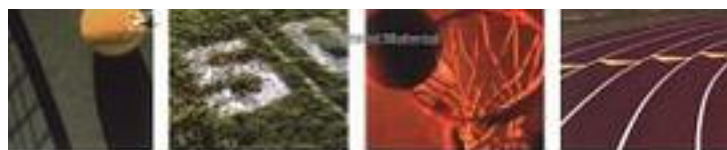


# The Young Athlete



## THE YOUNG ATHLETE

A SPORTS DOCTOR'S  
COMPLETE GUIDE  
FOR PARENTS

JORDAN D. METZL, M.D.  
WITH CAROL SHOOKHOFF

RECOGNIZING AND PREVENTING COMMON SPORTS INJURIES • WORKING WITH COACHES  
NUTRITION, DEVELOPMENT, AND PRESEASON TRAINING • KEEPING SPORTS FUN AND HEALTHY  
BEING AN EFFECTIVE SPORTS PARENT



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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. Metzl 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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