

ASPETAR WORLD CONFERENCE 2025

09th - 11th October 2025, Aspire Zone

ASPETAR
أسبیتار

AGENDA

MANAGING THE YOUTH ATHLETE: THE ASPIRE ACADEMY PERSPECTIVE

8 October 2025

#Aspetarcon25



Target Audience: Physicians, Allied Health Practitioners (Physiotherapists only)

Activity code: HGI-03-P166

Venue: Aspetar, surgery training center (SSTC classroom), west expansion, basement

Time: 10:00 – 12:15

Please note that this activity is offered as a part of the Aspetar World Conference 2025, therefore, you must be registered for the conference to be able to sign up for this workshop.

Overall Learning Objectives:

On completion of this activity, participants will be able to:

1. Define the basics of growth and maturation and its implication on potential injury risks and long-term athlete development.
2. Discuss the most common injuries in adolescent athletes and how to manage them
3. Outline the long-term athlete development approach from a medical perspective
4. Utilize critical thinking for the design and implementation of risk management and monitoring plans in youth athletes.
5. Translate theoretical concepts into practical by learning from real-life examples.

This activity is an Accredited Group Learning Activity (Category 1) as defined by the Ministry of Public Health's Department of Healthcare Professions - Accreditation Section and is approved for a maximum of 2.0 hours.

Date	Topic	Session Learning Objectives By the end of this session, participants will be able to:	Speaker
(10:00 -11:00)	<p>Managing the athlete of the future... or the future of the athlete?</p> <ul style="list-style-type: none"> - Insights on growth, maturation and injuries - Long term athlete development: the future beyond next match. - Practical examples and real case-examples. 	<ul style="list-style-type: none"> • Explain the basics of growth and maturation and its implication on potential injury risks and long-term athlete development. • Discuss the long-term athlete development approach from a medical perspective • Translate theoretical concepts into practical by learning from real-life examples. 	<p>Mauricio Monaco (<i>Aspire Academy Sports Medicine Center</i>)</p> <p>Alejandro Alvarez (<i>Aspire Academy Sports Medicine Center</i>)</p> <p>Abdallah Rajeb (<i>Aspire Academy Sports Medicine Center</i>)</p> <p>Daniel Martinez Silvan (<i>Aspire Academy Sports Medicine Center</i>)</p>
(11:00 -11:15)	Break		
(11:15-12:15)	<p>Lessons from the field: PRACTICAL SESSIONS</p> <ul style="list-style-type: none"> - Designing a comprehensive prevention and monitoring program. <i>Interactive session.</i> - How to manage the most common injuries in adolescent athletes. <i>Interactive session.</i> - Daily challenges with 	<ul style="list-style-type: none"> • Utilize the critical thinking for the design and implementation of risk management and monitoring plans in youth athletes. • Discuss the most common injuries in the adolescent athlete and how to manage them • Translate theoretical concepts into practical by 	<p>Daniel Martinez Silvan (<i>Aspire Academy Sports Medicine Center</i>)</p> <p>Vishnu Nair (<i>Aspire Academy Sports Medicine Center</i>)</p> <p>Abdallah Rajeb (<i>Aspire Academy Sports Medicine Center</i>)</p> <p>David de Andres (<i>Aspire Academy Sports Medicine Center</i>)</p>

	youth athletes. <i>Interactive session.</i>	learning from real-life examples.	Bernard Pingol (<i>Aspire Academy Sports Medicine Center</i>)
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Scientific Planning Committee:

Alejandro Alvarez-Mesa (Chair), Daniel Martinez Silvan, Abdallah Rajeb, Nansi Jawhar (CPD Coordinator)

The Scientific Planning Committee has reviewed all disclosed financial relationships of speakers, moderators, facilitators and/or authors in advance of the CPD activity and has implemented procedures to manage any potential or real conflicts of interest.

Overall time: 120 min; lecture: 60 min; interactive: 60 min (50%)