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*The Fastest Way to become a Better Athlete*

## Youth Sports Injuries Can Be Prevented

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According to American Academy of Pediatrics and American Sports Data, more than 3.5 million children and teens (ages 8-18) seek treatment for overuse injuries each year. Experts attribute this to more specialization in one sport, as well as playing that sport year round. They also state that absence of general core conditioning principles, balance and coordination activities, and flexibility exercises attribute to this 25 percent increase in youth injuries and 70 percent of injuries are non contact. When an athlete is injured, their form and technique will break down. Children and Teens need 60 minutes of activity EACH day for their health *according to US Department of Health and Human Services.*

Here at the Parisi Speed School we find most all of our new clients, youths 7 years old to the adult, fall into the category of playing a sport or sports all year, which to most have almost mastered their sport skill, but lack athletic skills. To give you an example, we see athletes all the time who are really good at their sport/s, but when we evaluate their straight ahead speed, change of direction ability and strength, they are only average to poor, based on the national averages. Why? It's because they have not worked on improving their athletic skills ability. Here are some questions to ask concerning your athlete: Are they strong enough to safely stop from an all out sprint? Do they land properly? If not, it isn't a matter of will they develop a non-contact injury, but when?

We have also found our athletes have never experienced an appropriate warm-up and the warm-up is one of the first places to look at when wanting to improve athleticism and more importantly prevent injury. At Parisi, we start all of our workouts with a 25-30 active dynamic warm-up and to most this warm-up is more like a workout. I can remember playing sports and the warm-up would involve my team running around the track, which is a way to warm the body up. The problem with the "run around the track warm-up" it does not prepare athletes for the intense athletic movement abilities, and most notably the change of direction ability. Change of direction ability is where most non-contact injuries evolve from. A proper warm up should include a variety of exercises, which increases core and muscle temp, warm the nervous system, increase heart rate, increase blood flow, increase plyometric effect (jumping and bounding), increase strength, increase range of motion, increase technique for running and stop ability, improve coordination, and increase endurance, which all of these prepares and teaches the athlete how to move better and safer on the playing field.

How can the Parisi Speed School Program help your athlete become a better as an athlete and prevent injury on the playing field? Please come by for a FREE evaluation or trial class. [www.fitmac.com](http://www.fitmac.com) (281)497-7570