



Respect in Sports

Volume 1 Issue 5

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

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Children need models rather than critics.”
— Joseph Joubert, French essayist (1752-

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

www.sportsalliancemn.org

2nd Annual Summit for Youth Sports Leaders

Saturday, November 11, 2006

Eisenhower Community Center

1001 Highway 7

Hopkins, MN 55305

8:00 a.m.– 3:00 p.m.

Summit Keynote—Respecting the Game: Steps to Creating a Positive Environment for Youth Athletes by Dr. Mark Dienhart

St. Thomas University Executive Vice President, Chief Administrative Officer and former Director of Men’s Athletics, University of Minnesota

Session I Sportsmanship: Expectations for Parents, Coaches and Officials

Presenters: Frank White, founder of *Respect Sports*, Manager of Recreation Programs and Athletics for Richfield Recreation Services Department and Rick Aberman, PhD Developmental Psychology & Family Therapy and author of *Why Good Coaches Quit: How to Deal With the Other Stuff*

Session II Healthy Youth Development: Training Practices and Healthy Policies

Panel will include Murray Harber, Exercise Physiologist; Kevin Johnston, Manager, Hopkins District Facility Use; Corey Eckhoff, Velocity Sports Performance; Brittany McFadden, Program Director, Tobacco Free Youth Recreation; Janet Keysser, Minnesota Department of Health; and Sonja Savre, Hennepin County Human Services and Public Health

Breakout Sessions

- ✕ **Coach’s Asthma Clipboard**, Janet Keysser, Minnesota Department of Health
An interactive training for working with young athletes who have asthma.
- ✕ **Screen Smart and WIN!** Donna Ploof, RHR Information Services & Judy Praska, North Country Region USA Volleyball Executive Director
Learn the pitfalls of the wrong background screening choices and the satisfaction of making the right choices while competing for prizes.
- ✕ **What do Kids see from the Field/Court/Rink?**
A panel of middle and high school aged students discuss what they see from the field/court/rink and their opinion on the issues in youth sports today.

The 2005 Summit introduced the Sports Alliance of Minnesota (SAM) and started the conversation around a positive youth sports environment. In 2006 current practices and ideas on sportsmanship and healthy youth development will be gathered and discussed during the “Best Practices” networking lunch. These materials will then be available in SAM’s toolkit for statewide distribution. Pre-registration is \$25. After October 20, registration is \$35. Register online at www.sportsalliancemn.org.

AGENDA

8:00 a.m.	Registration Opens
8:30 a.m.	Welcome & Keynote Speaker Dr. Mark Dienhart
9:15 a.m.	Session I Sportsmanship: Expectations for Parents, Coaches and Officials
	Session II Healthy Youth Development: Training Practices and Healthy Policies
10:45 a.m.	Break, visit Vendors
11:00 a.m.	Summit Sessions I & II (Repeat)
12:30 p.m.	Lunch (“Best Practices” networking)
1:30 p.m.	Breakout Sessions
2:30 p.m.	Closing & Door prizes
3:00 p.m.	Adjourn

Founding Members

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

Tobacco Free Youth
Recreation

Respect Sports

**Thank you to our
sponsors:**



“Do as I Say, AND as I Do: Coaching Tobacco Free”

by Christina Pick

Tobacco-Free Youth Recreation

Athletes are often seen looking to the sidelines for directions from their coaches during games. The coach guides them through the high-pressure situations of the game with encouragement and instruction. Athletes, however, not only look to their coaches for direction on the field, but off the field as well.

Coaches and recreational leaders are important role models for young athletes. Since recreation provides a setting for young athletes to bond together as a group, youth feel compelled to follow the standards set forth by their leaders. They have a powerful influence on youth, and can positively use this to promote healthy lifestyles to their team. One such healthy behavior is refraining from tobacco use. By supporting young people's decision to be tobacco free and modeling a tobacco-free lifestyle, recreational leaders also help youth choose to remain tobacco free.

Many times through the words, actions, and example they set, coaches influence the way their players think about the choices they will make in life. To help their athletes perform their best, coaches often talk to them about the importance of good sportsmanship, nutrition, and refraining from alcohol use. They should also discuss the negative physical effects of tobacco use and the importance of being tobacco free.

Coaches must emphasize to athletes that tobacco use hinders physical fitness in both performance and endurance. Tobacco use lowers the level of lung function and reduces the amount of oxygen available to the muscles used during recreational activities. Also, athletes who use tobacco will suffer from shortness of breath almost three times as often as teens that don't smoke.

By talking to athletes about living a tobacco-free lifestyle, coaches show that they care about the health of young people and want them to choose healthy lifestyles. Coaches must not only communicate with their athletes about refraining from tobacco use, but must live tobacco-free lifestyles themselves. By being tobacco free, coaches and leaders model positive, healthy lifestyle choices.

Moral Intelligence: Coach, Teacher, Role-Model

By Rick Aberman, Ph.D.

