

## NYSHSI in the NEWS

### NYSHSI Goes to Washington, D.C. and Makes Moving Announcement

On November 13, 2013, the American College of Sports Medicine and National Youth Sports Health & Safety Institute, supported by the Congressional Caucus on Youth Sports, hosted a Congressional Briefing. The briefing featured several noted experts in youth sports to introduce an exciting new initiative and strategy focusing on healthy and safe participation and athletic development in girls.

The day began with a morning news conference where Rep. Mike McIntyre, co-chair of the Youth Sports Caucus, announced the 113<sup>th</sup> Congress Youth Sports Legislative Agenda to address Fitness, Access, Nutrition and Safety (FANS). NYSHSI Executive Director, Michael F. Bergeron, PhD, FACSME, participated in the news conference and emphasized the Institute's support.



At the afternoon briefing, a new initiative for NYSHSI was the highlight – **GIRLS (Giving Individuals the Right Landing Strategy) in Sports Matters<sup>SM</sup>**. Recognizing the current research at a number of institutions and centers around the nation, as well as the efforts and contributions of many organizations committed to increasing sustainable participation, equity and opportunities for girls and women in sports, NYSHSI will lead a new national coalition. The NYSHSI **GIRLS in Sports Matters<sup>SM</sup>** national coalition will be championed by a core group of clinical and research leaders in sports biomechanics, physical activity, motor development and pediatrics; and it will be comprised of myriad youth sports governing bodies and sports medicine and athletic associations who want to be involved and play an integral contributing role. Through research, education, training and advocacy, the coalition will develop consensus and deliver a powerful and impactful national message and strategy

supported by evidence-based recommendations to help girls develop more optimal movement strategies earlier, in order to be better prepared for sports and physical activity *for life!* The **GIRLS in Sports Matters<sup>SM</sup>** initiative will focus on and promote physical activity, healthy youth athlete development, fitness,

and injury risk reduction specific to girls, particularly as they enter and go through the rapidly changing and individualized period of transition from childhood through adolescence. As with boys, during this period there is a particular risk for incurring growth-related overuse injuries. However, it is well known that girls are more likely to have problems with their knees – e.g., a tear of the anterior cruciate ligament (ACL), patellofemoral pain, etc. – compared to boys.



The greater incidence of knee pain and other knee pathology in girls appears to be associated with less-than-optimal motor patterns and biomechanical strategies that are learned at a very early age and are thus well-established when girls enter youth sports. This suggests that girls are less prepared, in some respects, than boys to physically handle the demanding competitive sports arena. Intervening early may help in preventing the development of compensatory and dysfunctional movement strategies and abnormal movement patterns that are carried to and through adulthood with a greater risk of injury to the ACL and incurring other knee-related problems.

**Key NYSHSI and ACSM staff as well as noted experts attended and presented at the recent briefing in D.C.** (Front row, left to right): Lindsay J. DiStefano, PhD, ATC (University of Connecticut Department of Kinesiology), James Whitehead (CEO, American College of Sports Medicine), Sarah de la Motte, PhD, MPH, ATC (Uniformed Services University of the Health Sciences). (Back row, left to right): Monte Ward (VP Government Relations, American College of Sports Medicine), Michael F. Bergeron, Ph.D., FACSM (Executive Director, National Youth Sports Health & Safety Institute), and Karin Pfeiffer, Ph.D., FACSM (Michigan State University Department of Kinesiology).



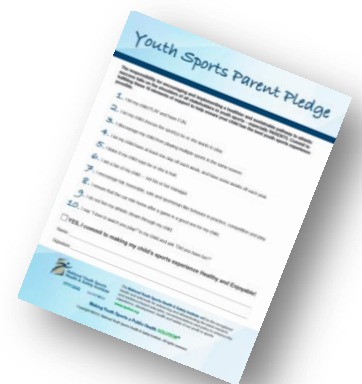
## Take the NYSHSI Youth Sports Parent Pledge



Rep. Mike McIntyre is first to sign the NYSHSI Youth Sports Parent Pledge on Capitol Hill.

Parents – take the NYSHSI Youth Sports Parent Pledge and share it with your kids! The responsibility for encouraging and implementing a healthier and sustainable pathway to athletic success falls on the shoulders of all stakeholders in youth sports – especially PARENTS. Commit to fulfilling these [10 elements of support](#) to help ensure your child has the best

youth sports experience possible. Share the pledge with your friends and volunteer coaches. We can all make a difference and positively impact the current culture of youth sports by encouraging our youth organizations to distribute this pledge to parents – one team at a time. Let's go!!



The NYSHSI is committed to provide the tools and materials necessary to educate, empower, advocate and protect our youth in sports. Visit often for print, radio, and video resources to help keep our youth in the game!

### Youth Sports Health and Safety: Preventable Injuries



While it is impossible to completely eliminate the risk of incurring an injury during sports participation, many injuries sustained during training and competition are avoidable – especially those injuries related to simply doing too much too often. Repeated excessive physical activity without enough recovery time and rest between training sessions and competitions and throughout the year is a significant problem for young athletes whose bodies are still developing. Careful attention to ensuring a diversified, balanced and progressive athletic exposure with appropriate scheduling and sufficient time off can reduce musculoskeletal injury risk and enhance performance.

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The **National Youth Sports Health & Safety Institute** will be the recognized leader and advocate for advancing and disseminating the latest research and evidence-based education, recommendations and policy to enhance the experience, development, health and safety of our youth in sports.

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Making Youth Sports a Public Health **SOLUTION**™

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