



# Baseball/Softball Safety Education Night

for Larchmont-Mamaroneck Little League

## WHAT EVERY COACH (AND PARENT) NEEDS TO KNOW

### TOPICS TO BE COVERED

COMMON INJURIES & PREVENTION

SAFETY STRATEGIES

QUESTIONS & ANSWERS



**DR. JORDAN METZL**  
SPORTS MEDICINE DOCTOR  
AT HSS, BEST-SELLING  
AUTHOR, IRONSTRENGTH  
CREATOR,  
ATHLETIC CONSULTANT



**ERIK HOFMANN, PT, M PHTY**  
PHYSICAL THERAPIST AT  
RECOVERY PHYSICAL  
THERAPY  
25 YEARS EXPERIENCE

[REGISTER HERE](#)

**VIRTUAL MEETING**  
**WEDNESDAY, MARCH 29, 2023 - 8:00PM**