



THE MICHELI CENTER
FOR SPORTS INJURY PREVENTION



Media Contacts:

Kevin Wolfe

Ph: 781-373-1916

E: kevinwolfe@themichelicenter.com

Luci Tarquinio

Arlington Soccer Club

E: coachluci@hotmail.com

FOR IMMEDIATE RELEASE

The Micheli Center for Sports Injury Prevention Partners with Arlington Soccer Club
Organizations will work to keep kids safe while enjoying the growing sport of youth soccer

Waltham, MA, January 30, 2015:

Recognizing the importance of injury prevention, Arlington Soccer Club (ASC) has partnered with The Micheli Center to utilize the latest research to keep kids safe while playing soccer. This new partnership is a big step towards keeping all of Arlington Soccer Club's athletes injury-free while enjoying one of the fastest growing sports in America.

To keep young athletes healthy and active, The Micheli Center for Sports Injury Prevention has developed specialized programs to avoid the most common injuries seen in every sport, including soccer. A thorough physical assessment of strength, flexibility, range of motion, agility, balance, and other key injury indicators allows The Micheli Center to identify the injuries an individual is at risk for and create an Injury Prevention Prescription made up of stretches, strengthening and conditioning exercises to reduce the risk of receiving those injuries. Baseline ImPact® tests will also be offered to all athletes at a discounted rate to Arlington Soccer Club participants.

In addition to information on The Micheli Center's injury prevention programs being made available to all Arlington Soccer Club participants, the two organizations will also be working together to develop an ACL & Concussion injury prevention program for coaches to implement at practices. This program will be rolled out to coaches on March 21st during a training session by The Micheli Center, to be held at Dallin Elementary School in Arlington.

About The Micheli Center for Sports Injury Prevention:

The Micheli Center for Sports Injury Prevention seeks to advance the field of sports medicine by revealing current injury patterns and risk factors while developing new strategies, technologies, and methods of preventing injuries. Our goal is to change the field of sports medicine by developing individualized preventative care, conducting groundbreaking research, and promoting safe exercise. For more information or a full list of services visit www.themichelicenter.com.

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About Arlington Soccer Club:

The Arlington Soccer Club (ASC) is a volunteer non-profit organization dedicated to the advancement of the game of Soccer in Arlington, Massachusetts. The Arlington Soccer Club provides over 1,900 boys and girls between the ages of 5 through 18 an opportunity to play organized soccer every spring and fall.

ASC Mission Statement

The mission of the ASC is to provide a fun environment for children to play the game of soccer while promoting good sportsmanship and the skill development of all players.

ASC Coaching Philosophy

The ASC promotes the development of individual technical skills as the foundation for success in soccer. The ASC believes that player development, participation, and enthusiasm for the sport of soccer is more important than the outcome of any game.



The Micheli Center will be educating Arlington Soccer Club coaches about prevention of the most common injuries seen in soccer, such as concussions and ACL injuries.