

**Athletes Interrupted
Persistence. Resilience. Growth.**

*The Science and Practice of Resilience & Well-Being for the Evolving Athlete
March 22, 2025
Harper Alumni Center-Sacramento State*

SYLLABUS/TIME-ORDERED AGENDA

- 8:00 – 8:30** **Registration, Check-In, & Continental Breakfast**
- 8:30 – 9:00** **Introduction**
Robert Pieretti, Ph.D., CCC-SLP, BCS-CL Associate Dean, Sacramento State College of Health and Human Services
Joyce Mikal-Flynn, Ed.D., FNP, MSN Professor, Sacramento State School of Nursing
- 9:00 – 10:00** **Keynote Presentation**
Dave McGillivray, Race Director Boston Marathon, Philanthropist, Author, & Athlete, www.davemcgillivray.com
- AM: Cultivating Healthy Athletic Perspectives & Practices**
- 10:00 – 10:50** **Panel 1: Traumatic Brain Injury: Considerations and Consequences for Athletes**
Panel Discussion / Q&A
Moderator: Dr. Lisa D'Angelo, Department of Communication Sciences & Disorders, Sacramento State
Dr. Brian Moore, Department of Physical Therapy, Sacramento State
George Visger, Former NFL Defensive Lineman, San Francisco 49ers
Dr. Amanda Morris, Department of Kinesiology, Sacramento State
- 10:50 – 11:10** **Break & Visit Health & Wellness Resource Fair**
- 11:10 - 12:00** **Panel 2: Youth Sport: Health, Wellness, and Balancing Parental Expectations**
Panel Discussion / Q&A
Moderator: Dr. Joyce Mikal-Flynn
Dr. Aaron Crouch, Physical Therapist, Former NCAA D1 Baseball Player, Sacramento State
Catherine Wuthrich, Former NCAA D1 All-American Water Polo Player, Santa Clara University
Roxanne Mefford, Parent of Olympic & Collegiate Athletes & Coach

- 12:00 – 1:00** **Lunch Break & Visit Health & Wellness Resource Fair**
- PM: Applying Healthy Athletic Perspectives & Practices**
- 1:00 – 1:50** **Panel 3: Adapted Athletics: Recognizing and Applying Strengths and Abilities**
Panel Discussion / Q&A
Moderator: Dr. Jamie Hoffman, Chair, Department of RPTA, Sacramento State, Former NCAA D1 Rower, University of Tennessee, Knoxville
Dr. Chan Woong Park, C.A.P.E., Department of Kinesiology, Sacramento State
Roger Oberholzer, Visually Impaired Runner & Surfer
Matt Scott, Gold medalist, five-time wheelchair basketball Paralympian
- 1:50 - 2:10** **Break & Visit Health & Wellness Resource Fair**
- 2:10 – 3:00** **Panel 4: The Evolving Athlete: Life Beyond the Game**
Panel Discussion / Q&A
Moderator: Bethany Crouch, Coordinator, Sacramento State Student Athletic Academic Success Services, Former NCAA D1 Gymnast, Sacramento State
Sam Hendrix-McCowan, Former NCAA Football Athlete, Sacramento State
Cameron Law, Executive Director, Carlsen Center for Innovation & Entrepreneurship, Former NCAA D1 Baseball Athlete, UC Davis
Amy Vella, Former NCAA D1 Soccer Athlete, UCLA
- 3:00 - 3:20** **Break & Visit Health & Wellness Resource Fair**
- 3:20– 3:50** **Table Discussion: Identifying & Sharing Personal Insights**
- 3:50 – 4:30** **Sports: The Great Balancing Act!**
Dr. Joyce Mikal-Flynn
Dr. Andrea Becker, Department of Kinesiology & Director, Health Science Program, Sacramento State, USA Men’s Volleyball Olympic Sport Psychology Coach, Former NCAA D1 Softball Player, Sacramento State
Bryce Mefford, swimmer, 2020 Tokyo Olympics, NCAA D1 Swimmer University of California, Berkeley
- 4:30** **Adjourn & Sign Out**