

Respect in Sports

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



Injury Prevention— Toolkit on Concussions

To reduce the number of this type of injury, the Centers for Disease Control and Prevention (CDC), with the support of partners and experts in the field, has developed a tool kit for coaches titled, **Heads Up: Concussion in High School Sports**. This kit contains practical, easy-to-use information including a video and DVD featuring a young athlete disabled by concussion, a guide, wallet card and clip board sticker for coaches, posters, fact sheets for parents and athletes in English and Spanish, and a CD-ROM with downloadable kit materials and additional concussion-related resources. To order a free copy of this tool kit, [click here](#).

Let's Get Physical.....

Just in case you're not feeling energetic enough, there are plenty of everyday activities that can help give you that extra boost. We tell you all about them in [GET PHYSICAL](#) ▶

The makers of **Tide** soap sponsored a study to find out why fewer grass stains were showing up on the knees of kids' pants. Turns out it's because children are not engaged in free play at the park, at playgrounds and in the backyard, as previous generations of children were.

Contact TFYR to receive University of Minnesota Gophers tobacco-free posters! These posters feature ten Gopher athletes from a variety of sports and are great for elementary and middle school year. To get free copies of this poster, contact Tobacco-Free Youth Recreation at (651) 646-3005 or tfyr@ansrmn.org.

Hershey Track & Field Games

About Hershey Track & Field Games

Founded in 1975 by Dr. Donald P. Cohen in Charleston, W.V., Hershey's Track & Field Games has grown from a local playground event in a single community to an international program encouraging physical fitness among youths and sportsmanship between peers. More than 10 million children from the United States and Canada have participated in the Hershey's Track & Field Games to date. Children interested in participating in the Hershey's Track & Field Games or adults interested in hosting a qualifying meet in their town can visit www.hersheystrackandfield.com. The Hershey Company provides national funding for Hershey Track & Field Games. Additional partners are the National Recreation and Park Association (NRPA), USA Track & Field and Athletics Canada. Hershey's Track & Field Games is the largest youth sports program of its kind with over 400,000 children participating in the program yearly, representing over 3,000 communities.

CDC Initiative—Fruits & Veggies Matter

NEW FruitsandVeggiesMatter.gov

This Web site supports the "Fruits and Veggies - More Matters" initiative, which encourages the consumption of fruits and vegetables for improved public health. CDC developed and maintains the site in partnership with federal agencies and other organizations.

April is National Youth Sports Safety Month

The month of April has been proclaimed National Youth Sports Safety Month. The national health event was initiated by the National Youth Sports Safety Foundation, Inc. in 1993 to promote safety in sports participation. This year's focus is on utilizing safety resources. Visit

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Thank you to our sponsors



Volleyball Coaching Clinic Announced

North Country Region USA Volleyball will be hosting a [Beginner's Coaching clinic](#) on July 1st at the Minneapolis Convention Center 1:00-3:00 PM. Please pass this information to all schools in your area. To register, please contact cara@ncrusav.org or 800-657-6967 ext 16.

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The Sports Alliance of Minnesota is a coalition of sports organizations whose mission is to provide tools for creating a positive sports environment. Visit www.sportsalliancemn.org.