

Keep Her Playing: Female Athlete Conference

Presented by:



Unlock Your Potential: Preventing ACL Injuries & Understanding Relative Energy Deficiency in Sport

Join us for a comprehensive athletic conference for young female athletes (ages 13 -24), their coaches, parents, guardians and athletic directors.

DATE:

Saturday, November 23, 2024

TIME:

Registration/breakfast: 8:00 am

Keynote: 9:00 am

Programing: 8:00 am–1:00 pm

Athlete testing: 8:00 am–4:00 pm

LOCATION:

University of Hartford
200 Bloomfield Ave, West Hartford, CT

FEATURED TOPICS:

- Understanding ACL Injuries: *Causes, Risk Factors, and Prevention Strategies*
- RED-S: *Recognizing the Signs and Optimizing Nutrition for Peak Performance*
- Injury Prevention Screening: *Assessing Strength, Stability, and Movement Patterns*
- Combined Testing: *Integrating Performance Metrics for Comprehensive Athlete Assessment*

Keynote speeches, educational content, and athlete testing will all be held on the University of Hartford campus.

Transportation may be provided from your school.

This event is free, but registration is required.

To register visit <https://app.smartsheet.com/b/form/5678e1b6d4e7475985eae02b89486ebf>

For more information, please contact: Sportsmedicine@hhchealth.org or 860.972.5950



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