

KEEPING YOUR ATHLETE IN THE GAME

MVP PARENT

FALL 2022

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with Olympian
Olga Connolly

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Mission

MVP PARENT is committed to providing a credible resource that educates and supports the parents of youth athletes. **MVP PARENT** gives parents the information they need to keep youth athletes performing at the highest level physically, mentally, and emotionally. **MVP PARENT** takes a holistic and evidence-based approach to injury prevention, skill development, nutrition, and sports psychology.

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FROM THE PUBLISHER

BY RICHARD B. DUBIN



LIFE HAPPENS IN A NEW YORK MINUTE

As I sit here writing this Publisher Memo, I am reflecting heavily on the past 6 months. This has been a whirlwind and it has forced me to take a step back and evaluate a lot about my life.

Yes, things change, and we have to adapt to those changes. But who knew there would be so many and they would come so fast?

I am an only child. I lost my my dad when I was 9 and my relationship with my Mom has been somewhat strained for more than time than I care to admit. Last March, I lost my Uncle, my Mom's only brother. He had been like a father to me and a bastion of support for my Mom. Since there are no spouses or significant others, it was all on me. So, I flew from my home in Albany down to Florida to be there for my Mom, I showed up!

Mom had been dependent on my Uncle so she took his loss hard, but I thought she would be OK. My next visit, in late May, was supposed to be for the biopsy of a spot the doctors found on her lung on her annual checkup. But, when I went to pick her up for dinner the day before the procedure, I found her on the floor. She had fallen and broken her shoulder and pelvis. We spent a week in the hospital and then she was in rehab for 36 days. My next trip was to take her out of rehab and home. This went as slow as molasses. Although the facility was highly recommended, the care she received was sub-par and she came home with multiple bed sores and needed in-home nursing which didn't come for a week. Needless to say, this was beyond stressful.

Then we received the biopsy results, and it was confirmed that she had lung cancer. My next trip down was to take her into the hospital for minimally invasive lung cancer surgery, which was supposed to be a short stay. Turned out to be over a week. The good news is they were able to successfully remove all the cancer. The road to recovery has been a long one and my Mom has shown incredible resiliency over the past 6 months. We've gotten to know each other on a deeper level, and we were able to laugh through some pretty dark moments and came out in a better place.

But I was only able to be there for her because so, so many people were there for me. Never had I counted on all those people who support me everyday so much. Family, friends, business colleagues—all those people who encourage me everyday to bring my best game to whatever I'm doing—all those people helped fill my tank when it was running low...and I had to let them. I had to ask for the support I needed because I couldn't have supported my Mom without their help.

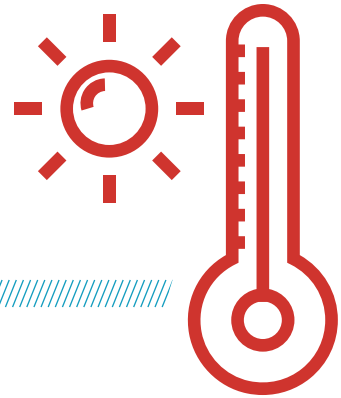
So, what does this all mean to youth sports? As the parent of a student athlete, there will be times when you need to push through a challenging time and rise above so you can be there for your student. There will be times when you will need the help of others to get through, don't hesitate to ask for help. There will be times when you need to stay positive in the face of adversity. There will be times when you need to take it easy. Be kind to yourself and others. Stay positive and open minded as you go through life and remain vigilant in taking care of yourself and your student. No one knows what anyone else is going through at any given time and it's super important to be loving, supportive, and understanding. Life happens to all of us. It's not what happens to us that matters. What matters is how we respond. ■

Heat Acclimatization:

WHAT IT IS AND HOW IT CAN PREVENT HEAT STROKES

A WORD FROM THE NATA

With fall practices around the corner, it's time to think about one of the most preventable causes of death in high school athletics – exertional heat stroke. Did you know that almost all exertional heat strokes happen in the first three days of practice? So, with sweltering summer heat still at its height, how can athletes avoid succumbing to heat stress?



