

Respect in Sports

A monthly newsletter for everyone interested in supporting a positive youth sports experience.



Evaluating Officiating Performance

In June 2002, officiating representatives from 46 states and the District of Columbia, gathered in Albuquerque, N.M., to discuss issues related to evaluating officiating performance. Read full report [here](#).

Respect for the Game . . . and Opponents

All of us have either read about or watched with amazement news broadcasts of fans attacking each other, parents attacking coaches, or individuals attacking officials during or after athletic contests. While each incident is different in nature, there is one thing that I noticed that remains consistent. In every reported incident where kids have been questioned, they were very frightened and even more embarrassed by the behavior of the adults involved.

Continued at MSHSL Sportsmanship Tip of the Month—February 2007

Quick tips from the American Academy of Pediatrics

Five ways to keep young athletes healthy:

- * Don't get hung up on your child making it to a professional league or the Olympics. Fewer than 1 per cent of high-school athletes reach the big leagues.
- * Children and adolescents need time to recover psychologically and physically from a sport. They should take one or two days off each week from competition, training and scrimmaging.
- * Don't increase a child's training time, repetitions or total distance by more than 10 per cent a week.
- * If children play several sports that use the same body parts, make sure they take a break between seasons to avoid overuse injuries.
- * Young athletes should join only one team each season and should take two to three months off from a specific sport.

Time for a Children's Revolt

By Mike Voitalla, SoccerAmerica

Some of the things I've heard adults yell at children at soccer games are just downright hilarious. Like the coach who yelled at a 6-year-old, "Give him a target on the flank!"

Oh, how I wish the kids would start shouting back. Go ahead and give an earful right back to the loudmouths on the sideline. Read full article... [Time for a Children's Revolt](#)

ACL Knee Injuries in Females

More women and girls are playing sports than ever before. The spectacular performance of women in the 1996 and 2000 Summer Olympics, along with the increase in the popularity of women's professional sports, have had a profound influence on little girls. "Be like Mike" has given way to "Be like Mia!" For Full article [click here](#).

What Makes a Good Coach?

Qualities of an Effective Coach

Coaching is an art as well as a science. An effective coach understands how to communicate with players in a way that gets results. The goal of coaching is to guide, inspire and empower the athlete to realize and develop his or her potential. <http://sportsmedicine.about.com/od/tipsandtricks/a/qualitycoach.htm>

