

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** **Welcome & Housekeeping**
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, Assistant Professor, Department of Kinesiology, Sacramento State
- 10:50 – 11:10** **Break and Visit Health and 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, Former NCAA Division 1 Baseball Player, Sacramento State, Physical Therapist

Catherine Wuthrich, Former NCAA Division 1 All-American Water Polo Player, Santa Clara University

Roxanne Mefford, Parent of Olympic & Collegiate Athletes & Coach

12:00 – 1:00

Lunch Break and Visit Healthcare 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 Recreation, Park & Tourism Administration, Sacramento State, Former Rower NCAA Division 1, University of Tennessee, Knoxville

Dr. Chan Woong Park, Ph.D., C.A.P.E., Assistant Professor, Sacramento State Department of Kinesiology

Panel of Adapted Athletes, including Roger Oberholzer, Visually Impaired Runner & Surfer

1:50 – 2:45

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 D1 NCAA Baseball Athlete, UC Davis

Amy Vella, Former NCAA Division 1 Soccer Athlete, UCLA

2:45 – 3:00

Break and Visit Healthcare Resource Fair

3:00 – 3:30

Table Discussion: Identifying & Sharing Personal Insights

3:30 – 4:00

Sports: The Great Balancing Act!

Dr. Joyce Mikal-Flynn, Professor, Sacramento State School of Nursing
Andrea Becker, Associate Professor, Kinesiology, College of HHS, Sacramento State

4:00 – 4:30

Resource Fair Activity

4:30

Adjourn & Sign Out