Heat acclimatization



“Your body goes through 15 to 20 physiological changes as it acclimatizes to the environment,” said Douglas Casa, PhD, ATC, and director of athletic training education at the Korey Stringer Institute. “These changes include sweating at lower temperatures, expansion of plasma volume and increased blood flow. Through compensation, the

body is able to tolerate physical stresses in a more efficient fashion, and the athlete will usually achieve better physical performance.”

Heat acclimatization plays a big part in the body's physical responses and overall ability to cope with heat exposure. Heat acclimatization is a broad term that is defined as a complex series of changes or adaptations that occur in response to heat stress in a natural environment over the course of seven to 14 days. These adaptations are beneficial to exercise in the heat and allow the body to better cope with heat stress.

These positive changes include reductions in:

- Heart rate
- Internal body temperature responses
- Skin temperature responses
- Sweat electrolyte concentrations
- Rating of perceived exertion

As well as increases in:

- Sweat rate
- Sweat onset (sweating starts earlier)
- Blood flow
- Exercise performance in the heat and cooler conditions

“REGRETTABLY, ATHLETES ARE STILL SUFFERING AND DYING FROM EXERTIONAL HEAT STROKE,” CASA SAID. “LIVES CAN BE SAVED BY SPEAKING UP AND SUPPORTING MANDATORY STATE GUIDELINES FOR HEAT ACCLIMATIZATION AND BY ADVOCATING FOR AN ATHLETIC TRAINER.”

ONE OF THE MOST IMPORTANT ACTIONS PARENTS CAN TAKE TO ENSURE THEIR ATHLETES' SUCCESS IN HIGH TEMPERATURES IS TO CHECK THAT THEIR SCHOOL HAS AN ACCLIMATIZATION PLAN.

Casa said that one of the most important actions parents can take to ensure their athletes' success in high temperatures is to check that their school has an acclimatization plan.

"Make sure they are being phased in and not going all out on the first days," Casa said. "Also make sure the school has an athletic trainer (AT) and, if not, fight for one to be employed. Some schools follow state practices, but others do not. Maybe the state doesn't have practice laws, but schools should be using some type of acclimatization guidelines."

Casa, a member of the National Athletic Trainers' Association (NATA) and one of the authors of "Preseason Heat-Acclimatization Guidelines for Secondary School Athletics," offered these tips for athletes preparing for preseason practice.

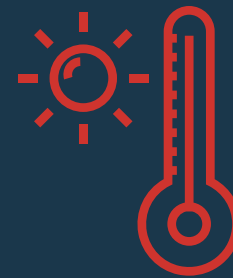
According to a consensus statement set forth by NATA, parents, coaches and ATs should make sure to monitor for signs of exertional heat stroke, heat exhaustion and heat syncope during the initial days of acclimatization. Having an athletic trainer available on-site before, during and after practice can help monitor athletes for exertional heat illnesses, Casa said.

For more information, visit www.atyourownrisk.org or scan the QR code. ■



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HEAT ACCLIMATIZATION TIPS

- Do not participate in more than one practice per day for the first five days of practice
- Do not practice more than three hours in one day for the first five days of practice
- Do not wear full gear until day six of practice
- For full-contact sports, live full-contact drills should not be performed until day six of practice
- For double-practice days, they must be followed by a single-practice day or day of rest
- On double-practice days, each practice should not exceed three hours including stretching, warm-up, cool-down and lifting
- Do not participate in more than five hours of practice total for double-practice days from day six through 14 of practice
- Be properly hydrated before, during and after practice
- Gradually increase the intensity of practice over the course of a few days
- Increase the amount of sodium in your diet for the first days of practice to make up for sweat salt loss
- Avoid practicing while sick
- Have cooling methods available during practice (ice towels, ice tubs)
- Take breaks frequently to avoid your body overheating
- Get plenty of sleep the nights before practices

