7th Annual Student Leadership Seminar Inspires High School Students

Each year, the Student Leadership Seminar, started in 2010 by the UHealth Sports Performance and Wellness Institute, brings together high school students with leadership potential to hear from a number of speakers, participate in team-building exercises, and have the opportunity to speak with high profile panelists. The day-long program focuses on developing leadership qualities, succeeding in and out of school, creating a personalized brand, and preparing for college.

This year’s seminar, held on June 17, attracted more than 80 students eager to hear from an impressive roster of guest speakers.

Master of Ceremonies
Don Bailey – Color Commentator for WQAM Radio/President of Don Bailey Flooring

Keynote Speaker
Kaleb Thornhill – Miami Dolphins Director of Player Engagement

Athlete Speaker
Daniel Briggi – Miller School of Medicine student/Member of 2015 Miami Hurricanes baseball team

Panelists
Jenn Strawley – University of Miami Deputy Director of Athletics / Senior Women’s Administrator
Rob Seifer, PhD – Licensed Psychologist, Sport Psychologist for the Miami Marlins and University of Miami Student-Athletes
Dave Strong, MD – Boca Raton Regional Hospital Emergency Medicine Physician and FAU Team Doctor
Katie Meier – University of Miami Head Women’s Basketball Coach

Other Special Guests
Lee Kaplan, MD – Chief of UHealth Sports Medicine
Clifton L. Page, MD – UHealth Sports Medicine Primary Care Sports Medicine Physician
Rick Remmert – University of Miami Director of Alumni Programs for Athletics
Jessica Green – University of Miami Athletics Alumni Programs Events Planner
Kysha Harriell, PhD – University of Miami Athletic Training Program Director

See photos from the event on page 4.
Whether you are a seasoned athlete, weekend warrior, or someone who exercises regularly, there is a good chance that you have experienced an injury that has derailed you from your regular fitness routine at some point in time. This could have interrupted your workouts for a few days to even a few months. Either way, it is a good idea to have a plan in place to get back to your workouts in a gradual fashion to avoid future injury as well as getting too sore that keeps you from future workouts.

A lack of muscle strength, inflexibility, or strength imbalance can predispose you to injury. Injuries also occur as a result of overuse. The best ways to reduce the likelihood of injury are to stay fit, choose your activities wisely, utilize proper form, and participate in adequate warm-up, stretching, and cool-down sessions. In the event these tips fail and you sustain an injury anyhow, then proper management of that injury must occur to minimize additional time loss from your routine. Remember, ignoring pain can often lead to more severe injuries.

Signs of injury can include the following:

- Pain even when the body is at rest
- Pain within a joint
- Swelling or discoloration
- Extreme tenderness to the touch
- Pain that persists following an extensive warm-up session
- Increased sensation of pain during movement or weight-bearing activity

The first line of defense to get back to activity as quickly and safely as possible is to allow the injured body part to rest and recover. After suffering an injury, you should discuss treatment options with your doctor to see the best approach to strengthening and rehabilitation. This should include if you are able, to continue a fitness program while you are healing and exercising the rest of your body while stretching and rehabbing the injured body part. This small step will keep you in the routine of getting your workouts in while not causing further damage.

When you have the all clear to return to activity it is in your best interest to do so in a gradual fashion if you haven't already been participating in a modified program as it is. Too rapid of a return can lead to overuse injuries such as stress fractures or tendinitis. Try to do a little more on each succeeding day. Begin with a 5-10 minute warm-up; then strength training with low loads and pain free motion. Add more weight slowly (add reps before you add weight) and always stretch what you strengthen. Follow the advice of your physician and seek assistance from a qualified athletic trainer, physical therapist or other professional. When returning to endurance type to training, such as running, may prove to be more difficult. Consider continuing to ice the injured body part after your activities and continue to use pain and swelling as your guide to how much activity you choose to do.

