



**FOR IMMEDIATE RELEASE**

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### **Seeing Stars Foundation's P.R.E.P.S. Youth Sports Concussion Symposium**

A Series of Presentations by Concussion Experts on: Prevention; Research, Education, Prevention, and Safety

**Palm Beach Gardens, Florida** -- The Seeing Stars Foundation is hosting a special sports concussion symposium titled P.R.E.P.S. to address concerns and provide solutions for traumatic Brain injury assessment, treatment, and management for young athletes. The symposium is comprised of a series of lectures and presentations, followed by a Q&A session. Our invited speakers are concussion experts with knowledgeable insights and experience on key concussion issues facing youth sports today. This event will be held on Saturday, September 26<sup>th</sup>, at Oxbridge Academy, located at 3151 North Military Trail, West Palm Beach, FL 33409. Admission is free with advanced online reservation through the Seeing Stars Foundation's website: <http://seeingstarsfoundation.org>.

Seeing Stars Foundation is a 501(c)3 non profit organization founded by neurologists with expertise on sports related concussion. Our doctors serve as consultants and physicians for the NFL, NHL, Professional Boxing, the NCAA, United States Tennis Association, and also serve on concussion committees for the NFL and NFL players association. The Seeing Stars Foundation is reaching out to young athletes. Coaches, parents, administrators, directors, in South Florida with the P.R.E.P.S. symposium to raise awareness on sports related concussions and traumatic brain injuries in Youth Sports.

#### **About the P.R.E.P.S. Concussion Symposium**

P.R.E.P.S. addresses 5 of the most prevalent topics concerning Youth Sports Concussion: Prevention – Research – Education – Protection – Safety. Each Topic is presented by an expert in their respective field. Following is a brief description of the different topics to be presented:

- Prevention
  - Baseline testing; Proper Tackling Techniques; Adequate vs. Limitation of Practice time; Athlete Conditioning; injury diagnosis
- Research
  - Clinical research geared toward understanding the mechanism and physiology of sports related concussions; the major organizations currently doing research on the issue of concussion; and an assessment of the progress made up-to-date.
- Education
  - Concussion awareness and educational workshops for athletes, parents, coaches, directors; trained physicians, athletic trainers, coaches and athletes on sports related concussion evaluation and management issues; the do's & dont's of technology products and services.

- Protection
  - Proper fitting for helmets; Sports Equipment Replacement program provides youth athletes with updated and safer equipment.
- Safety
  - Programs to provide youth clubs/leagues with athletic trainers assistance on the sideline during games and practices. Establish a Physician Network to properly evaluate concussed athletes free of charge, and recommend the best protocols for injury management and safe return-to-play/learn.

## PRESENTING SPEAKERS



**DR. FRANCIS CONIDI**  
Florida Center For Headache & Neurology;  
NHL Team Neurologist of The Florida Panthers



**DR. JOHN KULUZ**  
Director of Traumatic Brain Injury and Neuro-Rehab at Nicklaus Children's Hospital in Miami, FL



**GEORGE VISGER**  
Former NFL Player - San Francisco 49ers; The Visger Group - TBI Consulting Organization



**KATHERINE SNEDAKER**  
Founder of SportsCAPP.com & PINKConcussions.com; Concussion Advocate, Educator, & Concerned Mom



**DR. CARL CRAMER**  
Executive Board - Athletic Trainers Association of Florida; Associate Dean and Professor at Barry University

Also, a 'VOICES' Presentation by: **CRISTINA ALDEANUEVA**  
Student Athlete at St. Andrew's School - Boca Raton, Florida

Traumatic Brain injuries are rising at an alarming rate, with around 1.9 million injured per year, resulting in 65,000 deaths. Over five million Americans are alive today who have had a head injury and now need help with the activities of daily living, costing the country more than \$80 billion per year.

Concussion is a serious health issue... At Seeing Stars Foundation, we promote research, awareness, and education on sports related concussion and sports related neurological injuries, primarily in Youth Sports but also for athletes of all ages.

Admission for The P.R.E.P.S. Youth Concussion Symposium is FREE, however you must register online in advance to reserve your spot: <http://seeingstarsfoundation.org>

For Press/Media inquiries, email: [info@seeingstarsfoundation.org](mailto:info@seeingstarsfoundation.org)