“The effective management of others is a result of effective management of oneself”.—the Lennick Aberman Group

Like it or not, coaches are always teaching. To be most effective, you want to make sure that *what* you are teaching is what you really want to teach. For better or worse, if our behavior is observable by others, we are in the role model business.

Coaches often look for an edge. Consider the concept of “**Normative Cheating**”. “**Strategies that are necessary to meet the goals of winning and are brought on by stresses that accompany the goals.**”

Those who engage in normative cheating may or may not actually break the rules, but their behavior violates the spirit of the rule.

If under intense pressure to succeed or win, along with the presence of either rational or seemingly irrational rules that may stand in their way, a person will be tempted to find a way around the stress-creating situation. (See Steroids, HGH, EPO, Martha Stewart, Enron, Sammy Sosa, etc...)

A critical step in a person's moral development may or may not occur at this point. This becomes apparent by a shift from accepting “what is right” in terms of our own personal, group, or local norms, to defining what is right as established by a larger social system via rules or laws.

A person demonstrates morality by fulfilling actual duties in a socially responsible manner. The concept of “everyone does it” or, “it's no big deal” is no longer acceptable when breaking the law or the rules of a game. Remember you are always teaching, you just want to make sure that what you are teaching is what you really want to teach.

Dr. Aberman will be a panelist at the 2006 Sports Alliance of Minnesota Summit on Saturday, November 11 in the session titled “Sportsmanship: Expectations for Parents, Coaches and Officials.” Visit www.sportsalliancemn.org for additional information and registration form.

**Member Spotlight:
Minnesota Amateur
Sports Commission**



The MASC was created in 1987 by the Minnesota State Legislature to promote the economic and social benefits of amateur sports. Since then, the MASC has made enormous strides in accomplishing its goals. In the 20 years since the inception of the MASC, Minnesota has become a role model state for its proactive methods of creating benefits from amateur sports. The MASC has been at the forefront of this effort.

The agency has become best known for two things:

- Creating amateur sports events which attract out-of-state attendance, generating economic impact for the state. Schwan's USA CUP and the other major events at the National Sports Center are the best example of this mission fulfilled. The agency also still administers the Star of the North State Games, an annual multi-sport competition that is Minnesota's annual Olympic-style competition, with over 6,000 athletes participating annually.

- Fostering public/private and state/local partnerships to build sports facilities, manage grant programs and operate educational programs. Some of the MASC's facilities include the National Sports Center, John Rose Minnesota OVAL in Roseville, National Volleyball Center in Rochester, and the National Hockey Center in St. Cloud.

In the mid to late-90's, the MASC managed two innovative and successful grant programs, the Mighty Ducks and Mighty Kicks grant programs, which helped to build new ice arenas and soccer fields around the state.

During that same time, the MASC was also active in educational programs, including "Keeping Youth Sports Safe and Fun," which was primarily a gender-equity advocacy program, and "Sports for the Right Reason," a sportsmanship education program that was active in the mid-90's. In some direct ways, the Sports for the Right Reason program had many philosophical and organizational ties to the activities of the Sports Alliance of Minnesota, both in a shared mission and the presence of many of the same people who participated in both programs.

Unfortunately, due to significant state budget cuts since 2002, the MASC's statewide mission has been sharply reduced, and the agency now focuses most of its energy on the administration of the National Sports Center in Blaine, and the promotion of programs and facilities at that site. Happily however, some of the programs that the staff and board cared most about, specifically the sportsmanship initiatives, have lived on – and been furthered – by organizations like the Sports Alliance of Minnesota.

PARENTING ASPIRING ATHLETES

by Pam Richmond Champagne, The Sports Parenting Coach

I envision a world in which young athletes, parents, and coaches are being guided by a wholesome perspective. They are working together harmoniously and productively to support the young person's authentic goals, character, and long-term health and well being. Here are a few tips caring sports parents can use to bring this about:

1. Never withdraw your love or approval based on your child's performance. It is critical for his emotional health and well being that he knows beyond any doubt that your approval and love is always present, win or lose.
2. If you have a child who has a tendency to see only what she did wrong during practice or competition, help her see what she did well. After she unloads the negatives, simply ask the question, "What did you do well?"
3. Since a lot of time and attention is often devoted to a talented athlete, be aware of the effects of this dynamic on non-athletic or less-talented brothers and sisters. Find ways to ensure all your children feel equally valued.
4. When your athlete is feeling down from a defeat or a slump, find ways to encourage and build her confidence.
5. If you sense your athlete is getting too full of himself or cocky, bring him back to reality. For example, you might remind him of the work he still needs to do on some aspect of his game - or ask him to take out the trash!
6. Be genuinely interested in other aspects of your child's life. Frequently ask her about her friends, school activities, other interests, opinions about current events, etc.
7. Watch for any signs that you may be creating the goals that need to originate from your child or taking on your child's goals as your own. Knowing where the line is between living vicariously through your child and supporting him with his goals takes constant vigilance.
8. Monitor and match your level of support with your child's goals, level of enthusiasm, and level of commitment (action). If you care more than your child cares, helpful encouragement will turn into detrimental pushing.
9. Empower your athlete by asking him more questions rather than telling him what to do. When you build awareness this way, learning and performance increase.
10. After a loss, give your child time to recover. Wait several hours to discuss performance, or respect your child's wish not to talk at all.
11. Realize that your child's coach has a profound influence on her character, self-concept, and outlook on life. Make sure you are aware of and comfortable with the coach's philosophy and style.