Returning to full activity after an injury is complicated and usually should be supervised by a professional. You may recover quickly for minor problems or it may take months to recover from a severe injury. If your injury forced you from your activity for more than a couple of weeks, expect an equal amount of time to return to your previous level. Listen to your body and let it guide you on your return. If you have been unable to accomplish this on your own, call us to schedule an appointment. We'll get you back in the game!
Alyssa and Arielle Scavo grew up in a world few little girls ever get to experience. They played and cheered on the sidelines of countless high school football games. They logged hours upon hours in baseball clubhouses. And they were in and out of training rooms where they occasionally had the chance to mingle with top-notch athletes who received care under their father’s watchful eye.

And eventually, there were plenty of Saturday afternoons spent watching the Hurricanes play.

This world, one so often closed to outsiders, became Arielle and Alyssa Scavo's domain because it was where their father Vinny Scavo, one of South Florida’s most respected and well-known athletic trainers, spent most of his time. And where dad was, they were.

Years later, plenty has changed. The Scavo girls have grown up and started careers of their own. But they still love sports. And they still want to spend as much time as possible with their dad.

Connecting both of those things has become a little easier now that both Alyssa and Arielle work at Miami where taking care of the Hurricanes has become, in essence, the Scavo family business.

"We're just lucky," said 26-year-old Alyssa Scavo, an accountant for the athletic department and the oldest of Vinny and Tammy Scavo's three children. "I'm sure a lot of people would love to do this, but it just happened to work out for us. This position opened up at the right time, when I happened to be looking for a job. The same thing happened for my sister. Now, I see them more here than I do at home. It's been incredible to watch what my dad does on a day-to-day basis. We used to see it at football games, but to actually see him working with the program every day has been incredible. That we get to share that and be a part of it, it's just special."

This fall when the Hurricanes are playing, it will be Alyssa Scavo that will help coordinate tickets for football staff members, including her father, the team's head athletic trainer. Vinny Scavo will be on the Miami sideline, making sure players stay healthy. And 20-year-old Arielle, the latest Scavo to join the Hurricanes, will be taking care of uniforms, lockers and laundry as part of Miami's equipment staff.

Last fall, the aspiring physical therapist proved herself one of the hardest workers in the equipment room, often staying long past her shifts are completed to help her co-workers with other tasks that must be done before the Hurricanes can return to the practice field.

She collects and washes jerseys, hands out whatever equipment players need, spends time opening box after box of new gear that arrives seemingly every day and then helps run drills on the field.

And it's out there, in the sweltering South Florida sun, where she has most impressed her father, who often can't help but watch as his youngest daughter juggles footballs, holds chains, and makes sure Miami's tight ends and quarterbacks — and their coaches — have what they need to do their jobs.

"I did worry a little bit when she started," said Vinny Scavo, who has worked with athletes at the high school, college, and professional level. "I don't want her to get run over by somebody, know what I mean? And I didn't want her to mess anything up. But every once in a while, I'll take a peek and see what she's doing and she's picked it all up. And [equipment manager] Dave Case is my guy. He's the best. All of them in there have loved her and taken her under their wing. They're teaching her ... and she's having a good time and it's fun to have her out there."

That good time though, comes with some brutal hours, with Arielle Scavo often arriving on campus long before her father and sister make their way to Coral Gables. Sometimes, she leaves well after their days are done. But at least a few times a day, their paths cross and the sisters and their father get a chance to catch up and share the news of the day. Those conversations continue at home with their brother Alec, who is studying to become a firefighter and their mother, a lifelong Miami fan whose love for the Hurricanes preceded her husband and daughters' career choices.

For all of them, this unique situation is something special — and personal.

"We all take a lot of pride in this," Arielle Scavo said. "It's huge for all of us, but for me, specifically, I want to keep the Scavo name going."

Her father and her older sister have no doubt she will.

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UHealth Sports Medicine Welcomes Coach Mark Richt as the New Head Football Coach of the University of Miami!

From left: Head Football Coach Mark Richt, Chief of UHealth Sports Medicine Dr. Lee Kaplan, Head Athletic Trainer Vinny Scavo, and Primary Care Sports Medicine Physician Dr. Clifton Page