

INAUGURAL CARDIAC CARE OF THE YOUNG ATHLETE SYMPOSIUM

April 17–18, 2026

Le Bonheur Children's Foundation Research Center
Russell Chesney Auditorium
50 N. Dunlap Street, Memphis TN 38105



Le Bonheur
Methodist Healthcare
Family Children's Hospital

UT THE UNIVERSITY OF
TENNESSEE
HEALTH SCIENCE CENTER.

INAUGURAL CARDIAC CARE OF THE YOUNG ATHLETE SYMPOSIUM

COURSE DESCRIPTION

This symposium is designed to encompass state-of-the-art practices and trends in cardiovascular risk assessment, emergency preparedness, and clearance decisions for young athletes. Clinically- and academically- oriented faculty will address relevant issues and provide valuable information and insight into situations commonly presented to subspecialists and primary care providers.

TARGET AUDIENCE

This course is designed for cardiologists, pediatricians, family physicians, nurse practitioners, nurses, physical therapists, dietitians, sonographers, residents, fellows and other professionals involved in cardiac care for athletes.

COURSE CO-DIRECTORS

Karine Guerrier, DO, MPH

Associate Professor, UT Health Science Center
Director, Cardiac Electrophysiology,
Director, Cardiac Rhythm Device Management,
Le Bonheur Children's Hospital

Ranjit Philip, MD

Associate Professor, UT Health Science Center
Associate Chief of Cardiology
Director, Exercise Physiology Laboratory,
Le Bonheur Children's Hospital

COURSE COMMITTEE

Maggie Boyles

Executive Administrative Assistant, Cardiology
Le Bonheur Children's Hospital

Evan Harvey, MD

Assistant Professor, UT Health Science Center
Pediatric Cardiology, Le Bonheur Children's Hospital

Ben Hendrickson, MD, MS

Associate Professor, UT Health Science Center
Pediatric Cardiology, Le Bonheur Children's Hospital

Jason Johnson, MD

Professor, UT Health Science Center
Director, Cardiac MRI, St. Jude Children's Research Hospital
Chief of Cardiology, Executive Co-Director, Pediatric Cardiology, Le Bonheur Children's Hospital

Jennifer Kramer, MD

Assistant Professor, UT Health Science Center
Associate Medical Director, Cardiovascular Intensive Care Unit
Le Bonheur Children's Hospital

Webb Smith, PhD

Associate Professor, UT Health Science Center
Director of Cardiac Rehabilitation,
Director of Exercise Physiology, Healthy Lifestyle Clinic, Le Bonheur Children's Hospital

Ryan Stephens, DNP, FNP-CA, MBA

Assistant Professor, UT Health Science Center, Adolescent-Adult Congenital Cardiology, Le Bonheur Children's Hospital

FACULTY

KEYNOTE SPEAKER:

Matthew W. Martinez, MD, FACC, FASE

Medical Director, Sports Cardiology,
Morristown Medical Center

Bruce Alpert, MD

Professor Emeritus, Treasurer,
North American Society for Pediatric
Exercise Medicine

Alejandro Arevalo, MD

Associate Professor of Pediatrics,
Florida State University
Division Chief, Pediatric Cardiology,
Nemours North West Florida

Tim Flack, JD

Senior Attorney for Memphis CHiLD
Children's Health Law Directive
Le Bonheur Children's Hospital

Lindsey Gentry, MS

Athletic Trainer, Columbus Orthopaedic
Clinic, Columbus, Miss.

