



# ATLAS & ATHENA Sport Coaches Training

March 10, 2005  
United Way – Infoline,  
1344 Silas Deane Highway, 4<sup>th</sup> Flr.  
Rocky Hill, CT 06067  
8:30 am - 3:30 pm

**There is no charge for this training, but registration is required.**  
Materials fee: \$280 per program (Participants may purchase one or both)

## **ATLAS (Athletes Training & Learning to Avoid Steroids)**

ATLAS targets male adolescent athletes and is designed to reduce new use of anabolic steroids, alcohol and other drugs and use of sport supplements, while improving healthy nutrition and exercise practices. (Ten 45-minute class sessions, plus three weight room exercise sessions)

## **ATHENA (Athletes Targeting Healthy Exercise & Nutrition Alternatives)**

ATHENA targets female athletes on middle and high school sports, dance and cheer leading teams and is designed to reduce disordered eating and use of body shaping and other drugs, while promoting healthy nutrition and exercise. (Eight 45-minute sessions)

### ATLAS & ATHENA:

- School-based, team-centered prevention programs
- Content is gender-specific and addresses issues unique to male and female adolescents
- Hands-on and highly interactive, using scripted lesson plans
- Peer taught and coach facilitated

## **Registration and Information**

Please contact The Governor's Prevention Partnership at (860) 523-8042

### Registration Questions

Christina Smith, x25

### ATLAS & ATHENA Program Information

Marta Koonz, x12

Sponsored by the Department of Mental Health and Addiction Services

.5 CEUs (Act. #756-05-208-001) and CPPC Domain-Education and Skill Development (ESD).