

Lisa Nanninga
KIN 856
Project #1
7/20/13

Network of Sport Science Professionals

Athletic Trainer/ Nutritionist

Michelle C. Benz MS, ATC, CSCS 305-235-1360 x2232 cell: 305-283-6832

Head Athletic Trainer, Miami Palmetto Senior High
ACSM Certified Health Fitness Specialist
FHSAA Sports Medicine Advisory Committee
State of Florida Concussion Task Force

Athletic trainer at Palmetto High School, she has a personal relationship with my girls' basketball players at Palmetto. Having worked there for a number of years she has the history of the injuries that these players have had previously while also know what type of recovery these athlete would be able to work through. She has a great reputation throughout Miami and is easily to communicate with in relation to athletes. If an injury occurs at an away game contact with Michelle is made right away so she is aware of needing to evaluate the athlete the next day at school. She will be able to pull them out of class if necessary to begin looking at what is necessary to help the injury. Michelle has a pretty extensive background in nutrition, and sport nutrition, so most of that council she does herself at the school. Since she is well trusted in the school and knows each athlete pretty individually, this can make nutrition discussions a little bit easier.

Biomechanist (Technique Evaluation):

David Westerman Fast Twitch 305-751-8901
7400 NW Miami Court

James Medder started Fast Twitch to fill a void in South Florida of elite training facilities. They have expanded into working with many high school athletes as well as teams. David Westerman is a Sports Biomechanics Specialist with a B.S. in Sport's Science from the University of Florida. He has been working with a range of athletes for over 14 years.

Chiropractor:

Jason A. Bailey D.C. Bailey Chiropractic 305-971-0302
14867 South Dixie Highway Hours: M/W/F 9 am – 12 pm, 3 pm – 7 pm
Miami, FL 33176 Thur. 3 pm – 7 pm
Doctor of Chiropractic from Life University 1997
www.baileychiropractic.net

Offers a variety of services; will begin with a consultation and exam, then will take x-rays and give an alignment. The doctor will spend adequate time taking a look at the x-rays so at the next visit the proper adjustment and plan of action will be followed. Different techniques are used base on the individual.

Dentist:

Dr. Alexander Trujillo and Dr. Kiara Miro-Trujillo Simply Smiles 305-235-9321
8441 SW 132nd Street Hours: M – F 9 am – 5 pm
Miami, FL 33156
Simplysmilesmiami.com

Simply Smiles is a family dentistry that is very welcoming and knows a lot of the families that attend Westminster Christian School; and very good with children and working with entire families.

Exercise Physiologist:

Sofia Jakobsson Fast Twitch 305-751-8901
7400 NW Miami Court

Sofia Jakobsson earned her degree in exercise physiology from Barry University. She is also certified in sports performance training and has had much experience working with athletes in an individual setting. There can be customized program based training where the client is able to determine the frequency and duration of the program and the program is tailored to their specific needs. Sport specific elements are included into each program.

General Practitioner (Medical Doctor):

Scott Bernstein Kendall Sports Medicine (305)440-5881
6701 Sunset Dr. Ste 108
South Miami, FL 33143

Kendall Sports Medicine covers many different podiatric sports injuries. They are also able to treat and work with many foot and ankle injuries such as strains and sprains as well as heel pain and ingrown toe nails. Kendall Sports Medicine also is able to give functional evaluations to patients. Scott Bernstein is one of the doctors working at Kendall Sports Medicine.

Massage Therapist:

Tammy Frisinger Sports Massage Miami 315-278-1009
7210 Red Rd Suite 202-B
South Miami, FL, 33143

Sports Massage Miami is a massage place that gives athletes an option of receiving a sports massage which stretches tight muscles and improves motion. Restoring full range of motion and relieving tightness helps athletes stay limber and balanced for optimal sports performance. This can also help lesson pain from nagging or old injuries. Tammy Frisinger Specializes in the treatment of neck, back pain, arthritic and sports related injuries, through the use of orthopedic massage techniques.

Optometrist/Ophthalmologist:

Dr. Stanley Rosenberg, MD Rosenberg Eye Center
8940 N Kendall Dr. Suite 703 E
Miami, FL 33176

Dr. Rosenberg offers eye care that may be necessary due to different sports injuries. It is relatively close to the school so travel time would be easy. Dr. Rosenberg accepts a number of different insurance companies as well.

Orthopedic Medical Doctor:

UHZ Sports Medicine Institute at Doctors Hospital 786-268-6200

1150 Campo Sano Avenue
Suite 200
Coral Gables, FL 33146

UHZ Sports Medicine Institute has a partnership with Miami Dade County Public Schools. Coaching in this school system requires athletes to first be evaluated within the school training room and the sports medicine programs at the school. Then they will be referred as necessary to different doctors within the UHZ Sports Medicine Institute based on the type and seriousness of the injury. The doctors listed below are all part of this medicine institute. Athlete may end up with any of these doctors depending on the patient load.

Dr. John Zvijak: he specializes in sports medicine and arthroscopic surgery of the shoulder, elbow and knee. Dr. Zvijac is a founding partner of UHZ Sports Medicine Institute.

NoraD@baptisthealth.net 786-268-6220

Dr. John Uribe: he specializes in sports medicine, arthroscopic surgery and minimally invasive surgical procedures for degenerative conditions of the knee and shoulder. He has recently been appointed chairman of the Department of Orthopedics for the Florida International University School of Medicine.

MariaCC@baptisthealth.net 786-268-6200

Dr. Keith Hechtman: he specializes in sports medicine and arthroscopy of the shoulder, elbow, knee and ankle. Dr. Hechtman has recently been appointed as a professor in the Department of Orthopedics at the Florida International University School of Medicine.

elizabethp@baptisthealth.net 786-268-6215

Dr. Sanjiovanni (foot/ankle specialist): he specializes in conditions of the foot and ankle. He received his medical degree from George Washington University School of Medicine in Washington, D.C.

beatrizsr@baptisthealth.net 786-268-6263

Physical Therapist:

Ron Yacoub Pinecrest Physical Therapy 305-722-0568
 9492 S. Dixie Hwy info@pinecrestpt.com
 Miami FL, 33156
 University of Miami, Masters of Science in Physical Therapy

Ron is the president of Pinecrest Physical Therapy. Not only does he have a master's degree in physical therapy, but he is also a certified strength and conditioning specialist. After being evaluated in the training room at the school, athletes may be referred to Ron as need be when the school is not able to give the proper physical therapy.

Strength and Conditioning Specialist:

Jeff Boulus 305-431-4731 optimumFit66@2yahoo.com

Personal Trainer, Optimum Fitness
Fitness and Sports Performance specialist
Exercise Science Degree from Florida Atlantic University

Jeff is a highly qualified strength and conditioning specialist that has just begun starting out on his own getting training groups together and beginning to work with high school athletes. He has worked with a lot of current college basketball players that are looking to continue playing in the NBA, and he is working with some high school athletes in building strength and speed.