Maria Elena Gutierrez, MD

Assistant Professor, UT Health Science
Center, Pediatric Cardiology
Le Bonheur Children's Hospital

Jared Hogan, MD, FAAP

Assistant Professor, UT Health Science
Center, Pediatric Pulmonology
Le Bonheur Children's Hospital

Ann Hyde, SN, RN, NCET

Exercise Physiology Lab Coordinator,
Team Lead, Le Bonheur Children's
Hospital

John Hyden, MD

Fellowship Director, Primary Care, Sports
Medicine Fellowship UT Health Science
Center, Sports Medicine, Campbell
Clinic Orthopaedics

Alexander Hurley, MD

Genetic Counselor, Le Bonheur
Children's Hospital

Arif Hussain, MD

Professor, UT Health Science Center
Pediatric Cardiology
Le Bonheur Children's Hospital

Nobuyuki Ikeda, MD

Assistant Professor, UT Health Science
Center, Pediatric Cardiology
Le Bonheur Children's Hospital

Eden Johnson

Founder of Houston Hearts Club

Vijaya Joshi, MD

Professor, The University of Tennessee
Health Science Center, Medical Director of
Non-Invasive Cardiology
Le Bonheur Children's Hospital

Arshia Madni, MD, FAAP

Associate Professor, UT Health Science
Center, Pediatric Palliative Care, Le
Bonheur Children's Hospital

Andrew Martin

School Health Director, Germantown
Municipal School District

Grace McCormick, MS, RD, LD

Pediatric Clinical Dietitian
Le Bonheur Children's Hospital

**Anthony Merlocco, MD, MSt (Oxon),
FSCMR**

Associate Professor, UT Health Science
Center, Director, Cardiac MRI
Le Bonheur Children's Hospital

Noah Miller, DO, FAAP

Instructor, UT Health Science Center,
Pediatric Cardiology, Le Bonheur
Children's Hospital

Annie Phillips

President, Houston Hearts Club

Ronak Naik, MD, DNB, FACC

Associate Professor, UT Health Science
Center; Director, Fetal Cardiology
Program, Le Bonheur Children's Hospital

Nirbhay Parashar, MD

Assistant Professor, UT Health Science
Center, Pediatric Cardiology
Le Bonheur Children's Hospital

Sarah Parkerson, MD

Assistant Professor, UT Health Science
Center, Pediatric Cardiology
Le Bonheur Children's Hospital

Michael Rebolledo, MD, MBA, MPH

Associate Professor, UT Health Science
Center, Pediatric Cardiology
Le Bonheur Children's Hospital

Kaitlin Ryan, MD

Associate Professor, UT Health Science
Center, Medical Director, Heart Failure
and Heart Transplant
Le Bonheur Children's Hospital

Deepank Sahni, MD

Assistant Professor, UT Health Science
Center, Pediatric Cardiology
Le Bonheur Children's Hospital

Jenny Strelsin, MSN, PNP-AC

Instructor, UT Health Science Center
Nurse Practitioner, Cardiac
Electrophysiology, Le Bonheur Children's
Hospital

Aaron Walsh, MD

Assistant Professor, UT Health Science
Center, Co-Director, Healthy Lifestyles
Clinic, Le Bonheur Children's Hospital

Rush Waller, MD

Professor, UT Health Science Center
Chief Medical Officer, Medical Director of
Adult Congenital Heart Disease
Le Bonheur Children's Hospital

Ying Weatherall, MD

Assistant Professor, UT Health Science
Center, Surgical Director, Healthy
Lifestyle Clinic and Adolescent Bariatric
Surgery Program, Director, Burn Task
Force, Le Bonheur Children's Hospital

Natalie Williams, MS, RD, LD

Pediatric Dietitian, Lewis Cancer Center
at St. Joseph's, Savannah, Georgia

Thomas Yohannan, MD

Associate Professor, UT Health Science
Center, Program Director, Pediatric
Cardiology Fellowship, Le Bonheur
Children's Hospital

DAY 1 – FRIDAY, APRIL 17, 2026

7:30 a.m. Registration and Continental Breakfast
8 a.m. Welcome and Opening Remarks
Jason Johnson, MD, Karine Guerrier, DO, and Ranjit Philip, MD

