:15 p.m.

To register, complete this form and enclose the following:

Lectures: Free

Lunch:

\$15.00 professional

\$10.00 students and senior citizens

and return by March 8, 2010, to:

Ms. Terri Hermann, Administrative Assistant

Colby-Sawyer College

541 Main Street

New London, NH 03257

Phone: (603) 526-3616 Fax: (603) 526-3872

E-mail: thermann@colby-sawyer.edu

**Please make checks payable to
Colby-Sawyer College**

(Please print)

Name(s) _____

Work address: _____

Telephone: _____

Email: _____

School/Organization: _____

(if applicable)

I am/we are:

_____ Athletic Director(s)

_____ Coach(es)

_____ Sport Science Professional(s)

_____ Other (specify): _____

_____ Attending lectures only

_____ Attending lectures and lunch

Amount Enclosed: \$ _____

We are not currently an approved CEU provider. However, you may be able to report CEUs under the "individualized option" because most of the content of our symposium falls under professional conduct. If you have any questions about this, our athletic training education program director can help you find the details for reporting CEUs within this category.

Jennifer Austin

Athletic Training Education Program Director

Colby-Sawyer College

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