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## 'Burnout vs. Breakthrough in the Teen Athlete' Panel Discussion Wednesday at Darien High School

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

**Tagged as :** [Blue Wave Booster Club 2019](#)[Hospital for Special Services 2019](#)

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Does the start of the Fall athletic season have you wondering if your student athlete will surpass their personal goals or be faced with the stress of being a student athlete?

HHS Stamford and the Blue Wave Booster Club invite parents and student athletes to "Burnout vs. Breakthrough in the Teen Athlete," an interactive panel presentation from 6 to 7:30 p.m., Wednesday, Oct. 2 in the Darien High School Auditorium.

— [an announcement](#) from the [Hospital for Special Services](#) and the [Blue Wave Booster Club](#)

Speakers will provide tips related to Fall sport participation and ...

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- training for athletic achievement
- preventing injury
- optimal nutrition for the student athlete

### **Speakers:**

- [Karen Sutton](#), MD, Orthopedic Surgery, Sports Medicine, HSS Orthopedics at Stamford Health, HSS Stamford
- [Heidi Skolnik](#), MS, CDN, FACSM, Sports Nutritionist, HSS