



## **FOR IMMEDIATE RELEASE**

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### **The National Center for Sports Safety, YMCA and Boys and Girls Club Partner To Provide Youth Athletes with Sports Safety Information**

**Birmingham, AL – October 29, 2012** –The National Center for Sports Safety (NCSS) recently partnered with local YMCAs and Boys and Girls Clubs to offer sports safety information to over 3,200 youth athletes across central Alabama.

While each organization varies in its daily operations, the health and well-being of youth athletes is a shared mission among the non-profits. To further its mission, the NCSS developed magnets with recommendations on how to remain safe on and off the playing field and court. Local YMCA branches and Boys and Girls Clubs will help distribute the magnets to every participating youth athlete at pre-season pep rallies and during the first basketball practice.

“The goal of this project was to encourage youth athletes in our community to always remember to practice a safe, healthy and active lifestyle,” said Kathryn Gwaltney, NCSS Executive Director. “Concussions and fatalities in youth sports are widespread, and we cannot stress enough the importance of sports safety and injury prevention.”

Kelly Kidd, YMCA Healthy Lifestyles & Sports Director, added, “These magnets will make it easy for coaches and players to communicate about proper eating, hydration, rest and conditioning for sports performance. With basketball approaching, our athletes can use these tips to make sure their efforts off the court support their performance on the court.”

In addition to the safety tip magnets, coaches are encouraged to complete the NCSS PREPARE course, a sports first-aid program designed to educate coaches on how to recognize signs and symptoms of a potentially dangerous situations, and how to respond until a medical professional arrives on scene. State funding allows park and recreation coaches, as well as volunteers to complete the NCSS PREPARE course at no cost.

Together the NCSS, YMCA, and the Boys and Girls Club can make a difference in Alabama’s community. For more information about this project or PREPARE, please visit [www.SportsSafety.org](http://www.SportsSafety.org) or call 866.508.NCSS (6277).

### **About NCSS**

Dr. Lawrence Lemak founded the National Center for Sports Safety in 2001 to promote the importance of injury prevention and safety on all levels of youth sports through education and research. The NCSS focuses on decreasing the number and intensity of injuries through developing and teaching sports-safety courses. NCSS also collects, analyzes and researches injury data to improve safety practices.

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