Preseason Heat-Acclimatization Guidelines

Area of Practice Modification	Practices 1-5		Practices 6-14
	Days 1-2	Days 3-5	
# of Practices Permitted Per Day	1		2, only every other day
Equipment	Helmets Only	Helmets & Shoulder Pads	Full Equipment
Maximum Duration of Single Practice Session	3 hours		3 hours (a total maximum of 5 hours on double session days)
Permitted Walk Through Time	1 hour (but must be separated from practice for 3 continuous hours)		
Contact	No Contact	Contact only with blocking sleds/dummies	Full, 100% live contact drills

NOTE: warm-up, stretching, cool-down, walk-through, conditioning, and weight-room activities are included as part of practice time. From Resource 2; used with permission of the National Athletic Trainers' Association; all rights reserved.



**YOUR
ONLY
LIMIT
IS
YOU**

MVP PARENT

WORD POWER

BY GREG BACH

When the University of Notre Dame football team takes the field on Saturday afternoons many players have black-inked words or phrases scribbled on their gloves, wristbands, tape, and shoes.

“Sharpie markers have become a staple in our locker room,” says Dr. Amber Selking, the renowned mental performance consultant for the Fighting Irish and author of *Winning the Mental Game*.

Players use the markers to compose power statements that Selking recommends for helping them stay focused, calm, and confident in the heat of the action.

“We have them write these simple phrases on their wrist bands or their gloves,” Selking says. “These are just reminders that ‘I am strong,’ ‘I am powerful,’ and ‘I am focused’ so when they are competing they can look down and actually see the right thoughts.”

And she encourages athletes in all sports, and at all age levels, to utilize them to help retain laser focus and full confidence – of course with mom and dad’s approval first before writing on that new pair of athletic shoes or expensive new baseball or softball glove!

“The earlier we can learn these things about managing our minds and our emotions is really important,” she says.

To help your young athletes maintain focus and concentration use these tips:

MOTIVATIONAL MANTRAS Courtney Frerichs, winner of the silver medal in the lung-searing steeplechase at the 2021 Summer Olympics in Tokyo, chooses a mantra and recites it to herself while competing to help keep her thoughts from straying into negative or unproductive territory. At the World Championships a few years ago,

she leaned on the word ‘fearless.’ “I really try to practice the mindset that I want to have in races beforehand,” Frerichs says. “Oftentimes during a season I’ll have different mantras or power statements that I am telling myself to really get me in the zone and help me to focus on positive energy versus acknowledging how nervous I am. At the World Championships in London I was telling myself ‘be fearless in the pursuit of what sets your soul on fire.’ That’s what was going through my head and that really kind of centered me and helped me to know what my goal was.”

FUN PHRASES When you notice your young athlete is grappling with a lot of pre-game nerves, or is weighed down by the big moment, encourage them to go through the fast and fun 5-4-3-2-1 exercise, says Dr. Jamey Houle, a sports psychologist at The Ohio State University. “It’s where you have the athlete name five things you see; four things you hear; three things you can touch; two things you can smell; and one thing you can taste,” he explains. “What happens when you do that is it just gets you out of the part of your brain that is worried or fearful and re-engages the part of you that is like ‘I know how to hit a fastball, I can do this.’ Or whatever it is. That’s the part of the brain that we need to engage.”

Explore different techniques with your son or daughter and have them use them during practices or workouts to determine what methods are most useful, so when their games, matches and meets arrive, they’ll be ready to perform at their best. ■

GREG BACH, is Senior Director of Communications and Content at the National Alliance for Youth Sports, which has been America’s leading advocate for positive and safe sports for kids since 1981. For more information visit www.nays.org.

