



2 EVENTS!

Late Specialization: The Surprising Key to Athletic Success David Epstein

Investigative reporter, ProPublica; former senior writer, *Sports Illustrated*
Author, *New York Times* bestseller *The Sports Gene: Inside the Science of Extraordinary Athletic Performance*
Recipient, Distinguished Alumni Award, Evanston Township High School (Class of 1998)

EVENT #1: Wednesday, November 2, 2016, 7:00 PM

Evanston Township High School Auditorium, 1600 Dodge Ave., Evanston, IL 60203

EVENT #2: Thursday, November 3, 2016, 7:00 PM

New Trier High School/Northfield, Cornog Auditorium, 7 Happ Rd., Northfield, IL 60093

Presented by **Family Action Network (FAN)**,
in partnership with North Shore Country Day School and ReDefined Fitness
Free and open to the public. Suitable for ages 10+. Info: familyactionnetwork.net

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FOR IMMEDIATE RELEASE: DAVID EPSTEIN – TWO EVENTS!

CONTACT: Lonnie Stonitsch, Executive Director of FAN, lonnie@familyactionnetwork.net

EVENT #1: Wednesday, November 2, 2016, Late Specialization: The Surprising Key to Athletic Success, 7:00 PM, Evanston Township High School Auditorium, 1600 Dodge Ave., Evanston, 60201.

EVENT #2: Thursday, November 3, 2016, Late Specialization: The Surprising Key to Athletic Success, 7:00 PM, New Trier High School, Northfield Campus, Cornog Auditorium, 7 Happ Rd., Northfield, 60093.

Many of us assume that given how incredibly competitive sports are these days, every athlete needs to be running, jumping, throwing, and hitting practically as soon as he or she is walking. The necessity of an early start on the lifelong road to athletic expertise is the subject of a half-dozen bestselling books, not to mention national commercials, thousands of youth sports programs, and more articles than anyone can count. Unfortunately, typically, the people running those programs and writing those articles are oblivious to the growing body of cutting-edge science that illuminates the true foundation of athletic expertise -- and it isn't what you may think!

David Epstein, an investigative reporter at **ProPublica**, a former senior writer for **Sports Illustrated**, and author of the **New York Times** bestseller **The Sports Gene: Inside the Science of Extraordinary Athletic Performance** will examine what science reveals about the (often surprising) best path to sporting stardom, underscoring why a late start can sometimes be a head start.

Mr. Epstein is a recipient of a **Distinguished Alumni Award** from **Evanston Township High School (Class of 1998)**, and has master's degrees in environmental science and journalism from **Columbia University**, where he was a university record-holder in track and field. His 2014 TED Talk was one of the 20 most watched of the year.

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