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Preventing Injury In Young Athletes

March 18th Workshop For Parents and Youth Sports Coaches

FEBRUARY 25, 2009 – With more than 3.5 million athletes under the age of 14 receiving medical treatment for sports injuries each year, keeping young athletes healthy and free of injury is a concern for anyone involved with youth sports. A March 18th workshop will help parents and youth sports coaches learn how to prevent injury and promote healthy choices for young athletes.

As part of its ongoing commitment to promoting health and safety of athletes, the Athletic Trainers' Society of New Jersey is offering the two-hour workshop at the Yogi Berra Museum & Learning Center, which is on the campus of Montclair State University. The workshop begins at 7:30 p.m.

"As the number of children participating in sports continues to increase, so does the potential for injury" said ATSNJ President Dr. Robb Rehberg. "This workshop

Athletic Trainers' Society of New Jersey

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will provide parents and youth sports coaches with the information they need to prevent injury and ensure their young athletes stay healthy and safe."

The topics to be discussed at the workshop include: concussion management, the importance of physical exams before the season begins, nutrition for young athletes, and overuse injuries. A panel discussion will give attendees a chance to ask questions of experts in the area of sports safety.

Individuals may register for the event online by visiting atsnj.org. There is a \$5 donation fee to the museum.

ATSNJ consists of Certified Athletic Trainers, athletic training students, physicians and other allied health care professionals living or employed in the State of New Jersey. (atsnj.org)

The Yogi Berra Museum & Learning Center is a nonprofit sports education center which preserves and promotes the values of respect, sportsmanship, social justice and excellence through sports-based educational programs and exhibits. (yogiberramuseum.org)

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Injury Prevention: What Parents and Youth
Sport Coaches Need to Know
Wednesday, March 18, 2009

- 7:15-7:30 Registration
- 7:25 Welcome
Robb Rehberg, Ph.D., ATC - ATSNJ Past-President
Coordinator of Athletic Training Clinical Education,
William Paterson University Chief of Emergency
Services, Montclair State University
- 7:30 - 7:50 Concussion Management
Leigh Weiss, MS, ATC -Assistant Athletic Trainer,
NY Giants
- 7:50- 8:10 The Importance of Preparticipation Physical Exams
Joelle Rehberg, D.O. - Montville Primary Care Physicians
- 8:10 - 8:20 Break
- 8:20 - 8:40 "Hey mom, what's for dinner? Things parents would
want to know about feeding their young sports star!"
Eileen Bowker, MA, ATC - USA Wrestling/NWCA

8:40 - 9:00 Overuse Injuries: Concerns and Suggestions
Eric Nussbaum, Med., ATC - Athletic Trainer, Colts Neck
High School

9:00 - 9:30 Panel, Moderated Question and Answer Session
Mike Prybicien, MS, ATC - ATSNJ President
Athletic Trainer, Passaic High School

There is a \$5.00 donation fee to the museum for attending the
program.

Register online at atsnj.org or contact John Davis, MSU Head Athletic
Trainer - (973) 655-5250, events@atsnj.org.

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