

Aquatic Training & Conditioning Seminar

October 9 & 10, 2010

**** REGISTER BY SEPTEMBER 1st and RECEIVE \$100 DISCOUNT!!! ****

Who Should Attend?

Whatever your profession, aquatics is the common bond... you will encounter a wide variety of healthcare professionals with disciplines to enhance your learning experience...PTs, PTAs, OTs, OTAs, TRs, ATs, KTs, PhDs, ExPhys, RNs, LMTs, Physical Educators, Assistants, Aides, Aquatic Fitness Professionals. Learn how this course fits into your scheme of services.

13 CEU's have been applied for in TX and OK for PTs, PTAs, OTs, OTAs and ATCs.

Hosted By:

Texas Health Presbyterian Hospital Dallas
Dallas, TX

Sponsored By:

Vonco Medical, Rehab & Fitness

Course Location:

Finley Ewing Cardiovascular & Fitness Center
Texas Health Presbyterian Hospital Dallas
5721 Phoenix Drive
Dallas, TX 75231

Accommodations:

Please contact Pam Sanders at Vonco Medical at (800) 972-6461 for details regarding hotel information.

Course Description:

This 1/1/2 day comprehensive course emphasizes aquatic therapy and sports performance training from a dynamic/ functional approach. This course will provide the clinician with practical aquatic therapy techniques for sports injuries and performance training.

The philosophy of integration is covered throughout the entire course to teach the attendee a transitional thought process. This thought process will allow the clinician to choose the most appropriate techniques and equipment that can be utilized in the water to help their athletes achieve their goals. The philosophy of integration is stressed; however the emphasis of this course is Aquatic Therapy/ Sports Performance Training. Much of the course time has been designated to laboratory sessions.

Participants will learn the philosophy and exercises in the classroom and then be able to practice and teach them to other students in the water. This will allow the clinician to have a complete understanding of how to evaluate quality of movement in the water and progress accordingly.

Course Objectives:

- Understand the unique benefits of utilizing an aquatic environment for improving dynamic flexibility, strength, stability and power.
- Understand the philosophy and aquatic principles of integration as they apply to athletic conditioning of the upper extremity, lower extremity and spine..
- Design comprehensive and progressive programs for orthopedic and sports populations utilizing a variety of aquatic techniques and equipment.
- Design comprehensive and progressive aquatic sports conditioning programs for dynamic flexibility, circuit training, conditioning, strength and power for athletes

Faculty:

Rick McAvoy PT, DPT, CSCS

Dr. Rick McAvoy, PT, DPT, CSCS has specialized in Aquatic Physical Therapy for over 20 years. He received an Associates Degree in Physical Therapy in 1988 from Becker College in Worcester, MA., a Bachelor's Degree in Physical Therapy in 1992 from the University of Connecticut and a Doctorate in Physical Therapy in 2007 from Franklin Pierce University. Rick is certified as a Strength and Conditioning Specialist through the National Strength and Conditioning Association.

Rick has invented aquatic exercise equipment and developed exercise software which sells both nationally and internationally. He is a published author and researcher in the field of Aquatic Therapy and Conditioning.

Rick is the Aquatic Coordinator at Rehab 3 Center for Aquatics, an outpatient orthopedic and sports medicine facility in New Hampshire. He serves as the Education Coordinator for SwimEx, a manufacturer of high quality pools for physical therapy clinics and sports training facilities. He is also a spokesperson for the Master Spas H2X RX therapy/ conditioning spa which sells nationally. He is a Master Instructor in the Burdenko Method, a specialized form of dynamic aquatic and land-based techniques.

Rick also lectures nationally throughout the year teaching the benefits of Aquatic Therapy and Conditioning to health care practices and athletic institutions.

Tuition:

The course registration is \$450. **REGISTER BY SEPTEMBER 1st and RECEIVE \$100. DISCOUNT.** Order of enrollment will be determined by postmark date. Course confirmation and additional information will be sent upon receipt of registration form.

Cancellation:

Tuition, less a \$50. service charge, is refundable with receipt of a written notice two weeks prior to course. No refunds will be given after that time. We reserve the right to cancel or change a program for due cause with a full refund. We will not be responsible for refund of travel or hotel expenses under any circumstances.

To register for this course, you can register on line or download form from our website (www.voncomed.com) and e-mail to pams@voncomed.com or fax to (972) 247-1815.

Please make checks payable to:

Vonco Medical Products
11480 Anaheim Drive
Dallas, TX 75229

Contact: Pam Sanders
Phone: (972) 247-6155, Ext. 207
Fax: (972) 247-1815



Vonco Medical, Rehab & Fitness is recognized by the Board of Certification to offer continuing education for Certified Athletic Trainers.

For More Information Contact:

Pam Sanders at (972) 247-6155 or e-mail pams@voncomed.com

October 9 – DAY 1

8:00 a.m.

Registration

8:15 – 9:30 a.m.

LECTURE

Philosophy of Integrated Therapy
Brief properties of Water
Equipment Selection
Shallow & Deep Water Flexibility Exercises

9:30 – 9:45 a.m.

Break and Change for Pool

9:45 – 11:45 a.m.

LAB SESSION IN POOL

Shallow and Deep Water Flexibility

12:00 – 1:00 p.m.	<u>LUNCH</u>
1:00 – 2:45 p.m.	<u>LECTURE</u> Core Stability Shallow and Deep Water Stability/Strength Exercises
2:45 – 3:00 p.m.	Break and Change for Pool
3:00 – 5:00 p.m.	<u>LAB SESSION IN POOL</u> Shallow and Deep Water Stability/Strength Exercises
5:15 – 6:00 p.m.	Questions/ Answers

October 10 - DAY 2

8:00 – 9:45 a.m.	<u>LECTURE</u> Power Training High Load and Low Load Power Training Plyometrics, Agility and Circuit Training
9:45 – 10:00 a.m.	Break and Change for Pool
10:00 – 12:00 p.m.	<u>LAB SESSION IN POOL</u> Power Training Plyometrics, Agility and Circuit Training
12:00 – 12:15 p.m.	<u>CHANGE TIME</u>
12:15 – 1:00 p.m.	Questions/ Answers Certificates & Course Evaluations