



Respect in Sports

Volume 1 Issue 3

A monthly newsletter providing information for anyone involved in youth sports in Minnesota.

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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 our website at www.sportsalliancemn.org

SPORTS ALLIANCE OF MINNESOTA

We believe:

...Minnesota youth sport leadership—including administrators, coaches, officials, spectators and parents—are responsible for promoting good sportsmanship and fostering good character by teaching, enforcing, advocating and modeling respectful behavior.

...Minnesota youth sport leadership must establish standards for participation by adopting and implementing codes of conduct for coaches, officials, administrators, spectators, athletes, and parents to adhere to.

...that the well-being of sport participants should always be placed ahead of the desire and pressure to win.

...the continued education of Minnesota's youth sport administrators, coaches, officials, spectators, and parents about the impact of youth sport on the lives of our children is vital to creating a positive sport environment.

A POSITIVE SPORT ENVIRONMENT...

1. Promotes fun and safety
2. Teaches positive life skills
3. Fosters healthy lifestyles and physical fitness
4. Promotes sportsmanship
5. Encourages participation of all youth
6. Educates youth and adults on keeping athletics in perspective

Twins Community Fund and Play Ball! MN host Conference on April 15, 2006

The Twins Community Fund and Play Ball! Minnesota - a collaboration of Minnesota youth baseball and softball organizations - helped celebrate the start of the ball seasons with the second annual Minnesota Youth Baseball and Softball Conference on April 15, 2006 in Bloomington, Minn.

More than 350 youth baseball and softball coaches, administrators and volunteers gathered to discuss topics such as sportsmanship, coaching skills, league administration and how to develop and run successful programs.

Twins president Dave St. Peter, vice president and general manager Terry Ryan, manager Ron Gardenhire and his coaching staff, along with pitcher Joe Nathan, outfielder Lew Ford and former Twins Ron Coomer and Kevin Tapani, also participated in the event.

Conference attendees previewed the new Play Ball! Minnesota Web site (www.playballmn.com), which was recently updated with new content and features for parents, coaches and youth.

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Hennepin County Human
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Minnesota Recreation and
Park Association

Minnesota Sports
Federation

Minnesota State High
School League

Minnesota Youth Athletic
Services

Minnesota Youth Soccer
Association

North Country Region USA
Volleyball

Tobacco Free Youth
Recreation

Respect Sports

Thank you to our
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Twins Community Fund Continued from Page 1

The new Web site features an improved search function allowing parents and youth to enter their zip codes or city names to find youth baseball and softball programs near them.

In addition, leagues, organizations and teams can now easily create and manage their own Web pages, free of charge, listing information such as team names, schedules, standings, events, registration details and more.

The Play Ball! Minnesota Web site also features tips from Twins players and area coaches, articles on sportsmanship, field maintenance, equipment and more, and

materials presented at the 2005 and 2006 Youth Conferences.

In 2006, Play Ball! Minnesota is also offering two award programs. The 3M-Play Ball! Minnesota Coaches Award, presented in partnership with 3M, honors the state's finest youth baseball and softball coaches.

The Diamond Award, presented in partnership with Let's Play Softball and Let's Play Baseball, recognizes the state's top baseball and softball fields and their groundskeepers and volunteers. Both award programs are currently accepting nominations. Visit www.playballmn.com to learn more.

Skin Cancer and Youth

- ✕ 50% of lifetime exposure to UV light occurs during childhood and adolescence.
- ✕ It can take less than 10 minutes for a child's skin to burn.
- ✕ Individuals who suffered severe childhood sunburns are at increased risk for skin cancer.
- ✕ Practicing sun safe behaviors during childhood is the first step in reducing the changes of getting skin cancer later in life.
- ✕ A person born today is twice as likely to develop malignant melanoma as someone born only a decade ago and 12 times as someone born 50 years ago

National Coalition for Skin Cancer Prevention www.sunsafety.org



Steps to Reduce Risk of Skin Cancer

1. **Limit direct sun exposure during midday.** UV rays are most intense in the middle of the day. This is usually between 10:00 am and 4:00 pm. If you need to be outdoors during this time, protect your skin
2. **Cover Up.** Wear clothing to protect your skin as much as possible.
3. **Wear a hat.** A hat with a 2-3 inch brim all the way around is ideal because it not only protects the face, but also the neck, ears, forehead, nose and scalp.

