



*Presents*

## A HOCKEY SAFETY SYMPOSIUM

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- 8:30am **Doors Open**
- 9:00am **Welcome**
- 9:15am **Emergency Action Plans in Hockey**  
*Dr. George Chiampas, Northwestern University*  
Dr. Chiampas will discuss innovative and simple steps a coach, player, parents and clubs can take and implement in regards to Emergency Action Plans to protect and build a culture of safety in youth sports. He will provide unique and simple measures that can be incorporated across sports.
- 10:00am **Sleep: Why It's Essential for Your Athletic Performance and Health**  
*Dr. Meeta Singh, Henry Ford Hospital*  
Dr. Singh will cover a description of the science of sleep and alertness and how they vary in the 24-hour day. In particular, the focus will be the effect of lack of sleep on the teenage brain and overall health. It will also cover simple interventions with a focus on improving alertness and sports performance.
- 10:45am **Appearance & Performance Enhancing Drugs: The Pressure to Perform**  
*Tavis Piattoly, Taylor Hooton Foundation*  
Steroid and PED use is rapidly becoming a public health problem. This presentation will teach the audience how to understand the scope of this problem and the social pressures that are driving this behavior; understand where the substances are sourced; become acquainted with resources that are available to identify safe dietary supplements; be able to recognize the side effects and risks; and have a better understanding of dietary supplement regulations, safety, and testing.
- 11:30am **Break**
- 12:00pm **Ensuring Emotional & Psychological Safety in Youth Sports: Avoid the Risk of Threats, Including Bullying and Hazing**  
*Joe Terrasi, Positive Coaching Alliance*  
This presentation will discuss the critical need for adults who are involved with youth sports to take special care of athletes' well-being, physically, developmentally, psychologically, and emotionally. Special emphasis will be placed on understanding and combating the specific threats of bullying and hazing.

1:15pm

**The Injury Paradigm: Preventing the Preventable**

*Paul Goodman, Chicago Blackhawks*

Injuries will happen. Managing injuries is one component but it is more important to be prepared to prevent injury. We will discuss the topics of preventative performance strength and conditioning for youth hockey players. We will review preventative modalities that enhance performance and keeping athletes in competition.

2:00pm

**Concussions in Youth Hockey**

*Dr. Elizabeth Pieroth, NorthShore University HealthSystem*

The audience will learn the signs/symptoms of concussion; when a concussion is a medical emergency; how to best manage a concussion; and when a player can safely return to play. We will also review products on the market that claim to reduce concussions, including hockey helmets and mouth guards.

2:30pm

**Closing**

# PRESENTER BIOS

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## **George Chiampas, DO, CAQSM FACEP; Northwestern University**

Dr. Chiampas is an Assistant Professor in the Departments of Emergency Medicine and Orthopedics at the Feinberg School of Medicine at Northwestern University and Northwestern Memorial Hospital. Additionally, he serves as EMS Medical Director for the Chicago Police Department, as well as founder and Co-Director of the Chicago Cardiac Arrest and Resuscitation and Educational Services (CCARES), a foundation which promotes greater public education, awareness, training and legislation on Sudden Cardiac Death. Dr. Chiampas is also the Medical Director of the Bank of America Chicago Marathon and Shamrock Shuffle, is the Chief Medical Officer for the United States Soccer Federation (USSF), a Team Physician with the Chicago Blackhawks, and has served as a “Visiting Team Medical Liaison” (VTML) for the NFL providing access to care for visiting NFL teams.



## **Meeta Singh, MD; Henry Ford Hospital**

Dr. Meeta Singh is a Board Certified sleep medicine specialist whose work and research focuses on “coaching the sleep muscle” to help maximize performance in both individual athletes and sports teams. She is the service chief of the sleep medicine, and section head and medical director at the Henry Ford sleep laboratory in Michigan. She has served as a consultant for multiple NFL, MLB, NHL and NBA teams, as well as college sports teams. As part of this service, Dr. Singh performs athletic sleep assessments with personalized prescriptions for better sleep. She also helps sports teams and athletes with their travel management with a focus on addressing sleep deprivation and jet lag and maximizing athletic performance.



## **Tavis Piattoly; Taylor Hooton Foundation**

Tavis is the Education Program Manager for the Taylor Hooton Foundation where he has the opportunity to speak to High School, Colleges, Conferences, and at Major League Ballparks on the dangers of performance enhancing drugs and dietary supplements. He is also the co-founder and Director of Sports Nutrition education for My Sports Dietitian ([www.mysportsd.com](http://www.mysportsd.com)), an online sports nutrition education company that helps athletes of all levels improve their eating habits to enhance performance, recovery, and health. He was the Sports Dietitian for the New Orleans Saints from 2006-2013 and New Orleans Pelicans from 2008-2013. He also served as the Sports Dietitian for the Tulane Institute of Sports Medicine’s NFL Players Association Brain and Body program from 2013-2016.



## **Joe Terrasi; Positive Coaching Alliance**

Joe is a Lead Trainer for the Chicago Chapter of the Positive Coaching Alliance. A native of Detroit, Joe competed in youth and high school football, hockey, baseball, basketball, and soccer. He has coached basketball since 1989, including men and women from 4th grade through college. He has also been the athletic director at Gordon Tech High School, managing all aspects of fielding 16 sports and supervised over 50 coaches. He has a Master of Education degree in Instructional Leadership and has served in a variety of school leadership roles including assistant principal and instructional mentor. He continues to coach basketball in both high school and youth programs and is the parent of a high school ice hockey player. He is passionate about the inclusion and empowerment of all youth athletes.



**Paul Goodman; Chicago Blackhawks**

Paul Goodman is the Strength and Conditioning Coach for the Chicago Blackhawks. He is also the Owner and Head Performance Coach of RiSE Performance Institute. Paul has a Master of Science Degree in Applied Exercise Science, a Master of Science Degree in Education and is a PhD candidate from the Auckland University of Technology - New Zealand.



**Elizabeth M. Pieroth, PsyD, ABPP; NorthShore University HealthSystem**

Dr. Pieroth is a Board Certified Clinical Neuropsychologist and the Associate Director of the NorthShore University HealthSystem Sports Concussion Program. She has been involved in the assessment of players in the National Hockey League since 1997 and is the Head Injury/Concussion specialist for the Chicago Bears, Blackhawks, White Sox, Fire, and the National Women's Soccer League, as well as numerous colleges and high schools across the State of Illinois. She is the Co-Director of the NFL Neuropsychology Consulting Program. Dr. Pieroth is also on the Board of Directors of the Brain Injury Association of Illinois and is a member of the USA Football Heads Up Advisory Committee, the US Soccer Concussion Task Force, Amateur Hockey Association of Illinois Safety Committee and the NFL Head, Neck and Spine Committee.