



# Briarcliff Manor Schools Athletics

*presents*

## The Well Balanced Athlete

**DATE:** Tuesday, August 28, 2018

**Time:** 7:00 – 8:30 pm

**Location:** Briarcliff Manor Middle School Theater

**Speakers:**

- **Marc Kowalsky, MD, Sports Medicine Specialist, ONS- Orthopaedic & Neurosurgery Specialists**
- **Scott Simon, MD, Neurosurgeon, ONS-Orthopaedic & Neurosurgery Specialists**
- **Alex Diaz, Ph.D., LCSW, Sports Mental Edge™**

Did you know that early sports specialization can do more harm than good to a young athlete? Find out why and learn more about how to keep student athletes healthy and balanced as they juggle the stress to excel in sports, school and among peers.

The speakers in this popular seminar will discuss the effects of concussion on young players, common sports injuries and preventative conditioning, sleep, nutrition and hydration requirements for student athletes, and the important role mindfulness plays in helping students manage pressure to perform their best and ultimately succeed at having a healthy and balanced life.



**ONS sports medicine specialist Marc Kowalsky, MD**, cares for college and professional athletes at every level of competition. He is team physician for the USA Rugby National Team and the White Plains Rugby Football Club, Iona College Rugby Football Club and Greenwich HS Rugby Team

**ONS neurosurgeon, Scott Simon, MD** is a nationally ranked expert in traumatic brain injury and disorders of the spine. In addition, Dr. Simon is a recognized specialist in the surgical and non-surgical treatment of scoliosis in adolescents and adults.

**Alex Diaz, Ph.D., LCSW**, founder of Sports Mental Edge™ 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.**

**ONS** Orthopaedic & Neurosurgery Specialists

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