MVP EXCLUSIVE

An interview with
Olga Connolly,
Gold-Medal Olympian
& Parent

HOW TO RAISE A CHAMPION

BY BRIAN WEBB



Olga Fikotova-Connolly practicing the women's discus event

MVP recently met with Olga Connolly, whose incredible life story began as a childhood athlete in her native Czechoslovakia. She went on to win the gold medal in the discus throw at the 1956 summer Olympics in Melbourne, where she met Harold Connolly, an American Olympian. Olga and Harold fell in love, later marrying and settling in the US in 1958. Olga soon became a US citizen and continued her athletic career, all while raising four children. She currently lives in California, and continues her post-Olympic career as an athletic mentor, coach, and trainer.

PARENTS AND COACHES SHOULD NOT BE TASKMASTERS, BUT INSTEAD SERVE AS LIGHTHOUSES AND SAFETY LIGHTS FOR KIDS – ESPECIALLY THE YOUNGER ONES. KIDS NEED TO BE FREE TO HAVE FUN AND ENJOY WHAT THEY ARE DOING, AND THAT BEGINS WITH CONFIDENCE AND SELF-LOVE. TRUE SUCCESS IS NOT A DESTINATION, BUT A JOURNEY.



MVP PARENT: Thank you, Olga, for taking some time to share your thoughts and insights about parenting young athletes in an anxious world. If you had one key piece of advice for the parents of aspiring athletes today, what would that be?

OC: You're quite welcome. Well, I suppose my most important advice for parents of young athletes would be to remember that, first and foremost, your child is simply a child. Yes – one who enjoys athletics at some level, and who may even show flashes of championship level talent – but whose needs for a safe, secure, and loving home, where they can learn to like and respect themselves must come first.

And it should start at the very beginning, when they are babies – speaking softly to them and encouraging their inborn curiosity. Your gentle massage touches of toes, feet, heels, fingers, palms

of hands, and forearms while they reach out to understand their surroundings helps them feel muscles and movement – key for any athlete. And our hands keeping them warm – what I call Nordic warm-ups – helps them feel good, warm, and confident within themselves. That feeling of comfort starts imparting in them the champion's inner confidence. As these little champs start rolling in a variety of directions, we keep guiding them safely as they learn balance. Reliable guidance by our hands and assuring tones in voices makes us into their primary coaches. And that's key for a brighter future – their inborn curiosity for exploration coupled with your leadership and coaching. From the first movements, the children will progress on. As parents, we will be there, but not pushing them until initial movements become natural. The parent simply needs to be there and show them correct and safe ways.

MVP PARENT: Interesting. So – is it fair to say that your advice for parents of a child athlete would be the same for the parents of any child, no matter where that child's interests may lead them further on?



//////
We want to feature your athlete in
MVP PARENT

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OC: Exactly. Parents and coaches should not be taskmasters, but instead serve as lighthouses and safety lights for kids – especially the younger ones. Kids need to be free to have fun and enjoy what they are doing, and that begins with confidence and self-love. True success is not a destination, but a journey. For example, all four of my own children enjoyed sports as youngsters. Two of them even competed at the national level. In the end, athletics was not the direction any of them chose for their primary vocation. But that was fine with me! In the end, the valuable lessons they learned through athletic participation stayed with them and contributed positively to their lives.

MVP PARENT: We see examples every day of parents obsessed with their child's athletic success, pushing them to excel at surprisingly early ages, even acting out in anger or frustration at coaches and game officials. How would you counsel parents like those?

