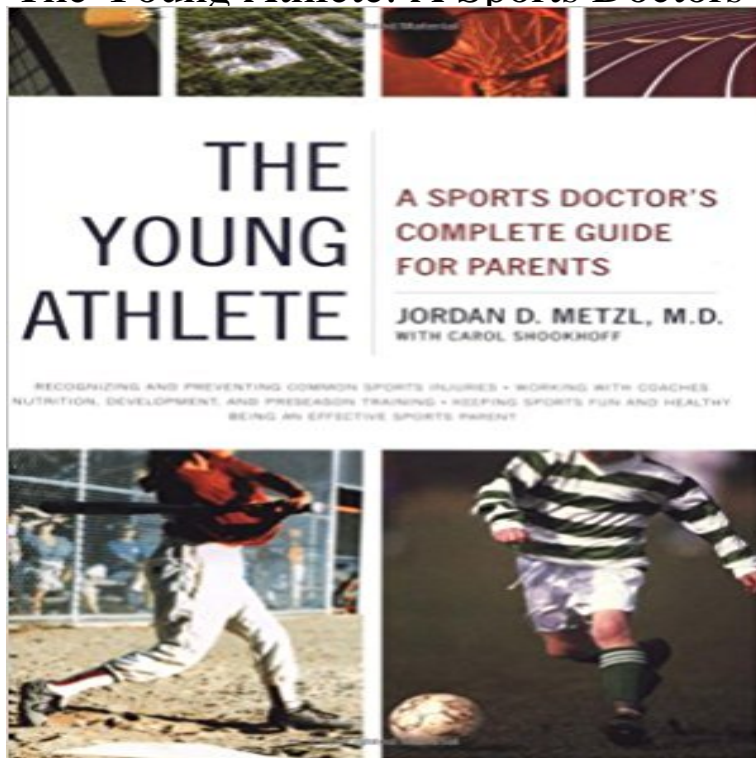


## The Young Athlete: A Sports Doctors Complete Guide for Parents



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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