

## Speaking Engagement Topics

Dr. Paul is happy to provide expert-level insight, contribution, reaction, or statements regarding the following topics:

- General sports medicine and youth sports
- Over-training injuries
- Weight training for children
- Development of sports skills from toddler to adolescent
- Sports-specific injuries
- Supplement and drug use among athletes
- Common injuries and approaches for treatment and prevention
- Sports nutrition
- Progressive sports tactics and appropriateness according to stages of development
- Psychological aspects of sports
- Positive coaching and parenting communication techniques in sports
- Sports conditioning

Dr. Stricker is an invaluable resource for all information regarding youth sports. Due to Paul's immense respect for his work in the field, he is capable of tapping into an even wider network to answer media, parent, coach, teacher, and youth athlete questions, regardless of their nature. His core purpose is education—education to preserve the mental and physical health of young athletes.