

Name: _____

Date: _____

Reducing sports injuries

Y L T H U D D Y N A M I C S T R E T C H E S C U
J N I C Z T N E M S S E S S A K S I R J M O M U
Z E B E K L J A F K T H D V S Q B P U C T P O Q
V Z O R R O Y B D A G W G X D S W T J Q F Y Q I
I I L N D R R S I C U M D M T T P P O L L P X E
Y G D W U U Z T T A V J K A F C Q X E L G I U Q
D H P J L T T V C K X V T B G B D X U U B I C U
R Q N E I X M R O X Z I I S X H I T F H X A G I
W I S R O I N W Q J C L R B R B K X Y R J H M P
P J Q M O P S J F S J Z U E I D I T F S V U D M
E E R A R A A V T O M J S L D A X E J Y L V F E
R T Z X W R F R Z N V I I I Y H R Z P E S W F N
Y U R P S Q E I R U A T J A N I U F K S R K X T
J C Y H I T T Y E R Y V Q W P H B B L U A D I R
Z A G A C C Y B E K M E O M D O R G Y R D P B E
P B S H L I D S Y E R D U Y D H Q P E E K M E T
J M E Z C P L K B L L K C X Y M G M S V W U J C
Q S M I K U R H I O C R W A R M U P U O T C J L
A U W K P Z C I O Z F E U C K W H N N C O V H O
W P L D L L Z C A Z R D O L G H R T U X S O W T
L X J Z E G Q K C F M Y B J J P I U Y C H I V H
T R A I N I N G K J U Z I U K X X Z Y I I O M I
K H W D A P T I A L F S S S J E W E L L E R Y N
Z V I T Y J T T I F M E B K A L M V P W R X X G

dynamic stretches

static stretches

risk assessment

pulse raiser

flexibility

equipment

jewellery

training

fairplay

clothing

cooldown

overuse

safety

injury

umpire

warmup

acute

rules

FITT

PARQ