

Sessions for 2016 Speaker Series:

**There are *NO costs* for these sessions;  
Please register in advance**

- Concussion Awareness
- Environmental Concerns for Athletes
- General Medical Conditions: Pearls for Parents and Coaches
- Summer's Comin' - Preparing my kids for the hot summer programs
- Pediatric Athletes
- I hurt my knee - what could it be?
- Nutritional Concerns for Athletes

**See inside for program details, dates and locations**



**Baltimore  
County  
Maryland**

**Baltimore County Executive  
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DEPARTMENT OF  
RECREATION AND PARKS

In partnership with



And



Presents our first annual

**2016**

**Speaker Series**

*Presentations for  
Parents, Coaches  
for the benefit of  
Participants of all ages...*

*Building better Baltimore County communities  
through education, communication and  
cooperation*

## Why a "Speaker Series"?

Making a difference in the communities that Baltimore County Recreation and Parks serve is an essential component of what we do and why we are here.

This new speaker series is intended to address topics important to the health and well-being of some of our key customers - our children.

Addressing the health and wellness of participants in our programs is the motivation for this series. Partnering with professionals and leaders in health are key to providing you with the information important to the health, physical and emotional growth of the children and young adults we serve.

Please take a close look at the upcoming **NO COST** presentations we are offering in 2016. We worked to make them interesting, current and accessible throughout the County.

Your participation as coaches, parents and members of a caring, wellness community will contribute to a strong future for today's youth and the youth of the future.

## Righttime Medical Care

[www.myrighttime.com](http://www.myrighttime.com)

Celebrating 25 years of service throughout Maryland, Righttime Medical Care's mission is to simplify access to trustworthy urgent care for patients of all ages from 7:00 a.m. to midnight, 365 days a year. HeadFirst Sports Injury and Concussion Care is Righttime's program providing education, evaluation and treatment for mild traumatic brain injuries. Righttime has been providing interesting and timely presentations for Baltimore County Recreation and Parks for several years and we look forward to taking our partnership to the next level with more inspiring and informative sessions.

## Towson Sports Medicine

[www.towsonsportsmedicine.com](http://www.towsonsportsmedicine.com)

Towson Sports Medicine Center, the first sports center of its kind in Baltimore, was established in 1984 by the Baltimore Colts Team Physician. It features state-of-the-art rehabilitation for all orthopaedic injuries and orthopaedic-related problems. A division of Towson Orthopaedic Associates, TSM specialties also include injury treatment programs for athletes at any age, any competitive level, from the adolescent to senior, recreational to Olympic athlete. TSM has provided essential and helpful training to Baltimore County Recreation and Park staff and now is sharing its expertise with the communities we serve.

*We look forward to working together with these two community oriented organizations to keep Baltimore County parents and coaches current and well informed.*

Meet our partners...

**2016 Baltimore County Recreation and Parks Speaker Series** was planned with the needs and best interests of our Recreation and Parks families and coaches. We have done our best to ensure that all sessions are held in each of the four Recreation and Parks regions of the County. If you can't make the session in your community, you are welcome to sign up in any of the other regions. There is **no cost** for these sessions, however, we do ask that you sign up in advance so that we can assure we meet the needs of our presenters and that we have adequate seating for each presentation. A registration form is included with this pamphlet or, you can call 410-887-5889 to register for the presentation(s) of your choice. **All sessions start at 7 p.m.**

**Nutritional Concerns for Athletes.** You can't be a healthy and productive athlete on a diet of soda, chips and fast food. It just doesn't work that way! **Towson Sports Medicine's** staff of Certified Athletic Trainers share why diet is a key to success on the field, diamond, court, mat and everywhere else...

**Region 1** - Tuesday, October 4, 7 p.m., Randallstown Community Center  
**Region 2** - Wednesday, November 2, 7 p.m., Cockeysville Community Center  
**Region 3** - Thursday, October 6, 7 p.m., Honeygo Regional Park  
**Region 4** - Wednesday, November 9, 7 p.m., Sollers Point Multi-Purpose Center

**Concussion Awareness.** No matter the sport or activity, there's the possibility that a concussion can occur. The **Righttime Medical Care** team offers an informative discussion and presentation on how to try and avoid a concussion, how to treat a concussion and when it is time to come back to full participation.

