

Darienite

News for Darien

<https://darienite.com>

Youth Sports Safety and Health: Four Lectures at Darien YMCA

Author : David Gurliacci

Categories : [Healthy Living](#), [Parents & Kids](#), [Sports](#), [Teens](#)

Date : September 29, 2017



The Darien YMCA, in partnership with Orthopaedic and Neurosurgery Specialists (ONS), is hosting a series of lectures on topics surrounding youth sports safety.

The lectures are designed to give parents, caregivers, and coaches the tools they need to help young athletes stay healthy and safe while participating in activities they enjoy.

— *an announcement from the* [Darien YMCA](#)

These free lectures will be held at the Darien Y every Tuesday in October at 7 p.m.

Each lecture will be one hour in length and discuss topics including the dangers of sport specialization, what makes a healthy athlete, diagnosing a concussion and understanding gender roles.

An ONS specialist will lead each discussion and leave time for questions and answers.

There is no cost to attend a lecture but reservations are required. Please RSVP by emailing balfredo@onsmd.com or jvansciver@darien-ymca.org.

Lecture Schedule and Topics

'The Dangers of Sports Specialization' — Oct. 3

ONS Sports Medicine Specialist Dr. Marc Kowalsky will lead a discussion on “The dangers of sports specialization.” Dr. Kowalsky will discuss strategies to protect young athletes from burnout and season-ending injuries that may affect them well into adulthood.

'The Healthy Athlete' — Oct. 10

ONS Sports Medicine Specialist Dr. Demetris Delos will outline the nutritional and sleep requirements for competitive student athletes of all ages and the dangerous growth in performance enhancing substance abuse among youth.

'Is It a Concussion?' — Oct. 17

ONS Neurosurgeon Dr. Scott Simon will discuss the signs and treatments for the concussed athlete. ONS Athletic Trainer Pete Falla will join the discussion and outline concussion assessment tests and ways for student athletes to avoid sitting out the rest of the game.

Women's Sports Medicine — Oct. 24

Dr. Katherin Vadasdi, MD, Director of the ONS Women’s Sports Medicine Center will go in depth on “Women’s Sports Medicine: Understanding the role gender plays in sports injury.” Alicia Hirscht, PT, Director of ONS Physical Therapy/Stamford will be on hand to demonstrate injury prevention exercises.