

UPMC Adaptive Sports Conference May 16, 2026 UPMC Mercy Rehab Pavilion

Time	Title	Presenter	Total time (Min.)
9:00 - 9:15	Welcome & Introduction	Michael Grapner	15
9:15 - 9:45	Sports Medicine	Katy Stauffer	30
9:45 - 10:15	Vision	Dana Aravich	30
10:15 - 10:30	Break (15 min)		0
10:30 - 11:00	PT	Becky and Julie	30
11:00 - 11:30	Athletic Training	Ben Pazuchanics	30
11:30 - 12:00	Orthotics and Prosthetics	Helen Cochrane	30
12:00 - 1:00	Lunch and Networking	PGH Salad Works	0
1:00 - 2:00	Keynote - Paralympic Experience	Dan McCoy or Other	60
2:00 - 2:10	Break (10 min), Flip the rooms		0
2:10 - 3:30	Breakout sessions (3 or 4 Stations rotate every 20 min.)		
	Adaptive Sports Equipment/sport chair transfers	Becky/Julie	20
	Rec Therapy	SRU Guest	20
	Adaptive Sports Classification	Rachel Hibbs	20
	Nutrition for Adaptive Athletes	Liz Dunn	20
3:30 - 4:15	Athlete Pannel Q&A	Lee Tempest, Liz Dunn, Dan Mccoy, Matt Berwick	45
4:15 - 4:30	Clean up		
		Total Minutes	350