

Help Your Young Athlete Win the Race: *Finding Balance in Youth Sports*

Monday, October 28th at 7 PM
Blake Middle School Library



Parents in grades K-12 are invited to join **Medfield's Challenge Success Parent Group** and a panel of experts from our community as we discuss finding balance in youth sports. Playing sports can offer kids innumerable benefits that last a lifetime, but in today's climate, many parents are wondering how to best support their young athletes. How much is too much? How can we maintain family time and down time? Is specialization necessary? What is the risk of overuse injuries? Please join us for this important discussion. We will open with a screening of the TEDTalk, "The Race to Nowhere in Youth Sports", followed by brief presentations and a discussion with a panel of local experts, including:

Mimi Borkan – MHS '13, soccer and ice hockey goalie; UNH '17 Division 1 soccer goalie; Providence College Athletic Department Championships Assistant

Carl Gustafson - Medfield parent; Youth Soccer Coach; Physical Therapist; Certified Licensed Athletic Trainer; and Certified Strength and Conditioning Specialist

Kristine Lilly - Medfield parent; Youth Soccer Coach; Author; 2x World Cup Champion; 2x Olympic Gold Medalist; Cofounder, Team First Soccer Academy

Janel Jorgensen McArdle – Medfield parent; Swim Across America Board Member; Silver Medalist Swimmer in the 1988 Olympic Games; 4x American Record Holder; 2x Pan American Games Gold Medalist; 2x Goodwill Games Champion; Stanford University Hall of Fame

David Worthley – Director of Social Emotional Learning (RISE) at Medfield High School – *moderator*

RSVP [here](#)

