



RESPECT IN SPORTS

SPORTS ALLIANCE OF MINNESOTA



Notes From the Board

Respect in Sports – Frank White, Board Member

"I'm in it for the kids", is the comment that we always here from people that are involved in youth sports! Somewhere along the way, some people have forgotten "what the importance of youth sports is" and the values that we say we're teaching.

Adults and youth thrive on positive encouragement, so the next time you're coaching or cheering on your favorite team, ask yourself:

- Are you being encouraging?
- Are you teaching positive skills and fundamentals?
- Are you teaching respect of others involved in the game?

Youth sports, is just like the journey in life, we learn all along the way. Each coach should add a piece to that journey, no different than a parent. Where and whenever a young person begins, he or she should improve skill and fundamental development along the journey. Unfortunately today in youth sports we measure success by wins and losses, not by performances! If we don't win, it must be someone else's fault (usually the officials), what value does that teach our youth?

Parents, that volunteer coach is giving their valuable time to teach and be with your son or daughter, trust and support them. If you're communicating something different than the coach during a game or practice, it's confusing to your child and very possibly you're embarrassing them! If we're really "**in it for the kids**", teach positive values, improve their performance and growth in fundamentals. Teach them respect for the game, every facility, their opponents and the officials.

Youth Sports Tip

Youth sports are great for kids. Take steps to make sure they do not get burned out. Well balanced sports participation can be an important part of a child's social, emotional, and physical well being. The longer kids play sports the better. The more fun they are having, the longer they will play.

SAM TOOLKIT—

Safety is always our main concern. For resources on safety, injury prevention, emergency care and violence prevention,

Governor Pawlenty Applauds 'Fit Cities' and 'Fit Schools' During Healthy America Week May 1-5

While praising Minnesota cities and schools that are showing leadership to encourage healthy living, Governor Pawlenty proclaimed May 1-5 as Healthy America Week in Minnesota. The National Governor's Association is designating the first week in May to highlight its Healthy America initiative, which encourages states to promote physical activity and healthy living among their residents. More than a quarter of all American adults are physically inactive and 65 percent are overweight. [Read more...](#)

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MINNESOTA YOUTH ATHLETIC SERVICES

The Minnesota Youth Athletic Services.(MYAS) was organized in 1991 as a 501 (c) (3) nonprofit organization dedicated to improving the delivery of youth sports services. The MYAS is the state's largest multi-sport organization focused solely on youth athletes with more than 185,000 event participants in eight different sports in 2005. For example, MYAS manages over 18,000 basketball games and 10,000 baseball games annually . MYAS administers more than 200 major events each year including the nation's largest youth swim meet and youth basketball tournament. MYAS offers youth association services such as coaches training, insurance and background checks – which are used by tens of thousands of players, thousands of coaches and hundreds of youth associations. In 2005, 1,500+ youth basketball referees and baseball umpires went through the MYAS training programs. MYAS has 16 full time employees and partners with youth sports associations in running events. Minnesota youth associations use MYAS events to raise over 1.5 million dollars each year. The MYAS website, www.myas.org, offers coaches and parents a comprehensive online registration, rosters, tournament brackets, scheduling updates and unique electronic messaging.

Heat Index Readings and Associated Health Risks

The heat index (see chart) is how hot the heat-humidity combination makes it feel. As relative humidity increases, the air seems warmer than it actually is because the body is less able to cool itself via evaporation of perspiration. As the heat index rises, so do health risks. Visit <http://www.health.state.mn.us/divs/eh/emergency/natural/heat/heatindex.html>

The Sports Alliance of Minnesota is a coalition of sports organizations whose mission is to provide tools for creating a positive sports environment. Founding Members are Hennepin County Human Services and Public Health Department, Minnesota Amateur Sports Commission, Minnesota Hockey, 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 and Tobacco Free Youth Recreation. To support an improved sporting environment in Minnesota, go to www.sportsalliancemn.org