4. **Wear sunscreen with a sun protection factor (SPF) of 15 or higher.** Sunscreen is a product you apply to protect your skin against the sun's UV rays. The SPF number represents the level of protection against UVB rays provided by the sunscreen—a higher number means more protection. It is important to apply skin properly and apply in generous amounts. Wait about a 1/2 hour before going in sun or water.
5. **Wear sunglasses that block UV rays.** UV-blocking sunglasses will help protect your eyes from sun damage.

Adapted from: American Cancer Society's Skin Cancer Prevention and Early

Soccer Goal Dangers

A gust of wind...a young player...an uneven playing field...In their current design, only 22 pounds of force can bring a 400-pound goal crashing down, injuring – even killing – a player.

Short-term Solution – Anchor All Goals

There is an easy way to make soccer goals safer....Keep goals securely anchored at every use – whether it's during practice or a game. And re-anchor goals after moving them for mowing or storage. This short-term solution is easy and inexpensive and can help stop completely preventable injuries and deaths.

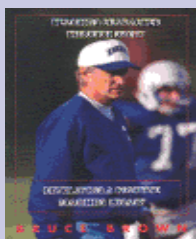
Soccer Goal Safety information from www.anchoredforsafety.org

Coaching Tip: Put your players ahead of winning.

Teaching Character Through Sport: Developing a Positive Coaching Legacy

by Bruce Brown

Noted author and speaker Bruce Brown examines the key issues in creating a lasting legacy, including: how to make a difference, common traits among successful coaches, beliefs about character and sport, action statements about teaching character through sport, redefining the term "athlete", teaching specific values, practicing sportsmanship, the qualities of great teams, team building through positive conditioning, the role of parents in athletics and much, much more. As easy and enjoyable to read as it is thought-provoking. A must for coaches of any level and sport.



NAYSI Top 10 Reasons why tots, children and teenagers (not to mention adults and seniors) should play sports *

10. Slows the aging process, reduces the risks of injury, improves the ability to recover from illness and injury while decreasing susceptibility to physical disorders
9. Establishes a healthy pattern of lifetime physical activity
8. Transfer of training improves the ability to negotiate a variety of physical environments throughout life
7. Aids sleep and muscular relaxation while adjusting to and coping with stress and tension
6. Improves cardiovascular fitness, weight control, and appearance
5. Becoming competent in a positive activity develops self concept, aids self-esteem, and learning about self
4. Learn social interaction while being exposed to leadership opportunities
3. Increases the growth of bone and muscle in children
2. Learn new skills

1. IT'S FUN!

*Reprinted by Permission of the North American Youth Sport Institute and Ask Jack located at <http://www.naysi.com>

US Soccer Hydration Guidelines

Adolescent males typically lose up to 1.5 liters of sweat per hour when performing intense soccer activities in the heat, says a new first-of-its-kind study from the University of Connecticut presented this week at the American College of Sports Medicine (ACSM) annual conference in Denver, Colorado. The three-year research project also showed that nearly two-thirds of male and female youth soccer players are dehydrated before they even take the field and the average hydration routine observed by parents and coaches isn't preventing the problem.

The guidelines provide coaches with an overview of the latest research and information regarding: 1) physiological and environmental factors that place young soccer players at risk for heat illness, 2) signs of dehydration and heat illness, 3) prevention techniques and 4) recommended fluid guidelines that coaches, parents and players should be following on the field of play.

Key points from the guidelines include making sure youth players gradually adapt to increased exposure to high temperatures and humidity; recognize the signs of heat illness; and realize that thirst is not an accurate indication of fluid needs. To ensure these points are memorable for coaches, parents and kids, the U.S. Soccer Federation has developed the acronym - G.O.A.L. - which stands for:

-- **Get** acclimated - bodies need time to gradually adapt to increased exposure to high temperatures and humidity (especially young athletes)

-- **On** schedule drinking - Youth athletes should be encouraged to drink on a schedule before they become thirsty, and should drink before, during and after practice and games

-- **Always** bring a sports drink - replacing electrolytes and providing energy is crucial to keeping kids safe and performing at their best

-- **Learn** the signs - if someone becomes unusually fatigued, dizzy, and nauseous or has a headache during exercise in the heat, have them stop, rest and drink fluids

Visit www.ussoccer.com to learn more about the Hydration Guidelines

ESPN Plans new magazine

Street & Smith's *Sports Business JOURNAL* reports that ESPN is launching a new magazine aimed at the parents of children involved in organized sports. Tentatively titled "E Sports Parent N", the company estimates there are as many as 20 million adults involved as coaches and administrators in organized sports suggesting a vast prospective market. The concept is to celebrate youth sports and provide a road map for parents. Look for an online version later this year and a 2007 launch of the print magazine.

