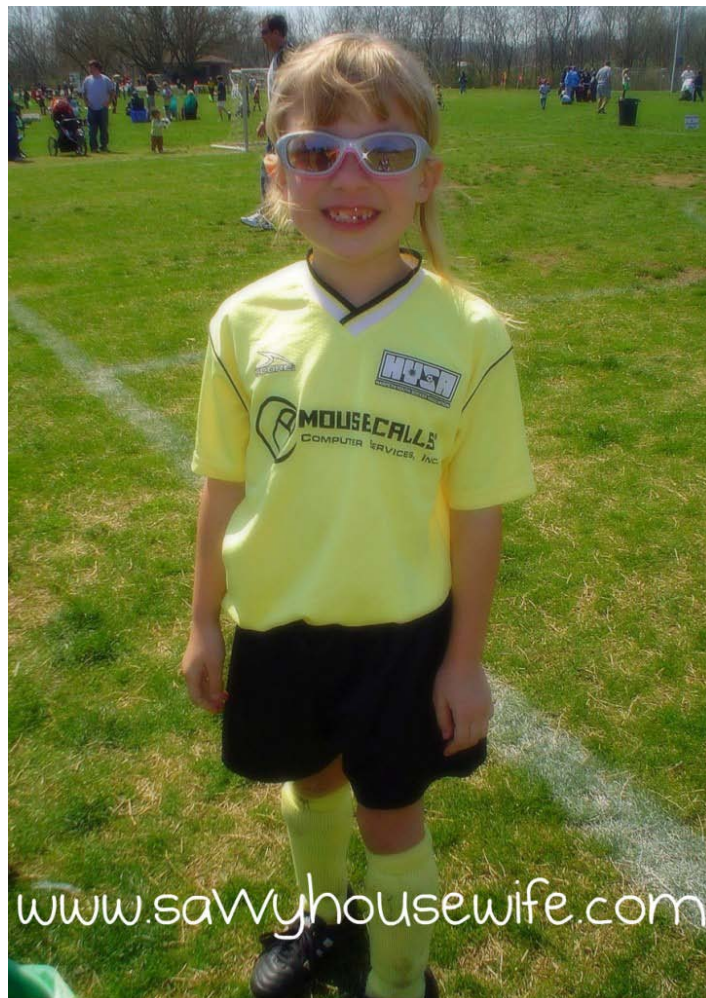




## Protect Your Young Athlete's Eyes

By [Savvy Housewife](#) on March 30, 2010



Our spring soccer season finally kicked off last Saturday after a rain out weekend. My 7 1/2 year old has been playing soccer with our community league since she was 4; this is her 8th season playing!

Although it is not a requirement here in Tennessee, the state of New Jersey requires all youth athletes who wear corrective eyeglasses while participating in many school, community, or government agency sponsored sports, including soccer, to wear protective eyewear that meets the frames standards of the American Society for Testing and Materials (ASTM) and lens standards of the American National Standards Institute.

Liberty Sport is a complete sports eyewear source for all sports, from basketball to tennis to soccer. We are lucky that in her many seasons of playing sports she has never had any type of injury, especially an injury. Unfortunately our youngest daughter, who is now 5, [went to the ER last October](#) after a fall on the playground at preschool. She had stitches near left eye due to a laceration and we now how lucky we were that she did not have a more serious injury. Sports injuries are one type of eye injury, however, that in most cases can be prevented. According to a 2001 report by Prevent Blindness of America, under most circumstances, at least 90% of sports-related eye injuries are preventable with the proper use of protective sports eyewear.

**Liberty Sport** sent my 7-year-old a pair of protective sports eyewear in the [Morpheus](#) style (featuring gray accented with pink frames no less!) They are lightly tinted and she wore them during practice before and after her kick off soccer game. She loved the way they felt and looked...yes that is an important detail for a girl. She also found them to be very comfortable.

From the [Liberty Sport website](#):

*The impact of a ball or other equipment as well as an opponent's hands and elbows pose a threat to an athlete's visual safety. According to a 2001 report by Prevent Blindness of America, there are over 38,000 sports-related eye injuries requiring costly emergency room care. School-aged competitors are particularly prone to eye injuries since their athletic skills (hand-eye coordination, balance, reaction time and speed) are still being developed.*

If you are looking for sports eyewear for your young athlete, Liberty Sport has an amazing selection and are carried by many optometrists.

*Disclosure: Liberty Sport sent us a pair of protective sports eyewear glasses to try and keep for my oldest daughter. The opinions expressed in this post are solely mine, a soccer mom since 2006!*

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## One response to "Protect Your Young Athlete's Eyes"

1.



Amy

March 31, 2010 at 9:47 am | [Permalink](#)

Thanks for the review and glad to know they are carried by optometrists. I'm waiting until Cam's annual eye appt. next week to see if they change his 'scrip any before getting him new frames, but I was thinking of getting him some sports ones too!