8:10 a.m. Abstract Showcase

Moderators: Kaitlin Ryan, MD, Alejandro Arevalo, MD, Ranjit Philip, MD

8:25 a.m. KEYNOTE ADDRESS

Matthew W Martinez, MD, FACC, FASE

9 a.m. **Syncope on the Sidelines: Evaluating the Fainting Athlete**
Maria Elena Gutierrez, MD

9:15 a.m. **My Chest Hurts, Coach. But I Can Still Play Right?** Evan Harvey, MD

9:30 a.m. **Ready, Set, Check! Pre-Participation Evaluation & Cardiac Clearance**
Ryan Stephens, DNP, FNP-CA, MBA

9:45 a.m. **From Sprains to Strains: When Athletes Play “Guess That Injury”**
John Hyden, MD

10 a.m. Coffee Break

Moderators: Maria Elena Gutierrez, MD, Evan Harvey MD, and Webb Smith, PhD

10:10 a.m. **Before the Whistle Blows: Sports Cardiology in CHD**
Ben Hendrickson, MD

10:25 a.m. **COVID and Myocarditis – Is MRI the Passport To Exercise?**
Jason Johnson, MD

10:40 a.m. **Can My Family Play Sports? Inherited Arrhythmias and Cardiomyopathy – Cascade Testing** Alexander Hurley, MS

10:50 a.m. **The Ethics of Play: Medical Judgment vs. Athletic Aspirations**
Anthony Merlocco, MD

11 a.m. **Shared Decision-Making in the Athletic Heart: A Dialogue Between Law and Cardiology**
Tim Flack, JD, and Rush Waller, MD

11:15 a.m. **Tough Conversations: Guiding Athletes Through Medical Clearance Decisions** Arshia Madni, MD

11:25 a.m. **The Florida EKG Mandate: Genius Move or Shocking Overreaction?**

Moderator: Anthony Merlocco, MD, MSt (Oxon), FSCMR

Genius Move Alejandro Arevalo, MD

Shocking Overreaction

Matthew W. Martinez, MD, FACC, FASE

11:40 a.m. **Panel Discussion and Questions**
Bruce Alpert, MD, Karine Guerrier, DO, Maria Elena Gutierrez, MD, John Hyden, MD, Arif Hussain, MD, Vijaya Joshi, MD, Webb Smith, PhD, and Ryan Stephens, DNP, FNP-CA, MBA

Noon Lunch | Poster Session | Exhibits

BREAKOUT SESSION I:

1 p.m. **Building Heart-Safe Schools: A Clinician’s Toolbox for AED Preparedness and School Engagement** Karine Guerrier, DO

1:15 p.m. **Heart Smart Schools: A Student Perspective on Emergency Readiness** Eden Johnson, Annie Phillips, and Andrew Martin

1:30 p.m. **Readiness Starts Here: Making Pediatric Clinics Safer Through Team-Based Emergency Prep** Jennifer Kramer, MD

1:40 p.m. **Know Your Space, Save a Life: Emergency Preparedness for Pediatric Clinics** Noah Miller, MD

1:50 p.m. **All Clear! But What Am I Looking At? ECGs for the AED User**
Jenny Strelsin, MSN, PNP-AC

2:15 p.m. **Hands-On Lab A: Simulation-Sudden Cardiac Arrest Response**
Karine Guerrier, DO, Kaitlin Ryan, MD, Jennifer Kramer, MD, and Jenny Strelsin, MSN, PNP-AC

BREAKOUT SESSION II:

- 1 p.m.** **Reading Between the Beats: Key ECG Skills for Stress Testing Professionals** Sarah Parkerson, MD
- 1:10 p.m.** **Treadmills, Bikes and Panic Buttons: Picking the Perfect Stress Test Protocol** Vijaya Joshi, MD
- 1:20 p.m.** **Blow by Blow: Interpreting Pulmonary Parameters Like a Pro** Jared Hogan, MD
- 1:30 p.m.** **Graphs, Gas and Guesswork: Making Sense of CPET Data Without Losing Your VO** Webb Smith, PhD
- 1:50 p.m.** **Beyond Ejection Fraction: The Cardiopulmonary Story in Heart Failure** Matthew W. Martinez, MD, FACC, FASE
- 2:10 p.m.** **Complex Hearts and Compressed Chests: CPET in Fontan and Pectus Case** Ranjit Philip, MD
- 2:30 p.m.** **Echoes vs. Magnets: Who Stresses Better?** Ronak Naik, MD
- 3 p.m.** **Hands-On Lab B: Pediatric Cardiopulmonary Stress Testing** Evan Harvey, MD, Ann Hyde, MSN, Ranjit Philip, MD, and Sarah Parkerson, MD
- 5 p.m.** **Cocktail Hour/ Networking**

DAY 2 – SATURDAY, APRIL 18, 2026

- 7:30 a.m.** **Continental Breakfast**
Moderators: Jennifer Kramer, MD, Bruce Alpert, MD, Evan Harvey, MD
- 8 a.m.** **The Weight of It All: Managing Pediatric Obesity and Hypertension** Aaron Walsh, MD
- 8:15 a.m.** **Butter, Burgers and Bloodwork: Lipids Made Simple for the Busy Pediatrician** Thomas Yohannan, MD
- 8:30 a.m.** **From Protein Shakes to Portion Control: A Nutrition Plot Twist** Grace McCormick, MS, RD, LD, and Natalie Williams, RD, LD
- 8:45 a.m.** **Metabolic Syndrome in Kids: Because ‘Growing Pains Shouldn’t Include Insulin Resistance. Experience as a Community Cardiologist’** Nirbhay Parashar, MD
- 9 a.m.** **GLP-1 or Gym Class: Which Therapy Wins the Weight Battle?** Webb Smith, PhD, and Aaron Walsh, MD
- 9:30 a.m.** **From Gastric Bypass to GLP-1: Are We Trading ORs for Rx?** Ying Weatherall, MD
- 9:45 a.m.** **Coffee Break**
Moderators: Ben Hendrickson, MD, Ryan Stephens, DNP, FNP-CA, MBA, Ranjit Philip, MD
- 10 a.m.** **Perspective From the Exercise Physiologist: How To Create a Pediatric Cardiac Rehab Program?** Webb Smith, PhD
- 10:15 a.m.** **Hearts in Waiting, Hearts in Recovery: The Cardiologist’s Rehab Rollercoaster** Kaitlin Ryan, MD, and Elise Miller, MD
- 10:40 a.m.** **Stand Up, Pass Out, Play On? POTS in the Athletic Arena** Micheal Rebolledo, MD
- 11 a.m.** **Not Just for the Field: Cardiac Clearance Before They Go Under** Cristopher Chow, MD
- 11:15 a.m.** **Sports Cardiology Team and Project ADAM**
- 11:30 a.m.** **Closing Remarks & Certificate Distribution**

Abstract Submissions

Clinicians, fellows, residents, advanced practice providers, researchers and trainees are invited to submit abstracts highlighting innovative research, quality improvement projects, case series and clinical insights related to sports cardiology and the cardiovascular care of young athletes. Topics include sudden cardiac death prevention, pre-participation screening, arrhythmias, congenital heart disease, hypertrophic cardiomyopathy, genetic cardiology, metabolic performance, the orthopedic-cardiac interface and ethical or shared decision-making in sports clearance.

Abstracts need to be submitted to Ranjit Philip, MD, at rphilip@uthsc.edu by March 24, 2026. For full submission details, visit lebonheur.org/conference/inaugural-cardiac-care-of-the-young-athlete-symposium.