**Region 1** - Wednesday, March 2, 7 p.m., Randallstown Community Center  
**Region 2** - Wednesday, August 3, 7 p.m., Cockeysville Community Center  
**Region 3** - Wednesday, March 9, 7 p.m., Honeygo Regional Park  
**Region 4** - Wednesday, August 10, 7 p.m., Sollers Point Multi-Purpose Center

**Environmental Concerns for Athletes.** Yes, the weather and air quality really can make a difference on participation, performance and safety of the young athlete. **Towson Sports Medicine's** staff is prepared to let us know when it is best to play, not to play and/or how to prepare for the weather and the event. Too cold, too hot, rain, snow, wind, proper hydration, what is best to wear - are but a few of the points to consider when preparing for practice or the big game...

**Region 1** - Wednesday, May 4, 7 p.m., Randallstown Community Center  
**Region 2** - Wednesday, June 1, 7 p.m., Cockeysville Community Center  
**Region 3** - Thursday, May 5, 7 p.m., Honeygo Regional Park  
**Region 4** - Thursday, June 2, 7 p.m., Sollers Point Multi-Purpose Center

**General Medical Conditions: Pearls for Parents and Coaches.** Even when we think we know it all, bottom line is, we just don't! When is it time to rest, to carry on, or every bit as important, when is it best to see a doctor? Here's your chance to learn from the **Towson Sport Medicine** folks best practices for parents, guardians and coaches.

**Region 1** - Wednesday, June 8, 7 p.m., Randallstown Community Center  
**Region 2** - Wednesday, September 7, 7 p.m., Cockeysville Community Center  
**Region 3** - Wednesday, April 6, 7 p.m., Honeygo Regional Park  
**Region 4** - Wednesday, May 11, 7 p.m., Sollers Point Multi-Purpose Center

**Pediatric Athletes: They are not just small adults.** In spite of what we might think, sports don't necessarily fit all sizes! Special consideration needs to be taken when introducing and continuing participation for kids and adolescents into team and individual sports. What works for an adult, just isn't necessarily right for your kids. **Towson Sports Medicine's** staff have considerations you really need to consider...

**Region 1** - Wednesday, September 14, 7 p.m., Randallstown Community Center  
**Region 2** - Wednesday, April 13, 7 p.m., Cockeysville Community Center  
**Region 3** - Thursday, September 15, 7 p.m., Honeygo Regional Park  
**Region 4** - Wednesday, April 27, 7 p.m., Sollers Point Multi-Purpose Center

**Summer's Comin' - Preparing my kids for the hot summer programs.** Just in time for Baltimore County Recreation and Parks' Summer Camps and Summer Playgrounds, we are excited to have this *Parent Orientation* presented by the "Kid Experts" at **Righttime Medical Care**. Preparing for summer programs brings its own set of problems and solutions - dressing properly, packing the right lunches, preparing for the weather, fostering new friendships and watching out for certain plants and bugs... Too much to list; lots to listen to!

**Region 1** - Tuesday, June 21, 7 p.m., Randallstown Community Center  
**Region 2** - Wednesday, June 22, 7 p.m., Cockeysville Community Center  
**Region 3** - Thursday, June 23, 7 p.m., Honeygo Regional Park  
**Region 4** - Monday, June 20, 7 p.m., Sollers Point Multi-Purpose Center

**I hurt my knee - what could it be?** Sports injuries amongst young athletes can be a whole different set of issues for parents and coaches to understand the long term implications and proper treatments. **Towson Sports Medicine's** experts share their insights on this painful topic...

**Region 1** - Thursday, April 7, 7 p.m., Randallstown Community Center  
**Region 2** - Wednesday, May 18, 7 p.m., Cockeysville Community Center  
**Region 3** - Wednesday, June 15, 7 p.m., Honeygo Regional Park  
**Region 4** - Wednesday, September 21, 7 p.m., Sollers Point Multi-Purpose Center