

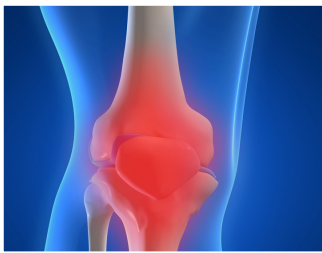
ACL Injury Prevention

This is a tremendous opportunity to have your athletes screened for some of the possible risks of an ACL Tear. In addition there will be an injury prevention workshop and lecture where athletes will learn exercises they can do to help prevent this epidemic in women's sports.

Lecture – ACL Screening – Workshop



In partnership



Date: June 9th, Wednesday
Time: 6:00 pm – 7:00 pm
Location: The Newtown Youth Academy
Fee: **FREE**

Cody Foss MS, LATC, CSCS, PES
Owner of The Fitness Loft
Director of Speed Programs @ NYA

Chris Geier PA-C, ATC, CSCS
Danbury Orthopedics

This seminar is a must for any female athlete, coach or parent that works with female athletes.

Learn how to evaluate and correct potential problems and imbalances in order to prevent ACL injuries from occurring.

- ▶ The majority of ACL injuries in women are non contact in nature and therefore are potentially preventable.
- ▶ Female athletes are three to eight times more susceptible than men to ACL injury.

ALL TEAMS, COACHES, PARENTS, AND ATHLETES WELCOME!



There is no charge, but you must register.

cfoss@newtownyouthacademy.org

or call 203 304 1400