12. Explore and create a back-up plan for the future of your young athlete.

After all, less than one percent of young athletes become professionals.

Master Certified Coach Pam Champagne works with parents of aspiring athletes who

are uncertain about what helps or hinders their child's greatest growth and success. She helps them understand what they need to do to assure their athlete's lifelong success and happiness.

Pam has developed the program "Parenting Athletes for Lifelong Success" (PALS)*.

Pam can be reached at pam@parentingathletes.com or email to: pam@parentingathletes.com or call 360-371-2551.

Download free booklet about preventing injuries in young pitchers

The American Orthopaedic Society for Sports Medicine (AOSSM) has produced a booklet for parents, coaches, athletic trainers and others interested in learning more about preventing injuries in young throwers. Prevention and Emergency Management of Youth Baseball and Softball Injuries is available as a free download from the AOSSM Web site, <http://www.sportsmed.org/sml/document.asp?did=231>.



101 Ways to Be a Terrific Sports Parent: Making Athletics a Positive Experience for Your Child

The determining factor in whether a child between the ages of six and seventeen enjoys athletics is his or her parents - not the sport, coach, or team. Yet, parents are often unaware of how their behavior and expectations impact their child's experience. In *101 Ways to Be a Terrific Sports Parent*, Dr. Joel Fish, a sports psychologist who is also the dad of three young athletes, shares both his clinical expertise and practical experience to help parents develop a deeper understanding of the many issues that surround the young athlete. For athletes of all skill levels, from Little League to high school, Dr. Fish discusses how to: - Help your child reach his or her full athletic potential - Develop strategies to deal with competitive pressure - Know if you're too involved or not involved enough - Interact successfully with your child's coach, and more... With insights into the different developmental and self-esteem issues facing girls and boys, information on parenting a superstar athlete, and special tips for single parents, *101 Ways to Be a Terrific Sports Parent* will help any parent make sports a memorable and happy experience for their child.

"Don't worry that children never listen to you. Worry that they are always watching you."
 — Robert Fulghum, American author (b. 1937)



Board Notes -Role Models

by Judy Praska, North Country Region USA Volleyball, SAM Founding Member

Role models come in all shapes, sizes and form. They are important for people to have. It gives a person someone to look up to.

Here are some questions to pose to students/athletes to start the conversation about role models.

- What is a role model?
- Does a role model have to be famous to be a role model?
- Who is your most important role model?
- Why is this person a role model for you?
- What are her/his accomplishments?
- Does the person have a good moral reputation?
- What has he/she done to contribute back to society?
- Is your role model directed toward helping others?
- Do you know of any role models that have overcome a great deal of adversity to become successful? (A physical handicap, discrimination, a lack of money, etc)
- What do you think is the most important quality for a role model?
- Do you have any role models in your community?
- Do you think you could take aspects of several role models you like? Could you use these to pattern your own life after?

What characteristics are most important in a role model?

- | | |
|---------------------------------|-----------------------------|
| Is successful in his/her career | Makes a lot of money |
| Is famous | Gets a lot of respect |
| Is well educated | Is polite |
| Is honest | Is peaceful |
| Is wise | Is on a sports team |
| Makes movies | Writes great songs |
| Is artistic | Speaks up about beliefs |
| Helps other people | Works hard |
| Works smart | Family life is important |
| Gives money to charity | Is religious |
| Is athletic | Has a sense of humor |
| Helps others learn | Takes part in the community |

Who is your role model and do they have some of the characteristics listed above?



September is Youth Soccer Month!

The month of September is designated across the country as Youth Soccer Month. Throughout the month, Minnesota Youth Soccer Association (MYSA), along with many other youth soccer associations around the nation, will be celebrating the fitness, friendship, family and fun of the sport of soccer.

Fitness: The health and fitness (physical, psychological and social) benefits of playing soccer.

Friendship: The relationships and fun generated through playing soccer and their extension beyond the field.

Family: Playing soccer ties families together as schedules, vacations and family time are coordinated.

Fun: Whether recreational or competitive in nature, involvement in soccer is easy, affordable and rewarding.

MYSA encourages its member clubs to contact their local high school soccer programs to establish a youth soccer night at which coaches and players of all ages can come together to celebrate their accomplishments in the sport of soccer throughout the year.

For more information visit www.youthsoccermonth.org.