



Is It Wise to Specialize?



In this workshop for parents and coaches, our speakers will examine the advantages and disadvantages of early sports specialization including the impact on a young athlete's physical, psychological, social, emotional, and athletic development. We will look at what science and experience currently tell us about potential outcomes, and we will discuss practical ways of optimizing youth success both on and off the field.

SPEAKERS

Jim Schwantz • Former Chicago Bears Player

Dr. Bruce Goldberg • Orthopaedic Surgeon, Sports Medicine

Joe Scally • Former Positive Coaching Alliance Director of Training

Thursday, February 25 • 6:00–8:00pm

Cutting Hall

150 E. Wood Street, Palatine

**PARENTS
& COACHES
FREE!**

FREE admission, seat reservation required. To reserve your spot visit www.CuttingHall.org or call 847-202-5222.

