

An invaluable, comprehensive, one-of-a-kind resource for parents of young athletes—from one of America's most prominent pediatric sports doctors. Among the topics Dr. Metzler covers: n How to keep child athletes healthy in mind and body n How to deal with coaches and other parents, and how to help children handle team pressure n How to recognize and prevent injuries such as fractures, ligament tears, and repetitive stress injuries n How to recognize when children are doing too much n How to judge the impact of daily physical activity on growing bodies Packed with practical advice on everything from nutrition to conditioning to avoiding the win at all costs mentality, THE YOUNG ATHLETE offers parents the tools they need to encourage safe sports and to help their children achieve their utmost potential, both on and off the field.

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