



The Well Balanced Youth Athlete

For coaches, athletic trainers, parents, student athletes, and anyone interested in the health and well-being of today's active youth. **FREE.**

Date: Tuesday, May 15
Time: 7:00 – 8:30 pm
Location: ONS Stamford
5 High Ridge Park
3rd fl., Stamford

☐ The Healthy Athlete

with **Marc Kowalsky, MD, Sports Medicine Specialist, ONS-Orthopaedic & Neurosurgery Specialists**

Peak performance and overall health depend on proper nutrition and adequate rest. Dr. Marc Kowalsky will outline the nutritional and sleep requirements for competitive student athletes and the physical dangers of early sports specialization.

☐ Lower Extremity Injury Prevention

with **Demetris Delos, MD, Sports Medicine Specialist, ONS-Orthopaedic & Neurosurgery Specialists**

Knee and other lower extremity injuries can be season ending and, in some cases, affect an athlete's ability to stay active for the rest of his or her life. Dr. Demetris Delos will talk about the main causes of hip, knee and ankle conditions and ways to protect young athletes from serious injury. Knee conditioning exercises will be demonstrated by an ONS physical therapist.

☐ The Mind-Body Balance in School & Sports

with **Alex Diaz, Ph.D., LCSW, Sports Mental Edge™**

The benefits of mindfulness for competitive athletes to succeed in both school and sport is well known. In this enlightening session, Dr. Alex Diaz will explain why mindfulness helps today's youth manage the stress of school, sports, peers and more.

There will be time for Q & A at the end of the presentations.

ONS sports medicine specialist Marc Kowalsky, MD, has cared for college and professional athletes at every level of competition. He currently serves as team physician for the USA Rugby National Team and locally for the White Plains Rugby Football Club, Iona Rugby Football Club and Greenwich HS Rugby Team.

ONS sports medicine specialist Demetris Delos, MD, is an expert in the comprehensive care of athletic knee disorders including meniscus, ligament and cartilage injuries. Dr. Delos has served as Assistant NFL Team Physician for the NY Football Giants and team physician for local HS and college athletic teams.

Alex Diaz, Ph.D., LCSW, founder of Sports Mental Edge™ has been helping clients discover their true potential for nearly 20 years. Dr. Diaz is a licensed psychotherapist and a doctor in clinical and somatic psychology. He holds certifications in sports peak performance, behavioral style profiles, and individual and family systems.

Free. Register by calling 203-869-1145 ext. 424 or online balfredo@onsmd.com.