



## Press Release

### **St. John's Minor Hockey Association partners with ThinkFirst Canada to deliver a Concussion Education and Awareness Seminar December 15<sup>th</sup>, 2009**

Mr. Jack Casey, President of St. John's Minor Hockey Association (SJMHA) is pleased to announce today the partnership between ThinkFirst Canada and SJMHA in delivering the first ***Concussion Education and Awareness Seminar*** for minor hockey coaches and trainers. Dr Charles Tator, a professor with the Department of Surgery, University of Toronto, and a neurosurgeon at the Toronto Western Hospital will team up with Dr. Fallah Maroun, neurosurgeon at the Health Science Center in St. John's. They will be joined by Ms. Nancy King, the local ThinkFirst Chapter representative and Mr. Andrew McKim, a former professional hockey player who had his career ended by a concussion sustained while playing hockey in Europe. SJMHA is very fortunate to have been able to bring together such a distinguished line up of neurosurgeons and professionals to deliver this seminar.

In recent weeks there has been an increased awareness on concussions in the media. This was mainly due to an above average number of cases involving high profile athletes. This increased awareness has emphasized to SJMHA the need to start educating players, parents, coaches and trainers on the seriousness of concussions. If real change is to be made to ensure player safety then we must start at the grass roots. Players need to know what happens to their brain when concussed and they need to be educated on how best to prevent these injuries. Parents, coaches and trainers need to be better informed on how to identify a concussed athlete and the protocol for removing an athlete from competition, the treatment required and the return to play steps that must be followed.

Concussions are a real concern for today's young athletes and SJMHA is committed to working with ThinkFirst Canada in the promotion of Concussion Education and Awareness. Our goal is to protect as many of our young athletes as possible through education, awareness and prevention.

The ***Concussion Education and Awareness Seminar*** will take place on Tuesday, Dec.15<sup>th</sup>, from 7:00PM to 8:30PM at the Professional Development & Conferencing Services (PDCS) Rooms 2958-2990, 2nd floor Health Science Centre/Medical School, 300 Prince Phillip Drive.

The seminar is open to SJMHA parents and coaches along with other St John's area minor hockey associations. Also invited to attend are representatives from Hockey Newfoundland and Labrador and local soccer representatives.

If you would like to attend this Seminar please reserve a seat by contacting [info@capshockey.ca](mailto:info@capshockey.ca) before Monday Dec. 14<sup>th</sup>, 2009.