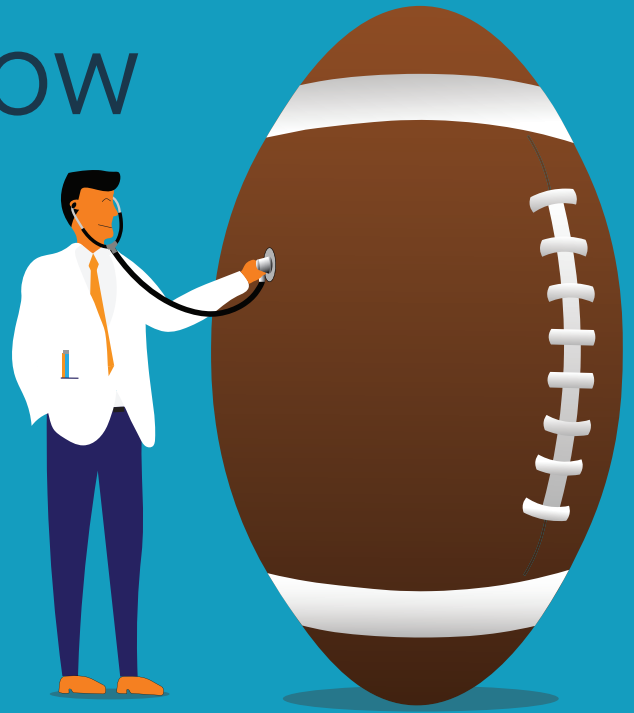
OC: I'm glad you mentioned this. In my experience, too many parents use their children to vicariously live out some version of a life they never had. This is a terrible idea. One proud mother

recently approached me to boast that her five-year-old had taught herself how to get off the starting blocks by watching a YouTube video. And where was the mother when her little girl was trying to learn from the TV? A father once told me how he required his 10-year-old son to follow a rigorous muscle memory regimen with a goal of throwing the perfect football pass. Studies have shown that some training and coaching practices can inflict physical and even psychological damage to young bodies and minds. This is where compassion, common sense, and trusted coaches are very important.

MVP PARENT: Any final thoughts you'd like to share?

OC: For parents who have no money for special trainers or travel team fees, I say do not panic. Nothing is more important than bringing your children up in a home that is filled with love and peace because those are the foundations that children need to grow into everything they can become – whatever that may be. Parents need the attentive patience of diamond cutters to make that happen, but it's well worth it. ■

4 Things to Know ABOUT SPORTS PHYSICALS



Sports physicals, while often thought of as summer rituals, are actually happening all year-round as the various sports start dates roll with the seasons. These time-honored doctor visits represent a great opportunity for parents to reinforce the message about injury prevention, especially if your child has had a previous injury or has a medical condition that requires extra precaution. This pre-sport physical is a key part to playing any sport, so before you schedule the next one – whether with your child’s regular healthcare provider or a walk-in clinic – consider these 4 tips.

1 Focus on safety, not speed/convenience

While there are countless ads for “walk-in” sports physical clinics, you may want to stick with your child’s regular healthcare provider, especially if your child has had a previous injury or has a medical condition in which physical exertion may be a factor.

“Even if your child is healthy and has never had a problem with sports before, the sports physical is not something that should be rushed through or done by someone who does not know your child,” explained Lora Scott, MD, co-director of sports medicine at Dayton Children’s Hospital.

If a sports physical is offered at your child’s school, it’s certainly convenient to get it done there. “But” said Dr. Scott, “even if the exam is done at school, it’s a good idea for your regular doctor to do an exam as well. Your doctor knows your kids—and their health history—better than anyone they talk to briefly.”

Certain schools may require young athletes to see specialists if they have special conditions and if your school does so, that is always a wise idea. Many local hospitals, like Dayton Children’s, will offer special clinics to address such issues – you just need to learn the specifics.

