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### Insurance Renewals

Don't forget that all 2011 AYSAA insurance policies expired on January 1st!

Please renew your insurance coverage at your earliest convenience. If you'd like a reminder later in the year, please drop us a line to let us know!

### Quick Links

[AYSAA Website](#)  
[AYSAA 2011 Insurance Application Form](#)  
[eSportsInsurance.com](#)



### Welcome New AYSAA Members!

As the AYSAA enters a new year, we'd like to welcome our new members and thank our current members for their support!

Sincerely,

Matt Gonglach  
AYSAA Administrator

[matt@esportsinsurance.com](mailto:matt@esportsinsurance.com)

## 2010 Insurance Policies Are EXPIRED

***Don't forget to renew your coverage for 2011!***

Just a reminder that all 2010 AYSAA insurance policies expired on January 1st. If you haven't yet renewed for 2011, you can download the **2011 insurance application form directly** (PDF) or from the **AYSAA website**.

If you'd instead like a reminder later in the year, please drop us a line to let us know!

## AYSAA's *FREE* Prescription Drug Savings Program

***AYSAA offers free entry to its members and their families***

AYSAA is now offering entry into its Prescription Drug Savings Program to its members and their families for no cost! It takes less than a minute to sign up and there are **no fees, no requirements, there is no charge.**

Just show your regular insurance card and your AYSAA Prescription Savings card to your pharmacist and ask which will save you the most money!

**[Click here to sign up and print your FREE AYSAA Prescription Savings card!](#)**

# Easy Sports Injury Prevention Tips

*Easy exercise tips to keep your athletes healthy*

## **1 - Have a routine physical**

New activities can stress the body, so be sure to have a doctor evaluate your athlete before a new season

## **2 - Gradually increase time and intensity**

Just as it's a strain on a car to go from 0-60 in a short time, gradually increase your exercise time and intensity before beginning a new activity or season

## **3 - Warm up before exercising**

Though it's simple, warming up before exercise can go a long way toward preventing injuries

## **4 - Stay Hydrated**

Drink lots of fluids and recognize signs of dehydration (cessation of sweating)

## **5 - Rest and Recover**

Athletes' bodies need time and energy to recover - this means adequate sleep, good nutrition, and not overworking certain muscles

## **About AYSAA**

The American Youth Sports Athletic Association (AYSAA) was formed to provide benefits to athletic teams and to supervise and promote recreational and athletic programs. Our objective is to assist the athletic community to implant ideals of good sportsmanship, honesty, loyalty, courage, teamwork and respect in young athletes.

We feel that properly run athletic programs will help the youth of America grow up to be better adults. We provide services and products for teams in various sports and will sponsor, promote and host athletic events.



Try it FREE today.