The best advice for parents who have young athletes in the family is to help them prepare their bodies and to learn to protect themselves from sports-related injuries before they happen.

Proper warm up, stretching and strength-training exercises are essential for kids involved in sports, but many kids learn improper stretching or weight-lifting techniques, making them more susceptible to injury.

Proper nutrition and hydration are also extremely vital.

Athletes need to drink even more than the eight to ten 8-ounce glasses of water each day for proper absorption.

Eating a healthy meal **2-4 HOURS** before a practice or a game and another within **1-2 HOURS** after a game or practice allows for proper replenishment and refuels the body.

In Addition, Encourage your child to:

- Wear the proper equipment
- Eat healthy meals
- Maintain a healthy weight
- Drink water
- Drink milk
- Avoid sugar-loaded, caffeinated and carbonated drinks
- Follow a warm-up routine
- Take vitamins daily
- Avoid trendy supplements
- Get plenty of rest