



*Sports Injury &
Mental Health
Awareness
Webinar*

SafeStrongSport Organization

Safe Strong Sport



OUR BODY

IS
REMARKABLE,
ADAPTABLE





Mental

- Unyielding



Physical

- Discipline



Us



Competition

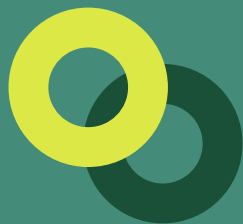
- Opportunity

Sports

- Passion



Striving for athletic
success; **Without**
harming an
athlete's health,
Mentally and
Physically



PHYSICAL

ACUTE INJURY

Sudden Trauma

ACL Tears, Ankle Sprains, Fractures etc.

Deliberating

May Require Surgery/Physical Therapy



Immediate Pain,
Swelling &
Loss of Function

Symptoms

Rest, Ice, Compress,
Elevate

Immediate Action

OVERUSE INJURY

Cumulative

Repetitive Stress on
Muscles & Joints

Silent but Deadly

Often take months to
heal with chance to
reoccur



Minor Discomfort in Joints
(Wrists, Elbow, Ankle) ->
Pain/Swelling

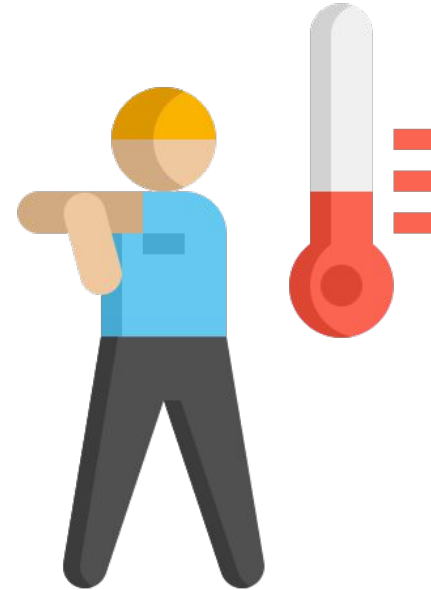
Symptoms

Good Communication
with Coaches & Parents

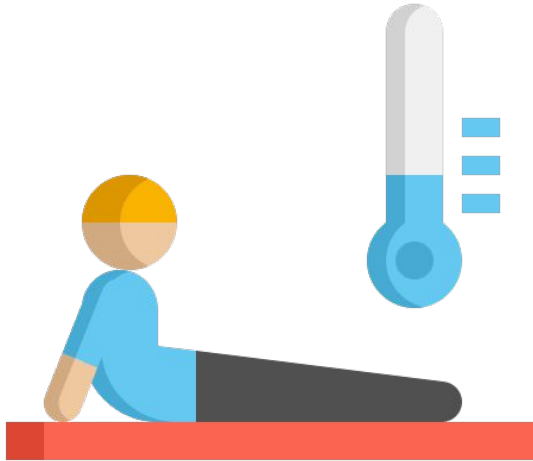
Proactive

Warm-up

- Increases blood flow
- Prevents Injury & promotes muscle connection
- Warm-up Exercises:
 - Side shuffles
 - High knees
 - Forward/Side lunges



Cool-down



- 5-10 min after a hit
- Removes lactic acid from muscles
- Reduces Soreness
- Cool-down exercises:
 - Butterfly
 - Touch your toes
 - Child's Pose

TENNIS



FORM MATTERS

- Lower chance of Injury
- Sustainability
- Improved Performance

COMMON MISTAKES

- Arming the Ball
- Incomplete Follow Through
- Poor Footwork

DEVELOPING GOOD FORM

- Listening to Coaches
- Discipline
- Prioritize Big Muscles



Baseball Injury Prevention

- **Common Injuries:** Shoulder/elbow (pitchers), sprains, concussions.
- **Prevention Tips:**
 - Limit pitch counts for youth.
 - Emphasize proper throwing mechanics.
 - Use protective gear (helmets, face guards).
 - Stretching and strengthening exercises for arms and shoulders.



Football Injury Prevention

- **Common Injuries:** Concussions, knee injuries (ACL/MCL), ankle sprains.
- **Prevention Tips:**
 - Use proper tackling techniques.
 - Wear appropriate protective equipment.
 - Strengthen core and lower body.
 - Follow concussion protocols.

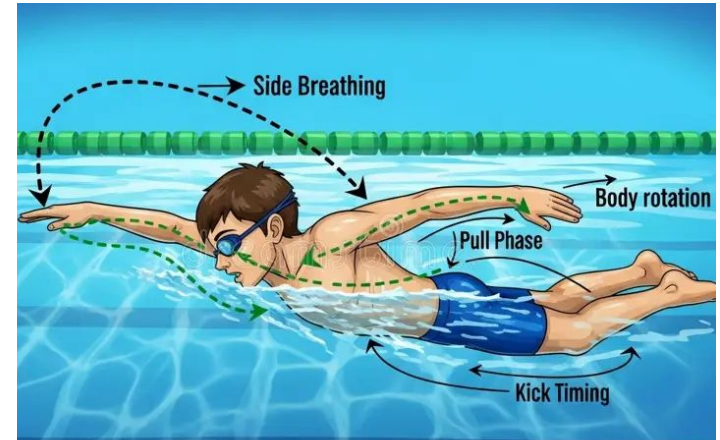


Swimming Injury Prevention

- **Common Injuries:** Shoulder impingement, knee pain (breaststroke), muscle strains.
- **Prevention Tips:**
 - Focus on stroke technique.
 - Dryland strength training.
 - Adequate warm-up and cool-down.
 - Listen to body for signs of overuse.

