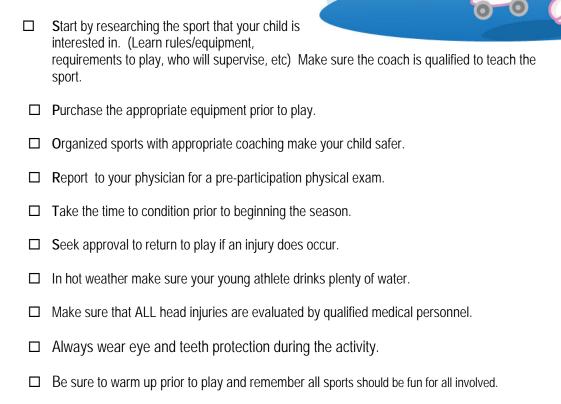


Injury Prevention Check List

Preventing Youth Sports Injuries

The National Youth Sports Safety Foundation says that in the United States, about 30 million children and teens participate in some form of organized sports, and about 3 million injuries occur each year. The most common injuries are sprains and strains. Some injuries are being fueled by the popular non-traditional Extreme Sports like skateboarding, snowboarding, and mountain biking.



For more information go to www.lnjuryFree.org