

# The Roots Guidelines

- Play multiple sports until 13 years old.
- Don't train more hours/week than your age (in 1 sport).
  - Schedule an off-season from each sport.
  - Use dynamic warm-ups to reduce injuries
- Training should match skill and development levels

## ***Rules to Raise Healthy Young Athletes***

"The Roots Guidelines" were designed by SSRA Board members Dr. Kelly Golob and Dr. Dominic Femiano based on the most current Sports Medicine and Sports Performance Research. They have been created to be easy ways for parents and coaches to make good decisions for their children/athletes. Following these guidelines will help reduce injuries, reduce burnout, and help every athlete reach their top potential. All South Sound Roots programs are developed to follow these guidelines.