

# **Keeping Adolescent Athletes Healthy, Successful, and Injury Free**

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Monograph**

- This one and a half hour seminar will discuss the current trends in youth sports safety and prevention
- Parents, coaches, and adolescent athletes are welcome to attend

## **Concussion screening and prevention**

- Balancing school and sports success
  - Sport specialization (travel teams)
  - Current trends in injury recognition and prevention
  - Strength training for young athletes
  - Gender issues and sport
- Location: Trinity School, 101 West 91<sup>st</sup> street
  - Time: 6:30PM-8:00 PM
  - Date: Wednesday, March 14, 2012
  - RSVP: [Pablo.Acosta@Trinityschoolnyc.org](mailto:Pablo.Acosta@Trinityschoolnyc.org)