

BENEFITS OF SPORTS

Playing sports builds a wide range of skills! Benefits go beyond the obvious of keeping your body healthy and active. Through playing sports, kids of all ages learn to build skills that are valuable now and in the future:



COMMUNICATION AND COLLABORATION

Players learn how to communicate with their coach and teammates. This helps them learn the importance of clear, concise, and effective communication. When engaging in team sports, they also learn how to work together towards a common goal.

GOAL SETTING AND TIME MANAGEMENT

Committing to a sport helps develop goal setting and time management skills. Playing sports requires players to manage their time and priorities. Often balancing school work with practice and game schedules.

RESPONSIBILITY AND LEADERSHIP

Players learn responsibility in playing sports. They are responsible for showing up to practice and games, and meeting deadlines. Sports give opportunities to build leadership skills. Players make decisions, delegate to teammates, and motivate others.

DISCIPLINE AND CONFIDENCE

Sports require physical and mental discipline. This teaches players the importance of following rules, training, and maintaining focus. Playing sports can help build confidence and self esteem.

ADAPTABILITY AND CONFLICT RESOLUTION

Players learn to adapt to changing situations, plans, and teammates. This fosters adaptability and flexibility. Players are constantly navigating disagreements and resolving conflicts within their team. All of which helps develop interpersonal and social skills.

CULTIVATING COMMUNITY AND SPORTSMANSHIP

Being part of a team fosters a sense of belonging and shared purpose. Players learn to respect opponents, follow rules, and accept wins and losses. Playing sports makes players resilient.