

TOP TIPS FOR COACHES



Many injuries can be prevented.

Rules and proper equipment are designed to prevent injuries that involve another player or the environment. "Noncontact" injuries can be avoided with appropriate warm-up and using proper form in fundamental and sport-specific movements.

Athletes should not have pain during or after activity.

When a young athlete complains of pain related to activity, please advise them to seek a medical evaluation. Responding to complaints of pain early can reduce missed playing time.

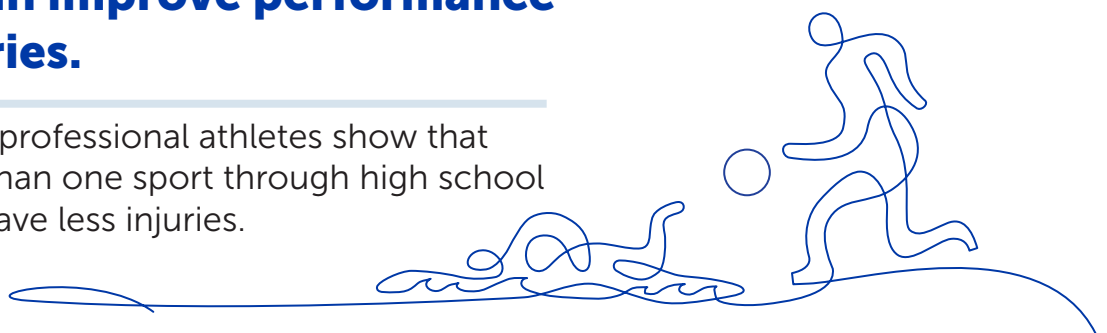


Concussions are not old news.

Recognizing signs and symptoms of a concussion and immediately removing an athlete from play is the responsibility of everyone. Four in ten athletes return too soon and this can cause recovery to be delayed.

Varying sports can improve performance and prevent injuries.

Studies of collegiate and professional athletes show that athletes who play more than one sport through high school will perform better and have less injuries.



Encourage good nutrition, hydration and sleep habits.

Teach young athletes to take care of their bodies. They should learn early how to properly fuel, hydrate and rest.