

2026 Sports Medicine Symposium

Agenda

Monday, July 27

7:15 - 8:00 am	Check In & Breakfast
8:00 - 8:15 am	Introduction & CHSAA Updates - Jenn Roberts Uhlig & Harry Waterman
8:15 - 8:45 am	Sportsmetrics - Tes Hass, CSCS, BRS, CSMS - Level II
8:45 - 9:20 am	Time Sensitive: Injuries That Can't Wait - Tammy Ng, MD
9:20-9:30 am - Break	
9:30 - 10:30 am	Flow State - Amy Manson, Flow State Brain Training
10:30 - 11:30 am	Non-emergent Assessment of the Cervical Spine - Amanda Elder, EdD, LAT, ATC
11:30-11:40 am - Break	
11:40 - 12:20 pm	Supporting the Whole Athlete: Practical Mental Health Conversations for Athletic Trainers - Alex Reed, PsyD & Jordan Jennings, School Counselor
12:20-12:30 pm	Closing & Awards - Jenn Roberts-Uhlig, CHSAA Associate Commissioner
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.

Harry Waterman - Harry serves as the CHSAA SMAC Committee Chair, Educational and athletic administrator with leadership experience at the school, district and state levels, currently serving as District Athletic & Activities Director for Boulder Valley School District

Sportsmetrics

Tes Hass, CSCS, BRS, CSMS-Level II (NextLevel Sports Performance) - Tes is 7 years into her strength and conditioning career. A Colorado native, she graduated from Metropolitan State University of Denver with a degree in Exercise Science and a minor in Nutrition. While at MSU Denver, she played collegiate softball. Through her life in athletics, it created a large pursuit of this field. Tes found a greater passion to help those in the aspect of sports performance as well as the return to sport due to multiple knee surgeries. She specializes in power lifting, strength and conditioning, as well as ACL return to sport. CSCS and CSMS - Level 2 certified

Time-Sensitive: Injuries That Can't Wait

Tammy Ng, MD (Orthopedic Center of the Rockies) - Dr. Ng is a primary care sports medicine physician and board-certified pediatrician. She completed her pediatric residency training at UC Davis in Sacramento, then moved to Seattle to complete her primary care sports medicine fellowship training at the University of Washington. There, she served as head team physician for Everett Community College and Garfield High School. Dr. Ng also served as an assistant team physician for the University of Washington's gymnastics team and the Seattle Seawolves, a professional rugby team. Dr. Ng now serves the Northern Colorado region working at the Orthopedic & Spine Center of the Rockies in Fort Collins, where she also serves as a team physician for women's soccer, volleyball, and basketball at Colorado State University

Flow State

Amy Manson, Flow State Brain Training - Amy is a coach and former collegiate/professional Track & Field athlete who has been speaking and educating in the field of goal setting and performance for over 25 years. Through Flow State Brain Training, Amy teaches a blend of neuroscience, breathwork, activities and mindset to guide participants towards a tangible understanding of the brain-body connections related to Flow State. Amy has shared FSBT with several professional/Olympic athletes, collegiate teams and was a featured presenter at the NCAA T&F coaches convention this year.

Non-emergent Assessment of Cervical Spine

Amanda Elder, EdD, LAT, ATC (University of Colorado Colorado Springs) - Mandi Elder is a Professor in the Health Sciences Dept. at the University of Colorado Colorado Springs where she is the program director for the MS Athletic Training program. Mandi has been at UCCS since 2008 and has taught for 29 years. Prior to returning home to Colorado, Mandi was the clinical coordinator for the undergraduate athletic training program at Southeast Missouri State University. She earned her doctorate from Oklahoma State University. She has been involved in curriculum development for athletic training and serves as an accreditation peer reviewer for the Commission on Accreditation for Athletic Training Education and athletic training education consultant. Additionally, Mandi has served as a Teaching Fellow for UCCS. Her instructional emphasis in the MSAT program is on the spine and manual therapy. Mandi has been involved in research of emergency action planning and rodeo injuries. Mandi works as a certified athletic trainer and Research Director with the Justin Boots Sports Medicine team.

Supporting the Whole Athlete: Practical Mental Health Conversations for Athletic Trainers

Dr. Alex Reed, PsyD, MPH - Dr. Reed is the Director of Behavioral Health Education at the University of Colorado Family Medicine Residency and is an Associate Professor in the Departments of Family Medicine and Obstetrics and Gynecology at the University of Colorado School of Medicine. Dr. Reed is the team psychologist for the Denver Nuggets and the Colorado Rapids. He is also a co-leader of Project HairCare, a program focused on training barbers, stylists and students in the Black Community of Denver and beyond about changing stories around mental health in the shops. Dr. Reed holds a Doctorate of Psychology from the Illinois School of Professional Psychology- Chicago and a Master's in Public Health from the University of Kansas. Dr. Reed completed a 2 year fellowship in Primary Care Psychology from the University of Massachusetts School of Medicine and a 1 year public health leadership program with the Kansas Public Health Leadership Institute. Dr. Reed has presented nationally and internationally on the topics of mental health and wellbeing, medical education, improvisation theater in medicine, and sports psychology.

Jordan Jennings - Jordan Jennings is the Counseling Lead at Berthoud High School, a Licensed Professional Counselor, and owner of Pinnacle Mental Health & Wellness. He also supports Berthoud High School athletic programs through leadership development initiatives. Jordan holds a Bachelor's degree in Psychology from Saint Louis University and a Master's degree in Counseling from Whitworth University. With over 13 years of experience in education, counseling, and coaching, Jordan is passionate about supporting students, families, and the community through meaningful mental health work and connection.