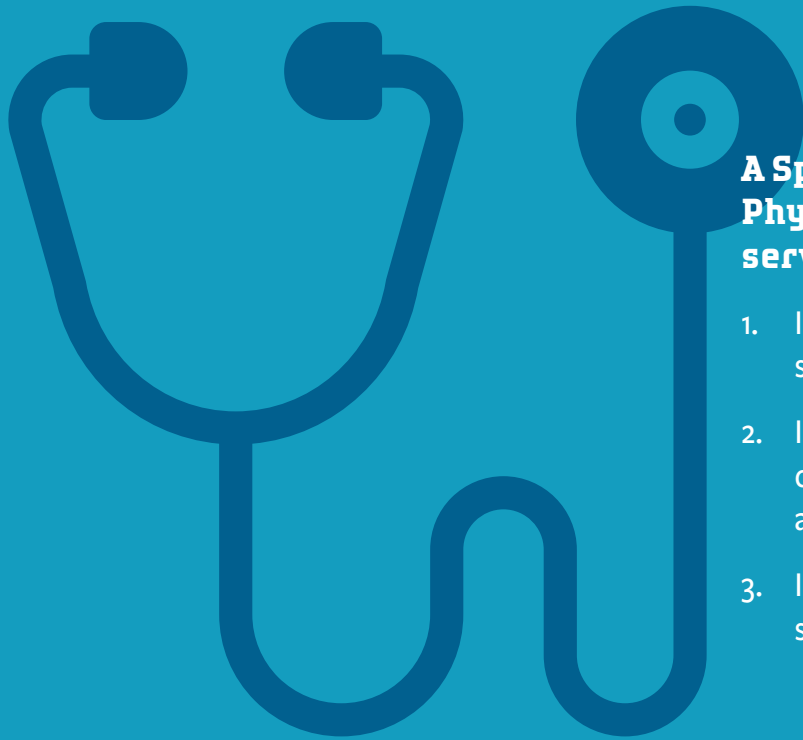
And while the focus of the sports physical should be on safety, you can speed things along by having all the paperwork filled out in advance.

2 A Sports Physical Is NOT an Annual Physical

While your child’s annual well-child visit covers everything that is needed for a sports physical, a sports physical does NOT cover everything recommended for an annual well-child visit. These two exams are not interchangeable.

An annual well-child exam, which is typically timed around the child’s birthday to confirm developmental milestones, has many important components:

- Reviewing a child’s medical history
- Listening to questions and concerns from the parents or child, and checking out the problem
- Reviewing any medicines the child may take
- Having a thorough physical exam from head to toe
- Reviewing a child’s vision and hearing
- Conducting developmental screenings
- Doing other screening tests due for the child
- Creating a plan of care for any problems found
- Having labs and other tests, if needed
- Receiving immunizations, as needed
- Receiving age-appropriate wellness education including diet, sleep, school, interpersonal and family behaviors, and safety.



A Sports Physical Is NOT an Annual Physical. These targeted exams serve three main purposes:

1. Identify old injuries that may need special care.
2. Identify and manage any conditions that could affect sports performance, like asthma or allergies.
3. Identify rare conditions that could cause sudden death during exercise.

A sports physical, which is often timed to a specific season, is simply a physical done for the sole purpose of clearing a student athlete for sports.

There is some good news. While the two exams are different, your doctor can fill out a physical form during a well-child exam. When you schedule the well-child exam, let the doctor's office know that a sports physical form needs to be completed. Make sure to bring the right paperwork with you.

3 Timing Matters

Sports physicals are usually required starting in middle school. Those who compete regularly in a sport before middle school may need to start getting these exams even earlier.

Scheduling the physical to occur about six weeks before the sports season begins will allow enough time to follow up on something, should it be necessary. No one wants to find out the day before the season opener that your child can't play until a medical condition is addressed appropriately.

Schools have differing requirements for when sport physicals are needed and how long they are deemed appropriate. Dr. Scott said once a year is usually adequate but be sure to check with your child's school to avoid any last-minute challenges. Any athlete healing from a major injury, like a broken ankle or wrist, however, needs to be checked by their provider after it has healed before starting to practice or play again.

In some areas, sports physicals are timed to specific sport seasons. This is important to understand because the spring baseball coach may not accept the football sports physical that was done last July because it is more than 6 months before the

start of the baseball season. If your child plays more than one sport, you'll want to understand the rules for your school.

4 Baseline Concussion Testing Is a Must for All Athletes

It is true that some sports have a higher risk for concussions, but the reality is, head injuries can happen anytime, anywhere. That's why it's important that all athletes get a baseline test every year before the season starts. The National Athletic Trainers' Association has been advocating for these tests for more than 10 years.

