

Respect in Sports

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



Sports Nutrition - Tips for Winter Athletes

Athletes who participate in cold weather activities have a variety of special nutritional needs when it comes to performing at an optimal level while staying comfortable and safe as temperatures drop. Learn how to eat and drink for cold-weather activities... [read more](#)

Sports Concussions DVD's

The National Football League (NFL), National Hockey League (NHL) and the National Hockey League Player's Association (NHLPA) have agreed to sponsor an educational program on sports concussions developed by the National Academy of Neuropsychology (NAN) and the National Athletic Trainers' Association (NATA). Consisting of a series of educational DVDs, this program is targeted to amateur and professional players, parents, physicians and coaches, and will provide information on how to recognize concussive injuries, seek proper evaluation, and follow appropriate return to play guidelines. Release date is January 2008.

New guidelines for skin infections

Following recent attention in the media regarding deaths among adolescents from MRSA skin infections, MDH is announcing new resources for the prevention and treatment of skin infections among athletes. The Minnesota Department of Health (MDH) released a set of educational materials for athletes, coaches, healthcare providers and others on skin infections and how they can be prevented. The guidance was developed in response to increased infections, including resistant staphylococcal infections and herpes, reported among athletes in recent years. Visit www.sportsalliancemn.org for more information

Baltimore City Code for sports includes fans, coaches

By Jonathan Bor and Kevin Van Valkenburg
Sun reporters October 13 2007

Spectators attending youth sporting events in Baltimore are put on notice: Verbal or physical abuse of officials, coaches or players will not be tolerated. The complete article can be viewed at: http://www.baltimoresun.com/news/local/baltimore_city/baltimore_md.ci.conduct13oct13,0,4230280.story

MSHSL Rating Program

Player, coaches, fans beware! You are now being watched at all high school sporting events! The Minnesota State High School League has implemented a new program in which players, coaches, spectators, and game personnel will be rated by game officials. For more of this story from Sleepy Eye, click on or type the URL below: <http://www.sleepyeyenews.com/articles/2007/10/31/sports/sports4.txt>

100 Most Influential Sports Educators

The Institute for International Sport recently named America's 100 Most Influential Sports Educators. Among the honorees are Andre Agassi, tiger Woods, Jackie Joyner-Kersey and Michael Josephson (Character Counts). See the full list of honorees and read more about the reasons they are part of

guidelines. Release date is January 2008.



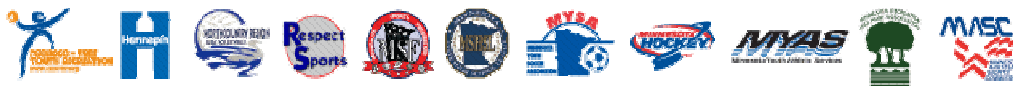
Jackie Joyner-Kersey and Michael Josephson (Character Counts). See the full list of honorees and read more about the reasons they are part of this distinguished list [here](#).

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"Cheating has always existed and always will," said Alison Rhodius, who has been a sports psychology consultant for 14 years, the past seven as research director for sports psychology at John F. Kennedy University in Pleasant Hill. "And it's not just in sports. It's across the board. These things happen in business, too. People push the lines and try to do more and more. Maybe it is a reflection of the way that this society has gone."

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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.