

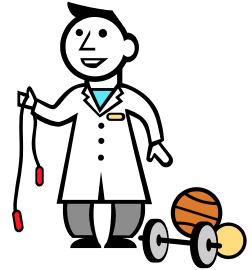
**Lake Stevens High  
School Athletic  
Dept.**

# **Sports Injury Trends & Prevention**

This is a presentation for coaches, athletes and parents

## **Topics Include:**

- >Causes for and identification of overtraining syndrome
- >Injury patterns that have been noticed over the years
- >Modifying training approaches to decrease injury rates



## **Speakers :**

Dr. Doug Pepple , Everett Clinic

Lyman Drown ATC, Corrective Exercise Specialist, Performance Enhancement Specialist, Summit Rehabilitation

Bob Fankhauser, PT, M.ED., Summit Rehabilitation



***Wednesday, Nov. 5th at 6:30pm in the LSHS PAC***

**Clock Hours Available upon request**

**For More Information contact the LSHS Athletic Department  
425-335-1527**