



YEAR ROUND SPORTS & REST

What do you do?

April 3, 2013

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On Youth Sports Radio this past week I answered a question from a listener about their daughter's year round athletics. This concerned parent wondered when and how to include REST to be part of the picture when she enjoyed playing so many sports. Keep reading on and see what Dr James Andrews had to say about this topic.

It's not an easy answer.

Essentially a choice has to be made at some point. While as kids many parents of today's teens played multiple sports themselves throughout their high school careers. But one difference is that today's teenagers and even pre-teens have so many more "opportunities" to play...and are oftentimes expected by their respective travel teams to include "pre-season" and "off-season" practices and skills sessions one or more days per week. These frequently occur in the evenings or on weekends during what would otherwise be our young athletes' "free time."

Between school sports and then the commitments to other travel teams and the pressures to "not let your skills drop off" during off seasons our young athletes are oftentimes involved in two or even three sports at the same time in some cases. Summers often include travel team sports and so what might have been a true rest from athletics during the school's summer vacation kids are involved in organized sports year round.

WHEN SHOULD THEY REST?

WHAT SPORT DO YOU GIVE UP?

WHO DO YOU SAY NO TO?

IF I "FORCE" MY KID TO TAKE A REST WON'T THEY BE MAD AT ME?

These are all good questions. The "right" answers may differ for each situation out there. BUT MAKE NO MISTAKE...our kids ARE playing organized sports too much in some cases. The rise of injuries among young athletes. The number of various injuries present in a single athlete. The increasingly younger ages we see these injuries occurring. The amount of "overuse" type injuries vs just unforeseen traumas among our young athletes....



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ALL THESE SPEAK TO THE FACT THAT more conversations need to be had between parents and their young athletes - going beyond just the fun part of playing sports, but the responsible part of being an athlete and respecting and honoring your body with the rest that it needs! Tough choices need to be made. Better to do it now before their young and unsuspecting bodies break down than to wait until it's too late and they are injured and get pulled by a parent, coach, orthopedist or pediatrician, a PT or Athletic Trainerwith orders that now true rest must be part of the equation.

Here's a link to an interview with famous orthopedic surgeon Dr James Andrews who mentioned the issue of youth sports injuries and his perspectives on rest this article:

http://www.cleveland.com/dman/index.ssf/2013/02/noted_surgeon_dr_james_andrews.html

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