

Respect in Sports

www.sportsalliancemn.org

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



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

Random Facts of the Month:

The Lumberjack Bowl (Lumberjack World Championships) is held every year in Hayward, Wisconsin.

Counting calories was important even in 1963 when Coca-Cola hyped the diet drink Tab for only having 1 calorie.

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NEWS SPOTLIGHT:

USTA encourages 'no-cut' policies

BYLINE: ANN LoPRINZI, The Times of Trenton, New Jersey

The U.S. Tennis Association began an initiative two years ago to encourage high school coaches to adopt "no-cut policies."

Coaches who sign up for the national program receive a banner, recognition, a CD with games and drills, and other gifts. Over 2,300 coaches have registered, but that's not to say that no-cut teams are anything new. Numerous area squads do not cut players.

Coaches Denise Wadams of Allentown High and Patty Headley of Princeton Day School are long-time coaches who have never cut players and are both signed up for the program. There are numerous other teams who do not cut and, for one reason or another, are just not signed up.

"Officially, the USTA wants to build the sport and made a lot of effort to recognize coaches that don't cut," Headley said. "I think everybody who enjoys tennis, whether they're good or not, should be able to play. Both our middle school and upper school boys and girls teams are no cut." [Click Here to read entire article](#)

Tips on how to effectively implement a no-cut policy:

- #1: Have a justified ranking system and create different levels of teams. Many elite teams implement a no-cut policy and are as strong as they are because of the feeding system in place. You may want to allow a few players from each squad to play up with the higher level team occasionally to expose them to better players, reward extra effort, motivate them for the future, and so you can observe their current skill level comparatively.
- #2: Stagger practice and match times for each flight of players on the team
- #3: Address additional coaching needs by training and utilizing assistant coaches, volunteer coaches, and player mentors.
- #4: Use innovative scoring/game formats to allow for more competition. For example: hosting weekly round robin and/or non-elimination tournaments for players using shortened scoring formats

Want more tips?

Get connected to other youth associations by becoming a member of the Sports Alliance of Minnesota! We can all learn from each other and collectively improve the quality of youth sport in our state. More information at www.sportsalliancemn.org

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