

SPORTS INJURY PREVENTION SYMPOSIUM

When: Wednesday, August 26th from 7:00-8:30pm
Where: Neillsville High School Cafeteria
Who: Parents and student athletes (all ages)
Topic: Preventing Sports Injuries

Keynote speaker will be Derek Sikora.

- UW-Eau Claire head wrestling coach
- UW-Eau Claire assistant football coach
- Former UW-Eau Claire football player
- National champion wrestler
- Neillsville High School alumnus

Following Sikora's presentation, break out sessions will be held on various topics, including good nutrition for athletes and injury prevention strategies.

No RSVP is needed. For further information, please contact Aaron Wanish, Licensed Athletic Trainer, at 743-3101 ext. 7100.



Derek Sikora



Memorial Medical Center

Neillsville, Loyal, Greenwood

Care...at its best