



# Sky Blue Soccer presents...

March 5th from 6:30pm - 8:30pm

## **ACL Injury Prevention**

A Seminar Presented by Dr. Hunt and Chris Campbell  
Hosted by Sky Blue Soccer and Readington Travel Soccer Club

A few years ago, a survey conducted by the Centers for Disease Control and Prevention found that reports of recreation-related injuries were more common nationwide than injuries from traffic accidents. The report cited that children ages 5-14 participating in organized youth sports had the highest injury rates of all. Since an increasing number of girls are participating in sports, experts believe this is one of the reasons injuries continue to be on the rise.

The main concern of sports medicine experts centers on the staggering number of knee injuries, particularly anterior cruciate ligament (ACL) tears that are being diagnosed. Over a dozen New Jersey Youth Soccer players have suffered this problem in the last year. These injuries are eight times more likely to affect girls than boys; often those girls who play soccer. This session will demonstrate some state-of-the-art training methods and exercises designed to prevent these types of injuries. Coaches, players, as well as parents, are strongly encouraged to attend this very informative session.

All attendees must preregister for the clinic at [www.readingtonsoccer.org](http://www.readingtonsoccer.org)  
The Clinic is free for all Readington residents and patients of Dr. Hunt  
and Dr. D'Agostini

**Held at the Readington Middle School Cafetorium  
48 Readington Rd, Whitehouse Station, NJ 08889**

Visit [www.readingtonsoccer.org](http://www.readingtonsoccer.org) for more information and to preregister  
or call 732-271-9500

[www.SkyBlueSoccer.com](http://www.SkyBlueSoccer.com)