Dr. Scott explained that Dayton Children's uses a concussion testing system called the Neurocognitive Sports Computerized Cognitive Assessment Tool (CCAT) to help measure the cognitive function of child and teen athletes after suspected concussions or traumatic brain injuries (TBIs).

Baseline, pre-injury tests are most helpful when a child has been injured and the medical staff can determine the extent of the injury compared to prior test scores. In a baseline test, CCAT uses four simple tasks to measure brain function and the ability to process information. After an injury, testing can be repeated in a clinic and compared with baseline test results. This helps doctors determine when brain function returns to normal.

Athletes who have a concussion without a baseline test can still be tested in a sports medicine clinic after an injury. However, Dr. Scott explained, "we can only compare the results to athletes of similar age and gender baseline test results. Each child is unique, therefore, having a baseline for your child is extremely helpful in managing a concussion, should one occur. Comparing the pre- and post-concussion test scores can help determine when an athlete is ready to return to normal activities." ■

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AVOID THE “TERRIBLE TOO’S”

TO PREVENT
OVERUSE INJURIES

BY ROBERT WEIL, DPM

Youth sports have always been popular for so many great reasons, and that is certainly no different today. Unfortunately, along with all the positive aspects of youth sports, today we’re also seeing an alarming increase in injuries—both physical and mental, but especially physical overuse and repetitive motion injuries. As with most things in life, PREVENTION IS KEY!

Of course, injuries such as sprains, strains, broken bones, torn tendons and ligaments, and concussions happen in sports at all ages. Many of these are acute injuries that occur suddenly during any given sporting activity. However, when it comes to overuse injuries, there are some known risk factors. The pressure to win, overzealous parents and coaches, free-time-sucking schedules, year-round participation, and specialization are all factors in today’s increasing incidence of sports-related overuse injuries. Some classic examples of overuse injuries are young baseball pitchers shoulder problems, swimmers or tennis players with elbow and shoulder problems or running/jumping athletes with foot, ankle, knee and back concerns. These type of injuries are

not the acute injuries that occur suddenly. Instead, these tend to be chronic and persistent in nature without any specific incident. Their onset is more gradual, more insidious, and often more difficult to identify making treatment extremely challenging.

Parents of newborns fear the “terrible 2’s,” but parents of young athletes should fear the “terrible too’s.” The terrible too’s are infamous and include doing too much, too often, too soon and too aggressively. They are examples of conditions that lead to overuse. Specialization in one sport is major risk factor for repetitive motion injuries at young ages. Using the same muscles, the same way for a particular sport with no counterbalance for using other muscles contributes to overuse. Today, most doctors and therapists recommend growing children play multiple sports specifically to avoid overuse.

PARENTAL AWARENESS

Parents and coaches need to be keenly aware of the challenges posed by specialization and the terrible too’s. They must listen and pay close

Using the same muscles, the same way for a particular sport with no counterbalance for using other muscles contributes to overuse. Today, most doctors and therapists recommend growing children play multiple sports specifically to avoid overuse.

attention to complaints from their young athletes. As I stressed in last issue's article, "The Challenge of Drugs and Youth Sports," relying on over-the-counter pain and anti-inflammatory drugs simply to continue participation is never smart! Making sure that persistent soreness or pain complaints are given proper attention is smart! Parents need to make sure these kids back off the non-stop practice schedule and pay attention to rest and recovery and be sure they get proper evaluation of the injury by medical or physical therapy professionals or an athletic trainer.