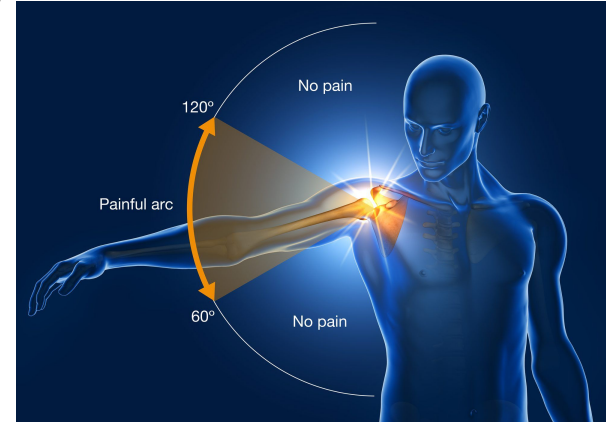
For swimmers

- ❖ Why Injury Prevention Is Critical for Competitive Swimmers?
 - Competitive swimmers repeat thousands of strokes per practice
 - High weekly volume + dryland training increases injury risk
- ❖ Common Injuries in Competitive Swimming:
 - Swimmer's shoulder
 - Breaststroke knee pain
 - Lower back stress injuries
 - Neck and upper-trap tightness
 - Ankle/foot overuse injuries




Why Injured?

- ❖ Sudden increases in training volume or intensity
- ❖ Poor stroke mechanics under fatigue
- ❖ Weak shoulder stabilizers and core
- ❖ Overloaded dryland without recovery
- ❖ Skipping warm-up, cool-down, or mobility work
- ❖ Example: Swimmer's shoulder injury
 - Caused by repetitive overhead motion
 - Often linked to: Weak rotator cuff, Poor posture, Limited shoulder mobility
 - Early warning signs: Pain after sets, Tight shoulders, Loss of stroke efficiency



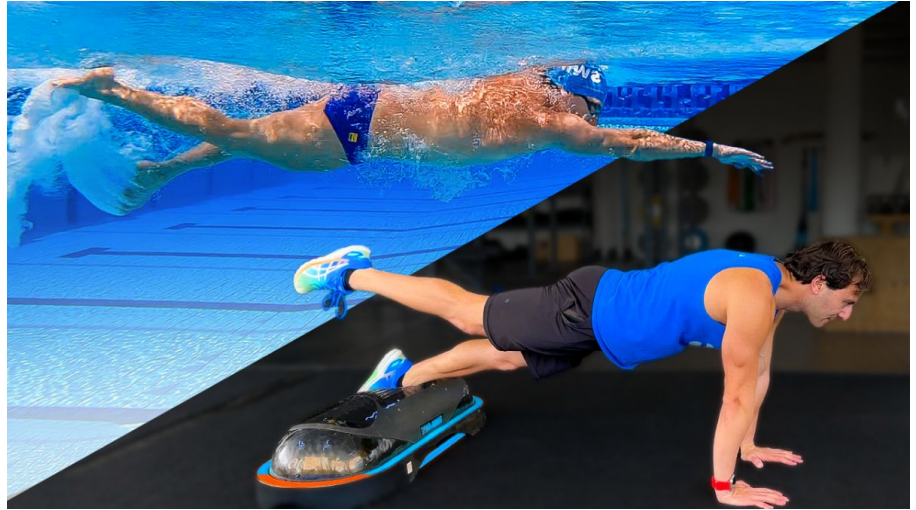
Warm Up

- ❖ Goal: Activate muscles + protect joints
 - Resistance band shoulder activation
 - Arm swings & scapular control
 - Dynamic thoracic spine mobility
 - Light core engagement
 - Key rule:  No sprinting or hard sets without full warm-up



Strength Train

- ❖ Strong muscles protect joints
 - Rotator cuff & scapular stabilizers
 - Core (anti-rotation strength)
 - Hip and glute strength
- ❖ Effective Exercises
 - Planks & dead bugs
 - Band external rotations
 - Rows and Y-T-W exercises



Recovery

- ❖ Recovery Is Part of Training
 - Cool-down swimming lowers injury risk
 - Stretching restores mobility
 - Sleep = best recovery tool
- ❖ Red flags should never ignore
 - Pain that lasts more than 48 hours
 - Pain affecting stroke mechanics
 - Shoulder pain during warm-up
 - Communicate with coach early, seek professional advice if needed.

