



## Surviving a Season: Essential Advice for Young Athletes, Coaches, and Parents on Staying Healthy and Avoiding Sports Injuries

By M. D.

Bookstand Publishing. Paperback. Condition: New. 98 pages. Dimensions: 8.3in. x 5.3in. x 0.3in.Over the course of the past two decades, sports injuries among children, teenagers, and young adults have increased at an alarming rate. In SURVIVING A SEASON, sports medicine specialist Dr. Michael DeFranco explains the important issues surrounding these injuries. This invaluable resource is a basic guide for young athletes, parents, and coaches on how to stay healthy and enjoy sports without getting hurt. This item ships from multiple locations. Your book may arrive from Roseburg,OR, La Vergne,TN. Paperback.



READ ONLINE [ 4.65 MB ]

## Reviews

This ebook is indeed gripping and fascinating, it had been writtern really properly and helpful. I am very easily could possibly get a satisfaction of reading a published publication.

-- Maude Ritchie

This pdf will be worth buying. Better then never, though i am quite late in start reading this one. I am easily can get a enjoyment of reading through a published book.

-- Paul Ankunding