



## **News from Scripps Health**

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### **Tips to Stem Rising Tide of Youth Sports Injuries and Emotional Burnout to be Focus of Free Presentation Aug. 25 at Scripps La Jolla**

LA JOLLA, Calif. (July 25, 2011) – Parents, youth sports coaches and others interested in learning practical ways to improve the youth sports experience are invited to attend a free educational event Thursday, Aug. 25 from 5:30 p.m. to 7 p.m. at Scripps Memorial Hospital La Jolla.

The presentation will be led by Scripps sports medicine pediatrician Dr. Paul Stricker, who was a team physician for the 2000 Olympic Games. Dr. Stricker reports a steady increase in overuse injuries and stress-related symptoms among his young patients in recent years. He says these conditions often stem from poor understanding of how children develop their sports skills.

“Children build their athletic abilities in a progressive sequence that we can’t dramatically speed up,” Stricker says. “Better knowledge of this process can help kids withstand some of the excess pressures that exist today in organized sports, due to inappropriate training, unrealistic expectations and a distorted meaning of the term ‘success.’”

Dr. Stricker is the author of “Sports Success Rx! Your Child’s Prescription for the Best Experience,” published by the American Academy of Pediatrics. Copies of the book will be available for signing and purchase following the presentation.

The event will take place at the Schaezel Center at Scripps La Jolla, located at 9888 Genesee Ave., La Jolla 92037. A light reception will be offered from 5:30 p.m. to 6 p.m., followed by the presentation from 6 p.m. to 7 p.m. Cost is free and validated parking will be provided. To register, call 1-800-SCRIPPS.

#### **ABOUT SCRIPPS HEALTH**

Founded in 1924 by philanthropist Ellen Browning Scripps, Scripps Health is a \$2.3 billion nonprofit integrated health system based in San Diego, Calif. Scripps treats a half-million patients annually through the dedication of 2,600 affiliated physicians and 13,000 employees among its five acute-care hospital campuses, home health care

services, and an ambulatory care network of physician offices and 23 outpatient centers and clinics. Scripps is also at the forefront of clinical research, genomic medicine, wireless health and graduate medical education. With three highly respected graduate medical education programs, Scripps is a longstanding member of the Association of American Medical Colleges. More information can be found at [www.scripps.org](http://www.scripps.org).

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