



Youth Sports Injury Prevention Clinic & Carolina RailHawks Soccer Match

Saturday, August 3 | 4 – 5:30 pm | WakeMed Soccer Park
Rain Date: August 24

Parents, coaches and athletes! Don't miss this free sports injury prevention clinic where you will hear from the experts on how to prevent and manage sports-related injuries in young athletes.

Clinic sessions will include:

From the Experts

- ACL Injury Prevention
- Sports Injury Prevention
- The Latest on Concussion

Proper Stretching, Warm-up and Cool-down Exercises

Plus, education displays covering these topics:

- Concussions
- Heart Conditions and the Importance of Baseline EKGs
- Nutrition and Hydration
- Keeping Kids Safe

Meet the pros from the Carolina RailHawks!

Clinic is geared to athletes ages 10 and over. All registered participants and their families will receive free tickets and meal vouchers to the RailHawks vs. FC Edmonton soccer match following the clinic. Soccer park gates open at 6 pm; game starts at 7 pm.

To register, visit events.wakemed.org