Parenting Tip: Focus on creating a love of sports and physical activity at a young age. This can go a long way to helping your child attain and maintain a healthy active lifestyle as an adult, which is something many of us lack in this country.

"Eat to Compete: A Coach's Playbook for a Winning Team" helps youth coaches teach young athletes the importance of eating right -- on and off the field. This playbook provides the basics of good sports nutrition. Proper nutrition and hydration helps athletes maintain high energy levels, prevent fatigue and injury, and accelerate healing when injury occurs.

[Eat to Compete: A Coach's Playbook for a Winning Team](#) (PDF format)

Sportsmanship: As part of our approach to sportsmanship, everyone -- including officials -- must be treated with courtesy and respect. Deal with everyone with civility and in a normal tone of voice. There is no place for profane language and harassment.

Reprinted from MSHSL Sportsmanship Tip for February

What Coaches Can Do by the George Lucas Educational Foundation Staff--Copyright 2005

This section is edited from "Guidelines for Effective Character Education Through Sports," by Jeffrey P. Beedy, Ed.D., and Russell W. Gough, Ph.D., and is excerpted with permission. Copyright 2000, The Character Education Partnership, Washington, D.C. For the complete article visit their Web site at www.character.org

Sports play a powerful part in molding the character of the nation -- especially the character of millions of our nation's youth who participate in organized sports programs. The following guidelines can help make youth sports programs (K-12) positive character-building endeavors. They are intended for coaches, as well as other stakeholders in a sports program -- administrators, teachers, parents, game officials, players, students, boosters, and fans.

Create and implement a guiding sports philosophy that promotes core, ethical values. A sports program that seeks to build character in youth needs a shared philosophy that guides all aspects of athletics. This overarching philosophy should define a set of core ethical values such as respect, responsibility, caring, compassion, honesty, cooperation, fair play, and perseverance.

Sports program leaders should communicate to all stakeholders the importance of the philosophy and the idea that character development is pursued for its own intrinsic value. A sports contract is one way to help players and others live the shared philosophy. At the beginning of the season, players read and sign a contract -- often in the presence of their parents and coaches -- pledging to uphold the sports program's core values and to abide by its behavioral rules. All players are then held accountable for following the terms of their contract.

Define the program's values behaviorally. For players to adopt and exhibit core ethical values, parents, players, and coaches need to spend ample time discussing specific behaviors -- both acceptable and unacceptable. For example, so-called trash talking is a disrespectful behavior that can be seen, heard, and understood by players. Implementing a rule that requires players to help an opponent up after a hard hit drives home values like compassion and caring.

Balance the drive to win with the program's core values. There is nothing wrong with playing to win -- virtually no one plays to lose. But winning can just as certainly become a character-defeating concept when competitive attitudes, behaviors, and strategies begin to undermine basic values. Even at the secondary level, where the emphasis on winning is often greater, coaches can cultivate an environment in which players feel involved, valued, challenged, and safe. This is why it is critical for programs to choose and develop coaches who recognize that winning is only one part of a larger education process.

Design a proactive game plan for building character. Coaches should have a game plan for character education, just as they do when they teach athletic skills. Warm-up and cool-down meetings provide excellent opportunities to set specific goals with the team -- such as stronger teamwork or greater self-discipline -- and explore examples of the program's values in action. For real learning to occur, incidents of values being followed or not upheld need to be addressed explicitly.

Create a positive learning environment. Healthy, meaningful relationships are often cited as the primary factor contributing to students' positive athletic experiences. Coaches and parents must strive to cultivate relationships based on respect and caring. Adults who consistently exemplify these values help students form trusting, respectful, and caring relationships. Coaches should make every effort to get to know each player on their team as an individual. Understanding what each boy or girl enjoys about the sport, what motivates them to excel and learn new skills, and what teaching style each young athlete best responds to will help coaches develop the self-confidence of all players.

Promote positive role modeling. Coaches are often the first significant adult role