

# YOUTH SPORTS SAFETY

The #1 priority for male and female athletes in every sport, coaches, athletic trainers, educators and parents.

**ATHLETIC TIPS™**  
is your expert resource  
for recognizing,  
managing and  
preventing sports-  
related injuries.

## EDUCATION + AWARENESS

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Visit **ATHLETIC TIPS™** online to schedule or attend  
free community workshops in your local area:

- Concussion Recognition and Prevention
- Nutrition in Sports Management
- Preventing Dehydration and Heat-Related Conditions
- Recognizing, Managing and Preventing Musculoskeletal Injuries

Learn more: [www.TIPS4Sports.org](http://www.TIPS4Sports.org)  
Get involved: [www.GlobalGiving.org](http://www.GlobalGiving.org)  
[support@tips4sports.org](mailto:support@tips4sports.org)



**ATHLETIC TIPS™**  
*Toward Injury Prevention in Sports*