NUTRITION



CARBOHYDRATES

Break down into glucose, the body's main fuel source



PROTEINS

Build hormones and enzymes and repairs muscles and bones, main contributor to growth



FATS

Give the body energy through calories and help it absorb vitamin A, D, and E



FIBERS

Carbohydrates that cannot be digested; improves digestive system and lowers blood cholesterol

NUTRITION



This is a rough estimate of general intake, and percentages can vary depending on circumstance.

Before Match

❖ Swimming Competition – Match Preparation Basics

- Balanced pre-race meal:
Carbohydrates: rice, pasta, oatmeal, toast
Moderate protein: eggs, yogurt, lean meat
Low fat & low fiber → easier digestion
- Hydration: Drink water steadily (don't over-chug)

❖ Warm up phase:

- Light dynamic stretching + pool warm-up
- Small sips of water (or electrolyte drink if meet is long)
- Avoid trying *new* foods or supplements on race day
- A swimmer's performance depends more on **consistent fueling** than “last-minute fixes.”

A nighttime photograph of a city street, likely in New York City, featuring a large, multi-story building on the left and a row of palm trees on the right. The street is illuminated by streetlights, and a few cars are visible in the distance. A semi-transparent dark green rectangular box is overlaid on the lower left portion of the image, containing a quote and a name.

“In spite of everything, I still believe that people are really good at heart.”

—Anne Frank

MENTAL



WIN

It lies

LOSS

on a thought

RECREATIONAL

- Participation & Inclusivity
- Few Competitive Opportunities
- Less Pressure to Improve

COMPETITIVE

- Build Discipline & Responsibility
 - Lead to burnout/Injury
- Pressure to Perform to a Standard

[Chinese Skateboarder Zheng Haohao]



[U.S. gymnast Hezly Rivera]



[U.S. Track Quincy Wilson]



“ELITE”

“The context in which a young person trains and competes, rather than their performance.”

(Mountjoy, 2008)

1

performance outcomes > psychosocial development, enjoyment, participation

2

involvement in sports > psychosocial and educational experiences, non-sports relationships

3

explicit/implicit goal of progression to elite, collegiate, or professional sports

CONTRIBUTING FACTORS

- “free” time spent travelling/practicing
- schoolwork and other extracurriculars
- unnecessary pressure/expectations



DEFINING BURNOUT

- Emotional and Physical exhaustion
- Reduced Level of Accomplishments
- Sport Devaluation

Table 2 Representative Sample Items

Variable	Sample item
Emotional/physical exhaustion	I feel emotionally drained from my swim team participation
Reduced athletic accomplishment	I am not performing up to my ability in swimming
Sport devaluation	I don't care as much about my swim performance as I used to
Swim commitment	Do you want to keep participating on a swim team?
Benefits	How rewarding is swim team participation?
Costs	To what extent have you experienced costs associated with swimming?
Enjoyment	How fun is swim team participation for you?
Personal investments	How much effort have you put into swimming?
Alternative attractiveness	Compared to swim team participation, there are other things I could do which would be more enjoyable
Social constraints	The people most important to me would be disappointed with me if I were to quit swim team participation
Swim identity	Swimming is the only thing important in my life
Perceived control	I have a say in what I do when participating in swimming

ADVERSE EFFECTS

PHYSICAL

Chronic fatigue, strength and stamina loss, and increased probability of injuries.

AFFECTIVE

Low mood, lack of enthusiasm, and even hostility to the training environment

COGNITIVE

Difficulty concentrating, decreased school performance, and poor sports performance.

THE ONLY
TREATMENT TO
BURNOUT IS
REST

“RESULTS > EFFORT”

- EXCEEDINGLY high expectations
- OVEREMPHASIS on results
- INAPPROPRIATE pressure to perform

PARENTS, YOU ARE YOUR
CHILD'S BIGGEST
SUPPORT!

AFTER A LOSS...

- vulnerability
- empathy > logic
- active listening
- feedback with
sensitivity

INFLUENCE OF PEERS

SOCIAL SUPPORT

- Psychological well-being
- Enjoyment to sport
 - Self-worth

HARMFUL EXPERIENCES

- Bullying
- Isolation
- Cyberbullying

Universal Injury Prevention Checklist

- **Checklist for Athletes:**

- Do I warm up and cool down every session?
- Am I using proper technique?
- Do I get enough rest?
- Is my nutrition supporting my activity?
- Am I wearing the right protective gear?
- Do I communicate pain or discomfort to my coach/parent?

General Principles of Injury Prevention (All Sports)

- **Warm-up & Cool-down:** Essential for all athletes to prepare muscles and prevent strains.
- **Proper Technique:** Reduces risk of both acute and overuse injuries.
- **Rest & Recovery:** Prevents burnout and chronic injuries.
- **Nutrition & Hydration:** Fuels performance and aids recovery.
- **Protective Equipment:** Helmets, pads, mouthguards, etc.
- **Communication:** Athletes, coaches, and parents should discuss pain or discomfort.

THANK YOU

Q&A