

The Sports Academy's Weekly Fitness Tip

April 19, 2010 Issue #10

Youth Sports Safety Month

At the Sports Academy, we strive to facilitate youth sports programs and events that create a safe, wholesome environment where children can have fun and learn. Through participation in sports, youth also develop sound character, self esteem, confidence, friendships, trust and accomplish goals. Unfortunately, not all youth sports programs are a positive experience for children. When a parent, coach, friend or sibling treats the child in a negative manner, emotional abuse can really hurt a child. April is National Youth Sports Safety Month, and to increase awareness of the problems that sometimes arise in youth sports programs, we'd like to leave you with some tips for successful parent and coach relationships in youth sports.

Parents should not:

- Force a child to participate in sports
- Not speak to a child after he/she plays poorly in a game or at practice
- Hit, yell or punish a child for not playing well or losing
- Criticize or ridicule a child for his/her sports performance
- Boot, taunt, use profane language or gestures, yell or argue with game officials, other parents or players

Coaches should:

- Get to know players as individuals
- Be patient to create a calm atmosphere conducive to learning
- Be free with praise and give constructive criticism
- Be consistent with discipline and team rules
- Lead by example- provide players with a mentor/role model and be a friend as well as coach
- Listen to your players and let them have input
- Know how to motivate your players
- Make having fun the priority

Don't Forget! Free Cardio Training Seminar with Dr. Matt Rhea!

Friday, April 23 at 6pm

Learn about Race RX: Advanced, Individualized Cardiovascular Training

Weekly Fitness Tips are created by Karlie Brand. For more information please contact the Sports Academy at 435-753-7500 or by email dan@sportsacademy.com