

THE CONNECTICUT Interscholastic Athletic Conference

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CURRICULUM TRAINING & INSTRUCTIONAL STRATEGIES TO ADDRESS STEROID & SUPPLEMENT USE BY MALE & FEMALE ATHLETES



May 10, 2005

Offered by the CIAC in conjunction with The Governor's Prevention Partnership and sponsored by the Department of Mental Health and Addiction Services.

WHO SHOULD ATTEND:	Coaches*, athletic directors, health educators and school principals
PROGRAM:	<p>The program will feature the ATLAS and ATHENA Curriculum and Implementation Strategies</p> <p>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.)</p> <p>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.)</p> <ul style="list-style-type: none">• 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.
PRESENTER:	ATLAS AND ATHENA Trainers
CONTINUING EDUCATION:	.5 CEU's and CPPC Domain-Education and Skill Development (ESD) * <i>CEU's can be applied to coaching re-certification</i>
COST:	Registration \$20 per participant (includes coffee & lunch), payable to <i>CAS-CIAC</i>
TIME/LOCATION:	8:30 a.m.-3:30 p.m. / CAS-CIAC Conference Center, 30 Realty Drive, Cheshire
REGISTRATION:	Register online at http://www.casciac.org/register by Friday, April 29, 2005. Registration limited to first 60 to sign up.

*Curriculum materials are available to participants who wish to purchase them at a cost of \$300 per program.
(Participants may purchase one or both.)*

Visit <http://www.casciac.org/directions.shtml> for directions