



Fall Meeting and Free CEU Event

November 20, 2025

Castleton Hall
190 University Drive
Castleton, VT



J.P. Begly MD

Clinical Assistant Professor UVM Orthopedics, Orthopedic Sports Medicine
CVMC/UVM, Site Leader, CVMC Orthopedics

ACL Tears: From Reconstruction to Repair

Learning Objectives:

1. Understand the typical presentation of ACL tears
2. Understand how ACL tears are worked up clinically
3. Recognize the basic treatment strategies surrounding ACL tears

Sleep and Athletic Performance

Learning Objectives:

1. Review what sleep is and understand why it is important.
2. Understand how sleep impacts athletic performance.
3. Apply learned interventions that can improve sleep in athletes.

2 Category A CEU

Cancellations may be made at any time up until Nov. 20th

To register go to:
vtathletictrainers.org

Schedule

10:00: Welcome remarks from VAAT President

Jessica Moore, EdD, ATC

10:05: ACL Tears: From Reconstruction to Repair. *J.P. Begly, MD*

11:00: Sleep and Athletic Performance.
J.P. Begly, MD

12:00: Lunch (Provided)

12:30: VAAT State Meeting

1:30: Closing Remarks from VAAT President
Jessica Moore, EdD, ATC



The Vermont Association of Athletic Trainers (BOC AP#: P10245) is approved by the Board of Certification, Inc. to provide continuing education to Athletic Trainers. This program is eligible for a maximum of 2 Category A hours/CEUs. ATs should claim only those hours actually spent in the educational program.