



Briarcliff Manor Schools Athletics

presents

The Well Balanced Athlete

NEW DATE: Tuesday, March 27, 2018

Time: 7:00 – 8:30 pm

Location: Briarcliff Manor Middle School Theater

The Healthy Athlete

with Marc Kowalsky, MD, Sports Medicine Specialist, ONS- Orthopaedic & Neurosurgery Specialists

Peak performance and overall health depend on proper nutrition and adequate rest. Dr. Marc Kowalsky will outline the nutritional and sleep requirements for competitive student athletes and the the physical dangers of sports specialization in youth.

Lower Extremity Injury Prevention

with Demetris Delos, MD, Sports Medicine Specialist, ONS-Orthopaedic & Neurosurgery Specialists

Knee and other lower extremity injuries can be season ending and, in some cases, affect an athlete's ability to stay active for the rest of his or her life. Dr. Demetris Delos will talk about the main causes of hip, knee and ankle conditions and ways to protect young athletes from serious injury. The latest treatments will be covered as well.

The Mind-Body Balance in School & Sports

with Alex Diaz, Ph.D., LCSW, Sports Mental Edge™

The practice of mindfulness has proven to be beneficial for competitive athletes to succeed in both school and sport. In this enlightening session, Dr. Alex Diaz will explain why mindfulness helps to establish a healthy balance to meet the academic and athletic demands of today's youth.

There will be time for audience questions at the end of the evening.

ONS sports medicine specialist

Marc Kowalsky, MD, has cared for college and professional athletes at every level of competition. He currently serves as team physician for the USA Rugby National Team and locally for the White Plains Rugby Football Club, Iona College Rugby Football Club and Greenwich HS Rugby Team

ONS sports medicine specialist

Demetris Delos, MD, is an expert in the comprehensive care of athletic knee disorders including meniscus, ligament and cartilage injuries. Dr. Delos has served as Assistant NFL Team Physician for the NY Football Giants and team physician for local HS and college athletic teams.

Alex Diaz, Ph.D., LCSW, founder of

Sports Mental Edge™ has been helping clients discover their true potential for nearly 20 years. Dr. Diaz is a licensed psychotherapist and a doctor in clinical and somatic psychology. He holds certifications in sports peak performance, behavioral style profiles, and individual and family systems.

Free and open to the public.