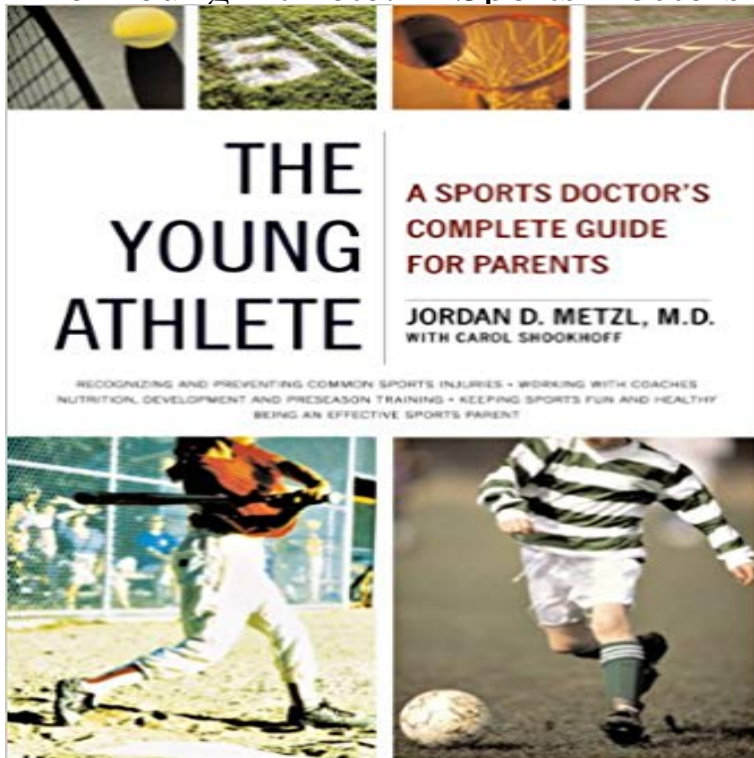


The Young Athlete: A Sports Doctors Complete Guide for Parents



Metzl (medical director, sports Medicine Institute for Young Athletes) and Shookhoff, a writer specializing in education issues, want parents and young athletes to keep a sensible perspective on the benefits of organized sports. They offer information on preventing injuries, recognizing common injuries and evaluating their seriousness, and understanding nutritional and exercise needs as well as dealing with coaches and other parents, helping children handle team pressures, and recognizing when a child is doing too much.

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