

Are you ready?

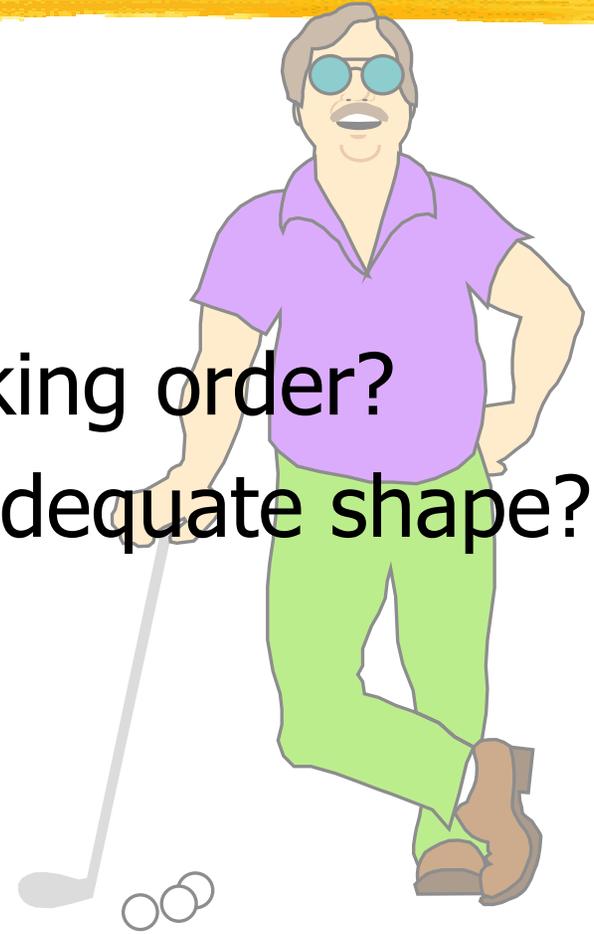
- Sports-related injuries - 26.9%
- ORA offers softball, basketball, tennis, etc.
- Nation-wide injury stat

■ 1999 OTJ Injuries ~ \$10K



Be Prepared

- Are you already injured?
- Are you in shape?
- Is your equipment in working order?
- Is the playing surface in adequate shape?



Kid's Safety

- Necessary safety equipment is present (e.g., mats, protectors, first aid kits)
- Appropriate coach/staff to kid ratio
- Warm-up and conditioning activities
- Skill level and size matches the sport/league

