

## Pediatric & Adolescent Female Athlete Reading List



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Zwolski C, Quatman-Yates C, Paterno MV. Resistance training in youth: laying the foundation for injury prevention and physical literacy. *Sports Health*. 2017;9(5):436-443. doi:10.1177/1941738117704153

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<https://www.womenssportsfoundation.org/>