



Live Well in Mason *presents*

Mason Youth Sports Day

Saturday, March 20 | 8:30 a.m. – 1 p.m.

Mason Municipal Center
6000 Mason-Montgomery Road in Mason

Program is **FREE!** Please register by calling 513-229-8555, extension 5547 or e-mailing slusser@masonoh.org

8:30 a.m. - 1 p.m.

Interactive booths available

Visit the Cincinnati Reds, Skyhawks Youth Sports, Kings Island Golf Center, Fleet Feet Gait Analysis, Group Health Associates for Sports Physical registrations, Parisi Speed School, and many more.

8:30 - 9 a.m.

The Right Shoe for the Job

Jeremy Perlin, owner of Fleet Feet Sports Cincinnati and Running Enthusiast, will show you how to pick the correct shoe for activities on and off the field.

8:30 - 9:45 a.m.

Building Speed, Strength, Flexibility, and Self-Confidence

Experience how the nationally renowned youth training Parisi Speed School program empowers athletes of all ages to improve their athletic performance by focusing on speed, strength, flexibility, and self-confidence. Practice drills and skill activities and get a preview of the summer Mason Community Center/Parisi Speed School day camps.

9 - 9:30 a.m.

Choose one 30-minute breakout session:

10 Tips for the Competitive Edge:

The power of sports nutrition for all levels

Sports nutrition can improve performance by up to 15%. Learn everyday eating tips, the importance of hydration, and pre/during/post nutrition techniques to improve athletic performance. Presented by Dawn Weatherwax-Fall RD, CSSD, LD, ATC, CSCS, registered/licensed dietitian with a specialty in sports nutrition, and founder of Sports Nutrition To Go.

Raising the Adolescent Athlete

Experience a pediatrician's point of view for raising an athlete as your child develops from adolescence into a healthy young adult. Presented by Dr. Morissa Ladinsky, a Group Health Associates Pediatrician.

10 - 10:30 a.m.

Keynote Address: Building Your Athletic Character

Anthony Muñoz, former Cincinnati Bengal, Pro Football Hall of Fame Athlete, founder of the Anthony Muñoz Foundation, and CEO of Muñoz Brandz, will speak about being a positive leader and role model.

featuring
**Anthony
Muñoz**

10:40 a.m. -
12:30 p.m.

Attend three 30-minute breakout sessions

Determining Urgent and Emergent Injuries

Learn how to decide whether an injury requires immediate care. An Emergency Room Physician from Bethesda at Arrow Springs will discuss the signs you should look for.

Injury Prevention: The Importance of Stretching Pre and Post Workouts

A Bethesda Physical Therapist will talk about the importance of stretching for injury prevention for all athletes.

Common Injuries of the Youth Athlete

Learn how to identify common injuries among young athletes with Drs. John Schwegmann, Scott Slivka, and Marc Wahlquist, Group Health Associates Orthopedic Physicians.

12:30 - 1 p.m.

Injury Prevention Program

Using an everyday melon, Nicole Schiesler of TriHealth Think First will demonstrate how helmets are essential to sports safety.

Come early! Free sports bag to participants while the supply lasts!