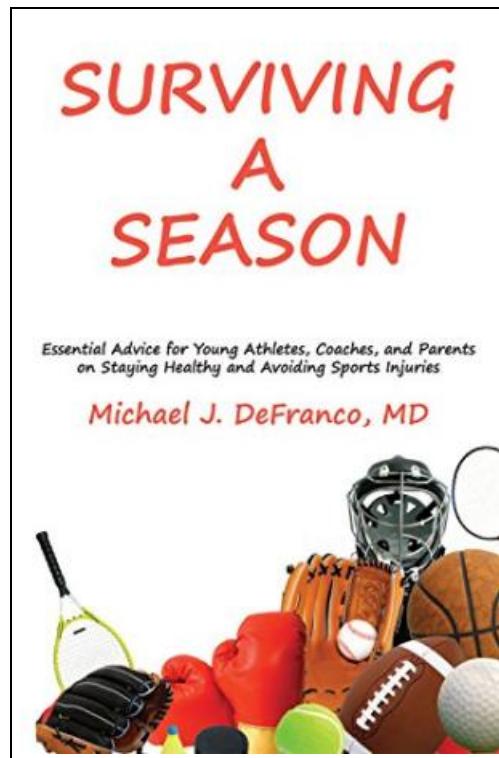


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(Miss Dakota Zulauf)

SURVIVING A SEASON: ESSENTIAL ADVICE FOR YOUNG ATHLETES, COACHES, AND PARENTS ON STAYING HEALTHY AND AVOIDING SPORTS INJURIES



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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.

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