Course Objectives

- Coordinate sports cardiology care across systems and integrate multidisciplinary perspectives into athlete care
- Recognize emerging research relevant to pediatric sports cardiology
- Identify causes and risk factors for sudden cardiac death in young athletes
- Differentiate cardiac vs. non-cardiac chest pain in athletes
- Assess athletic participation risks in patients with CHD/ACH
- Determine return-to-play criteria following myocarditis
- Perform CPET setup and data interpretation, including selecting appropriate protocols for pediatric patients, guiding clinical decisions, reviewing pulmonary data and using in pediatric heart failure or complex cardiac anatomy
- Implement AED and emergency response plans in schools and describe barriers and facilitators to school-based readiness
- Manage obesity-related cardiovascular risk, including counseling families on medical vs. surgical obesity therapies and comparing pharmacologic and lifestyle obesity therapies
- Apply lipid screening and treatment guidelines
- Counsel patients on nutrition for performance and health
- Identify and manage pediatric metabolic syndrome
- Design pediatric cardiac rehab programs that integrate into cardiac care plans and recognize family-centered rehab challenges
- Perform appropriate preparticipation cardiovascular screening, including applying ethical frameworks for sports clearance decisions, recognizing athlete-reported priorities and demonstrating strategies for delivering difficult decisions
- Integrate legal and clinical principles into shared decision-making
- Evaluate benefits and limitations of ECG screening mandates, recognizing basic ECG rhythms relevant to AED use and interpreting ECG findings during exercise testing
- Evaluate and treat syncope and POTS in athletes
- Assess perioperative cardiac risk in athletes
- Distinguish common musculoskeletal injuries requiring removal from play
- Identify indications for cascade screening in inherited cardiac disease
- Improve outpatient emergency preparedness workflows
- Demonstrate effective CPR and AED response
- Compare imaging modalities during stress testing

Faculty Disclosure

As a provider accredited by The Accreditation Council for Continuing Medical Education (ACCME), Methodist Le Bonheur Healthcare must ensure balance, independence, objectivity and scientific rigor in its educational activities. Course director, planning committee, faculty and all others who are in a position to control the content of this educational activity are required to disclose all relationships with ineligible companies. Safeguards against commercial bias have been put in place. Faculty will also disclose any off-label and/or investigational use of pharmaceuticals or instruments discussed in their presentation. Disclosure of these financial relationships or absence of relevant financial relationships will be disclosed to the audience.

Conference Site

Le Bonheur Children's Foundation Research Institute
Russell Chesney Auditorium • 50 N. Dunlap St. • Memphis, Tenn. 38105
Free guest parking available in the Family/Guest Parking Garage at 130 N. Manassas St.

Accreditation

Methodist Le Bonheur Healthcare is accredited by the Accreditation Council for Continuing Medical Education to provide continuing education for physicians.

Credit

Methodist Le Bonheur Healthcare designates this live activity for a maximum of 10.50 AMA PRA Category 1 Credits.[™] Physicians should claim only the credit commensurate with the extent of their participation in the activity.

Tuition

Registration fee is \$150.00 for physicians; \$100.00 for nurse practitioners and physician assistants; \$75.00 for nurses and all other health care professionals. Scholarships are available for residents and fellows, but preregistration is required. Fee for non-health care professionals is \$50.00. Group registration for athletic trainer/School Coach teams: \$150 for a team of five.

PROGRAM REGISTRATION FORM
INAUGURAL
CARDIAC CARE OF THE YOUNG
ATHLETE SYMPOSIUM

Name: _____

M.D. DO NP PA RN RD Other: _____

*Please email your team registrations to cme@mlh.org.
Each person must still fill out the first part of the form.*

Address: _____

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Phone: () _____

Specialty: _____

Email address required for CME: _____

On-line registration available at
<https://www.lebonheur.org/conference/inaugural-cardiac-care-of-the-young-athlete-symposium>
or mail your completed registration form and fees to:

Methodist Le Bonheur Healthcare
51 S. Claybrook, Suite 512, Memphis, TN, 38104

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