



Sports Success RX!: Your Child's Prescription for the Best Experience

Paul R. Stricker

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Too often, excessive pressure to compete pushes kids into your office with overuse injuries, overwhelming stress, and burn out.

Written by a pediatrician who is also board-certified in sports medicine, this book shows caretakers:

How young bodies develop for sports

Age-appropriate skills

Proper conditioning and how it works on a cellular level

Why some kids compete to win attention

Safer ways to help kids perform better

Positive and negative impact on young psyches

Strategies to overcome obesity and inactivity

It's a great way to help parents redefine success and provide a better, safer sports experience!

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