

2025 Sports Medicine Symposium

Agenda

Monday, July 28

7:15 - 8:00 am	Check In & Breakfast
8:00 - 8:15 am	Introduction & CHSAA Updates - Jenn Roberts Uhlig & Kevin Clark
8:15 - 8:45 am	Early Sport Specialization - Dr. Jeffrey Ebel, DO
8:45 - 9:15 am	Youth sports then and now: Preventing overuse injuries in the age of early sport specialization - Eric Post, PhD, ATC
9:15-9:30 am - Break	
9:30 - 10:00 am	Knee: Sports Medicine Update and Cutting Edge - Dr. Justin Newman, M.D.
10:00 -10:30 am	Protein Synthesis in Athlete Populations - Max Deutz, PhD, RD, CSSD
10:30 -11:00 am	The Body Achieves what the Mind Believes - Matthew P.M. Kitashima
11:00-11:15 am - Break	
11:15 - 11:25 pm	CHSAA State Championship Event ATC Representation/Help - Chad Smidt, ATC
11:25 - 11:55 am	Concussions - Kylie Clark
11:55am - 12:20 pm	Panel Best Practices in Athletic Training program Implementation
12:20-12:30 pm	Closing & Awards

12:30pm - Grab & Go Lunch & Networking

*Thank you to our contributing sponsor CATA for sponsoring today's breakfast, lunch & offering the CEU credit hours.

A BIG thank you to the members of the CHSAA SMAC Committee with a special thank you to Jeb Davis, Jim Keller, Chad Smidt & Kevin Clark for helping to organize and make this symposium a successful and educational event.

Presenters

Introduction & CHSAA Updates

Jenn Roberts Uhlig - Jenn, CHSAA Associate Commissioner who oversees the Sports Medicine Advisory Committee as well as Cross Country, Gymnastics, Unified Bowling, Spirit, Track & Field, New Athletic Directors, CADA & Women in Leadership amongst many other pivotal statewide CHSAA responsibilities.

Kevin Clark - Kevin serves as the CHSAA SMAC Committee Chair, as well at the CHSAA Cross Country Committee Chair. He is the District Athletic & Activity Director for Thompson School District, in Loveland.

Early Sport Specialization

Jeffrey Ebel, DO (Orthopedic & Spine Center of the Rockies) - Dr. Jeffrey Ebel has a wealth of medical experience, having practiced Sports Medicine in both Omaha, NE and Toledo, OH prior to joining OCR back home. His sports care background includes working with Olympic athletes from the Detroit Skaters Club, ECHL and AHL hockey athletes, every division of NCAA collegiate athletes, along with high school and youth athletes in a variety of manners. He holds board certification from the American Board of Family Medicine and has a certificate of added qualifications in Sports Medicine.

Youth sports then and now: Preventing overuse injuries in the age of early sport specialization

Eric Post, PhD, ATC (United States Olympic & Paralympic Committee) - Eric is sports medicine researcher and injury epidemiologist focused on protecting athlete health through real-world data, injury surveillance systems, and applied science. As Manager of Sports Medicine Research at the U.S. Olympic & Paralympic Committee, he leads multidisciplinary teams responsible for designing and implementing large-scale injury and illness surveillance systems.

Knee: Sports Medicine Update and Cutting Edge

Dr. Justin Newman, M.D. - Dr. Newman is an orthopedic surgeon focusing on knee, complex knee, sports hip and shoulder. He attended the University of Denver, medical school at the University of Chicago, residency at the University of Colorado and did a sports medicine fellowship at the Steadman Clinic in Vail. He is active in research and innovation, is a frequent lecturer and is on the CHSAA medical board. He is the team physician for eight local high schools, the Winter Park Resort Competition Center and many other athletic events throughout the year.

Protein Synthesis in Athlete Populations

Max Deutz, PhD, RD, CSSD (Colorado State University) - Max is part of the Department of Food Science and Human Nutrition and the Athletics Department at CSU. He is a Registered Dietitian (RD) and Certified Specialist in Sports Dietetics (CSSD). He has worked as a sports dietitian at the University of Notre Dame before moving on to protein metabolism research as a part of his PhD studies at the University of Illinois Urbana-Champaign.

The Body Achieves what the Mind Believes

Matthew P.M. Kitashima - Matt works with individuals & organizations guiding them to understand how their thinking helps or hinders their performance. Then using his designed Meiso System, he provides science-based actionables known as "weapons" for clients to add to their mental arsenal. The system is designed for mental toughness enhancement validating existing tactics as well as teaching new ones. With his unique experience of being a dual sport athlete in college, over 25 years of coaching athletes & over 25 years of teaching experience, Matt has a knack of connecting with people keeping them engaged as well as taking complex concepts then simplifying them for more effective results for his clients.

CHSAA State Championship Event ATC Representation/Help

Chad Smidt - Chad, Certified Athletic Trainer, Sports Medicine Director at Orthopedics & Spine Center of the Rockies. Chad is the CHSAA athletic trainer assignor and works many local, national and international events. He is a member of the CATA Hall of Fame and is an active member of the CHSAA SMAC Committee.

Concussions

Kylie Clark - Kylie received her BA in Exercise Science and a minor in Spanish from Hope College in Holland, Michigan where she also played four years of varsity soccer. She received her Doctorate of Physical Therapy from the University of Colorado Denver. Kylie is part of the Next Level Sports Performance team and oversees special operations and community outreach. Kylie is a board certified Orthopedic Clinical Specialist, certified in Level 2 functional dry needling through KinetaCore and Blood Flow Restriction Training. She is also a certified Strength and Conditioning Specialist.

Panel Best Practices in Athletic Training program Implementation

Chad Smidt, ATC - Sports Medicine Director at Orthopedics Center of the Rockies

Jason McWilliams, MS, ATC - UC Health Physical Therapy & Rehabilitation Clinic

Kevin Roberts, MEd. LAT, ATC - Academy SD 20

Robert Lopez-Babin, Associate Clinical Manager & ATC - Children's Hospital Colorado Sports Medicine Center