Often, persistent or recurrent overuse problems or injuries, such as plantar fasciitis, growth plate abuses, shin splints or knee problems, are related to body and foot mechanics. These can be associated with leg length differences, hyperpronated or flat feet, high arches, bowed lower legs or knock knees, so evaluation by podiatry, chiropractic or sports therapy is essential—especially if problems recur or persist. Also pay attention to:

- **Your child's age and stage of development: Set some sensible parameters to avoid overuse, such as too much jumping and running or overloading schedules, whatever the sport.**
- **Your child's history of injuries and problems including muscle weakness, structural imbalances or poor biomechanics—all can contribute to or become potential problems.**
- **Your child's level of competition. It is always important not to push your child over his or her skill level too soon or too young. Doing so can lead not only to overuse challenges, but mental burnout as well.**
- **Being a good listener and being very aware of the kinds of both physical and mental pressures your young athletes are being subjected to. These can lead to problems that might begin as quite minor but can quickly become persistent nightmares. This happens when parents, coaches or young athletes themselves refuse to back off and pay attention to my two favorite words: INTELLIGENT REST! ■**

ROBERT A. WEIL, DPM, is a sports podiatrist in private practice in Aurora, Illinois. He hosts The Sports Doctor, a live weekly radio show on bbsradio.com. His book, #HeySportsParents, written with Sharkie Zartman, is available on Amazon.com. Dr. Weil was inducted into the prestigious National Fitness Hall of Fame in April 2019. For more information, go to sportsdoctorradio.com.



There are many tough decisions now for parents whose children want to participate in sports: how to choose the right program, how to help coach them, preventing injuries.

Dr. Robert Weil, an original New Yorker with an office in Aurora, IL, is a sports podiatrist that has helped many elite athletes and hosts the radio show "The Sports Doctor". His co-author Sharkie Zartman, is a former All-American volleyball player and former member of the U.S. National team. They have combined their expertise into one book designed to help parents navigate through youth sports programs.

#Hey Sports Parents is broken down in four Sections. The first section written by Sharkie, is *Sports Parenting 101* which includes choosing the right program, nutritional guidelines, college recruiting and stress management.

"In the next section," says Dr. Bob, "called *The Sports Doctor Is In*, I talk about overtraining, sports and drugs, the importance of the right shoes and orthotics, and the very real risks of contact football for kids. The third and fourth section highlight various experts in youth sports and parenting.

Dr. Bob and Sharkie met years ago when they both hosted shows for the same radio network. "We thought this book would be a great resource because of our different professional perspectives" says Sharkie.

You can find #Hey Sports Parents on Amazon, Kindle, and Ingram.



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"My son is a catcher and has been having knee pain due to being flat footed. His sports ortho cleared him to continue playing with lots of stretching but suggested inserts as well. We tried many without noticing much... then we tried these... no more pain! It's amazing."

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These Are Legit! Greatest Insoles Ever.

"Greatest Insoles Ever. My daughter had an ACL surgery 3 years ago and said that she always had pain in her knee after she played a basketball game but not since she's been wearing the VKTRY Insoles. She has been pain free and can tell a major difference in her quickness and speed as well. I have purchased 5 pair for friends and family. They all love them."

Made from full-length aerospace-grade carbon fiber, VKTRY Insoles have been scientifically proven to help athletes run faster, jump higher and protect against injuries. **Sound too good to be true?** Check out our customer testimonials and the research on our website.

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More Speed, More Confidence

"My son is a sophomore playing on Varsity this year, and it seemed he was always a step late. For example, he was second or third to being the last man down on kickoffs. The second week he played in VKTRY Insoles, he was second or third getting down there on kickoffs! I'm serious! I sat in the stands dumbfounded! He has always worked very hard to get better, but now he is in on every tackle on kickoffs! Thank you so much. You not only helped my son get better physically, but tremendously helped his confidence of playing on Friday Nights in Texas!!"



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MVP PARENT is committed to providing a credible resource that educates and supports the parents of youth athletes. **MVP PARENT** gives parents the information they need to keep youth athletes performing at the highest level physically, mentally, and emotionally. **MVP PARENT** takes a holistic and evidence-based approach to injury prevention, skill development, nutrition, and sports psychology.