

ACL Injury Prevention Training Held for Section V Coaches

University Sports Medicine is in the initial stages of rolling out its ACL injury prevention program for female athletes to 119 high schools in Section V. The program, called PEP (Prevent injury, Enhance Performance), was trialed in Monroe County high schools for two years, and preliminary results have shown a 72% reduction in the incidence of non-contact ACL injuries.

Beginning June 22, up to one dozen 90 minute training sessions will be held throughout the Finger Lakes region. Junior Varsity and Varsity coaches of high incident female sports (soccer, volleyball and basketball) are invited to attend; school districts are assigned specific dates and times (see below).

In the training sessions, coaches will be introduced to the science behind the program, and taught the specific exercises proven to reduce female athletes' risk of sustaining a non-contact ACL knee injury. Each session will last one and a half hours, and only one junior varsity and varsity coach for each sport will be allowed to attend.

Date/Time	Session Location	Eligible Schools	RSVP
June 22 8:30 a.m. 10:30 a.m.	Oakfield Alabama High School, 7001 Lewiston Rd	Genesee County Schools: Oakfield, Pembroke, Batavia, Byron Bergen, Notre Dame, Kendall, Wheatland Chili, Lyndonville, Holley, Attica, Elba and Alexander	Todd Peterson, 585-313-5693 Todd_Peterson@urmc.rochester.edu
June 23 10 a.m.	Northstar Christian Academy, 332 Spencerport Rd, Rochester	Private Parochial League: Aquinas, Lima Christian, Northstar Christian, Bishop Kearney, CG Finney, Mercy and Nazareth	Todd Peterson, 585-313-5693 Todd_Peterson@urmc.rochester.edu
June 30 8:30 a.m., 10:30 a.m., 12:30 p.m., 2:30 p.m.	Pittsford Sutherland High School, 55 Sutherland St	Monroe County Schools: Brighton, Brockport, Churchville, East Irondequoit, Fairport, Gates-Chili, Greece Arcadia, Athena, Odyssey and Olympia, West Irondequoit, Penfield, Pittsford Mendon, Sutherland, HF-L, Rush-Henrietta, Spencerport, Victor, Webster Thomas and Schroeder	Trisha Zappala, 585-278-7021 Patricia_Zappala@urmc.rochester.edu
August 10 11:00 a.m.- 12:30p.m	Cal-Mum High School, 99 North St	Livingston County Schools: Avon, Bath-Haverling, Cal-Mum, Dansville, Geneseo, HF-L, Hornell, Keshequa, Leroy, Letchworth, Livonia, Mt. Morris, Pavillion, Perry, Warsaw, Wayland-Cohocton, Wyoming	Todd Peterson, 585-313-5693 Todd_Peterson@urmc.rochester.edu
August 12 8:30a.m.- 10:00 a.m.	Avoca Central School, 17-29 Oliver St	Steuben County Schools: Avoca, Prattsburg, Arkport, Hammondsport	Emily Gunther, 585-261-8959 Emily_Gunther@urmc.rochester.edu
August 12 10:30 a.m. to 12:00pm	Avoca Central School, 17-29 Oliver St	Steuben County Schools: Campbell-Savona, Bradford, Canisteo-Greenwood	Emily Gunther, 585-261-8959 Emily_Gunther@urmc.rochester.edu
August 12 12:30 p.m. – 2:00 p.m	Avoca Central School, 17-29 Oliver St	Steuben County Schools: Jasper-Troupsburg, Addison, Alfred-Almond	Emily Gunther, 585-261-8959 Emily_Gunther@urmc.rochester.edu
August 17 5:30p.m – 7:00p.m August 18 1:00p.m. – 2:30pm	East High School 1801 Main St.	Rochester City Schools: Charlotte, Douglass, East, Edison, Jefferson, Franklin, Marshall, Monroe, SOTA, Dr. Freddie Thomas, Wilson	Emily Gunther, 585-261-8959 Emily_Gunther@urmc.rochester.edu
August 19 12:30 – 2:00 p.m.	Genesee Valley High School, 1 Jaguar Dr	Allegany County Schools: Andover, Belfast, Canaseraga, Genesee Valley, Houghton and Whitesville	Emily Gunther, 585-261-8959 Emily_Gunther@urmc.rochester.edu
August 19 2:30 – 4:00 p.m.	Genesee Valley High School, 1 Jaguar Dr	Bolivar-Richburg, Cuba-Rushford, Fillmore, Scio and Wellsville	Emily Gunther, 585-261-8959 Emily_Gunther@urmc.rochester.edu