



***Be a Game Changer.***  
All Kids Deserve the Opportunity to Play.



The benefits of youth sports are exponential!

Get them in the game.

## EIGHT benefits to youth sports

**Academic Success:** Studies show that students who participate in youth sports have higher grade point averages, attendance rates, standardized test scores and educational aspirations.

**Healthy Lifestyle:** Not only does exercise help children maintain a healthy weight, children who exercise are more likely to continue the practice into adulthood and lead healthier lives.

**Fun:** The number one reason kids play sports is to have fun and we think all kids should have the chance to play and have a good time.

**Self Esteem:** Research shows kids who play sports, especially girls, have higher levels of confidence and self-esteem.

**Stress Relief:** Sports help adolescents to feel less stressed and have better mental health as young adults, according to a University of Toronto study.

**Skill Development:** Strategic thinking, teamwork, leadership and motor skills are learned by playing sports – all valuable skills for a successful future.

**Goal Setting:** Participation in sports helps children learn to set goals and work hard to accomplish them whether it's individually or as a group.

**Teamwork:** Kids who play sports learn that being part of a team means working together toward a common goal, encouraging others when they make a mistake and celebrating together during a victory.

Check out these great local programs: