

CHICAGO'S BIG TEN TEAM™



REGISTRATION

Northwestern University 2017 Performance Summit

Registration

\$50/person - General

\$25/person - Students: Undergrads & Graduates

(Registration fee is non-refundable)

(Payment must be postmarked by February 1, 2017)

Included with Performance Summit:

CEU's from the NSCA, CSCCa

BOC pending approval for 5 CEUs of Category A CEs

CME pending approval for

Lunch Provided by "School Health" & Handouts

Register Online:

Pay by Check: Make check payable to: JPSP LLC

Pay by Credit Card: Visa _____ MasterCard _____

Name on Card _____ CVS# _____

Card# _____ Exp. Date _____

Auth. Signature _____

Name, Title _____

School/Business Affiliation _____

Mailing Address, City, State, Zip _____

Email Address _____

Phone Number _____

Mailing Address: Northwestern University
Athletics Tyler Jorgensen, 1501 Central St.,
Evanston, IL 60208

Northwestern University 2017 Performance Summit

Keynote Speaker

Charlie Weingroff, DPT

February 11, 2017

9:00am - 3:00pm



For more information on Northwestern University
Performance Summit Go To: [NUsports.com/
SportsMedicine](http://NUsports.com/SportsMedicine)

Course Learning Objectives

At the conclusion of the session participants should be able to:

* Identify movement principles and training solutions for motor skill acquisitions. (Comprehension)

* Understand the functional anatomy of the heart and medical implications of training with hypertension. (Analysis)

* Discuss and draw conclusions about best practices in sports medicine for management of an acute hamstring strain. (Application)

* Appreciating the psychological implication while recovering from an orthopedic surgery. (Application)

* Recommend and build recovery meals and snacks based on current research recommendations (Application)

* Recognize the components of optimal recovery nutrition that are required to refuel, rehydrate, promote muscle growth and repair, and support immune function (Knowledge)



Location

John C. Nicolet Football Center
2707 Ashland Ave. Evanston, IL 60208

(Free Parking Available in Lot South of Nicolet Football Center
and in Lot West of Nicolet Football Center)

SCHEDULE

• **8:30am - 8:45am**

Registration & Visit Vendors

• **8:50am - 9am**

Introduction and Welcome - Jason Pullara

• **9am - 11:30am - Combined Session**

Keynote Speaker: Charlie Weingroff

Training Through Dysfunction

• **11:30am - 12:00pm Lunch**

(Panera Bread) Sponsored by School Health

Sports Performance Track

• **12:00pm - 2:15pm: Charlie Weingroff**

Lateralization and Motor Skill Regression

Sports Medicine Track

• Hypertension and Training

12:00pm-12:30pm Dr. Micah Eimer:

Acute Hamstring Management

• **12:35pm-1:05pm**

Dr. Jeffery Mjaanes

Psychological Impact on Post-Surgical Outcomes

• **1:10pm-1:40pm**

Dr Vehniah Tjong

Round Table Discussion

• **1:45pm-2:15pm**

Northwestern Medical Staff

2:15pm-3:00pm- Combined Session

• Performance Nutrition

Christina Weidman

3:00pm

• Closing Remarks - Jason Pullara

Keynote Speaker



Dr. Charlie Weingroff, DPT

Strength and Conditioning

Coach

Athletic Trainer



Jeffery Mjaanes, MD

Director of Sports Medicine

Head Team Physician

Northwestern University



**Christina Weidman, RDN,
LDN**

Performance Nutrition Intern
Northwestern University

PRESENTERS



**Northwestern
University**



Micah Eimer, MD,

Cardiology Northwestern
Medicine Glenview Medical
Director



Vehniah Tjong, MD

Assistant Professor of
Orthopaedic Surgery
Northwestern University