

NYSHSI Announces New Model for Development of Youth Sports in Partnership with U.S. Tennis Association

The National Youth Sports Health & Safety Institute (NYSHSI) announced its dedication to a new model of development for youth sports in San Francisco, CA on Friday, June 1, 2012.



“Our young people need to be active, and participating in youth sports is an important component. However, many of these young athletes are doing too much, too fast,” said Michael F. Bergeron, Ph.D., FACSM, “This new institute will support youth athletics and create guidelines to protect their health and safety.” Bergeron serves as executive director of the new NYSHSI.

The need for NYSHSI is underscored by a poll that shows 91 percent of Americans feel sports participation is important for children and adolescents, and 94 percent feel more needs to be done to ensure the health and safety of youth athletes.

Dr. Brian Hainline, chief medical officer of the United States Tennis Association (USTA), highlighted USTA’s effort to transform the way tennis is introduced in the United States. “As the National Governing Body of Tennis, the USTA is excited and proud to partner with the National Youth Sports Health & Safety Institute. With the NYSHSI partnership, we believe that tennis can be showcased as a model sport that promotes health and wellness in children” said Hainline. New rules for youth tennis have been passed by the International Tennis Federation and USTA that are significant for children 10 and under, as they will make it easier for more kids to get in the game and make tennis fun from the start.



NYSHSI leadership board member Gary Hall, Jr., 10-time Olympic medalist (swimming) and the third most decorated United States male Olympian, closed the news conference by sharing his perspectives on being an athlete.

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