

Sports Medicine Lecture

Intended Audience: Sports Medicine Professionals

FEATURING KEYNOTE SPEAKER DAVE HAMILTON

Asst. Athletic Director for Applied Health & Performance Science at PSU
Former Performance Director for USA Field Hockey

Saturday, March 9 • 8:00 – 10:00am
7:30 – 8:00 (Continental Breakfast)

Spooky Nook Sports • 75 Champ Boulevard • Manheim, PA



This workshop will address athlete management and how to establish systems and processes to support athlete longevity and optimal performance. Topics will include load management, recovery, fitness profiling, and how to establish key performance indicators for athlete performance and durability.



\$50 (includes continental breakfast and CEUs for
PTs, PTAs, ATCs, and Performance Coaches)

Register by Wed, March 6 at

spookynooksports.com/edt/1481-Sports-Medicine-Special-Interest-Group



DAVE HAMILTON, MSc, CSCS, ASCC, is currently the Assistant Athletic Director for Applied Health and Performance Science at Penn State University. He oversees and directs the establishment of the sports science framework that promotes athlete health and performance for 31 teams and over 800 student athletes. He is a recognized leader in sports science and is a distinguished speaker on utilizing sport science and analytics to manage athlete performance outcomes.

Prior to his current position at Penn State, Dave was vital in helping the USA Field Hockey team improve from 10th in the world to 5th as their Director of Performance Science and Medicine from 2013 to 2016. He also served as the Head of Physical Preparation for Great Britain from 2009 to 2013, during which time Great Britain improved from 8th to 3rd in the world. He continues to work as an Olympic consultant for Team Belgium as they prepare for Tokyo 2020.