

PRESS RELEASE

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Play Strong Play Safe: “Know the Facts about Weight Lifting, Intensity Training, Nutrition and Safety of Supplementation”

GREENWICH, CT – Youth football is a fun-filled learning experience offering many positive aspects – good sportsmanship, honesty, loyalty and citizenship – in addition to the fundamentals of playing the game. In order to fully enjoy and gain the most from the football experience, it is important to be knowledgeable about the best practices related to safe conditioning.

On Thursday evening, August 18, at 6:00 P.M., **ONSF** will conduct a panel discussion at New Canaan High School for the New Canaan Rams Football Team. Approximately 140 football players along with parents are expected to attend. The topic of the discussion will be: "Play Strong Play Safe - Know the Facts about Weight Lifting, Intensity Training, Nutrition and Safety of Supplementation."

The panel will consist of four presenters:

Dr. Paul Sethi -- Orthopedic surgeon; sports medicine specialist and team physician for Greenwich High and Iona Prep

Dr. Demetris Delos – Orthopedic surgeon; sports medicine specialist

Dr. Katie Vadasdi – Orthopedic surgeon, adolescent and adult sports medicine specialist and accomplished triathlete, Ironman competitor and alpine climber

Alicia Hirscht, DPT – Physical Therapist board certified in Sports Physical Therapy specializing in adolescent sports injury prevention. Competes in Spartan races and Tough Mudders.

ONSF's on-going Community Outreach effort is dedicated to reaching a broad local and regional audience regardless of socioeconomic status. Our goal is to disseminate vital information about injury prevention, fitness and innovative treatment options for musculoskeletal conditions and injuries.

ONSF is a registered not-for-profit, 501(c) 3 organization devoted to researching the causes and optimal treatments of orthopedic injuries and musculoskeletal conditions. **ONSF**, in alliance with Greenwich Hospital, strives to improve standards of excellence for the treatment of musculoskeletal disorders through clinical research, physician and patient education, and community outreach programs. The Foundation is located at 6 Greenwich Office Park, Greenwich, CT. For further information about **ONSF** call (203) 869-3131 or visit our website at www.ONSF.org