

# The importance of youth sports

[Literature](#), [Play](#)



The Importance of youth Sports Youth sports give children a huge advantage in their future and throughout their childhood. There are some people that say youth sports are dangerous and a waste of time. Most people see the bad in sports, for example the injuries, or time it takes out of a child's life, and not the good or behind the scenes. Sports offer more than just physical activity and something to do. " Children who do not develop that passion for a sport or activity at an earlier age may see participation in a sport as a tool of rebellion in their teenage years" (Phillips). Even both of those things are good too. Sports keep children out of trouble and away from obesity. Playing sports gives a child a better future and can help them with their education. Sports give youth a lot of qualities needed in the outside world. Youth sports benefit children in all aspects of life including, grades, social life, fitness, ect. " Children get most of their physical activity from participation in team sports. " (Bloom) Sports improve flexibility, agility, balance, and strength used in everyday life. " One out of three kids ages 6-19 are overweight or obese. " (Perry). Without sports this number would increase, and hopefully with a greater increase in youth participation in sports this number will decrease. There is television show now days about obesity and how America is the fattest country in the world. It is time to change the way other countries look at America. Sports will not just improve on your health as a youth it will carry on into your future. " The American Academy of Pediatrics notes that when kids are involved in regular physical activity their risk of diabetes, heart disease and obesity decreases. With obesity reaching epidemic levels in children, researchers have found that kids involved in sports not only benefit the development of coordination, balance and agility:

but they also tend to be more nutrition-conscious in their food choices" (Horsey). Physical activity in sports and in school promotes physical activity outside of school. Students who participate in sports do better in school. Students who participate in youth sports do 25-35 percent better in school than non athletes. Students not only do better in school they also do better in their future. " High school athletes make 12 to 31 percent higher pay than non athletes" (Ganz page 23). Even if you take two students with the same I. Q. one that plays sports and one that does not, the one that does usually does better. " Organized sports help kids who are struggling in school or facing problem at home feel more normal and connected to their peers, and this is a key factor whether or not a teen attends college. " (Travis) Sports help youth get into college and get better grades. Youth learn effort gets you success and they apply that to school. In schools there is an eligibility list. Student athletes have to meet the academic standards to play in a sport. Kids that do not play sports don't have to worry about keeping their grades like the youth that are in sports. It is embarrassing to be ineligible so kids try harder. Kids also care about the sport so when they don't get to play they really work on getting their grades up. Sports require a lot of time and effort and qualities that people will need to succeed in the future. Like in sports there is competition in the outside world. People compete to get jobs and earn promotions. " Americans learn on the ball field or in the gym that effort and success are connected. " (Ganz page 28.) " Sports teach youth how to take responsibility and make decisions for themselves. Sports can add stress to a child's life, but through sports kids learn how to deal with competition, handle difficult situation, understand winning and losing, solve problems and

develop discipline and patience. " (Horsey). Although stress can be hard to deal with as a child, it is a good thing to learn how to handle, especially as an adult. Most adults and elderly look at the youth today as disrespectful and spoiled. Sports give youth a chance to change what adults think about them. Athletes participate in a lot of community projects and volunteer work. The meridian football team earns points by participating in volunteer work. " Sports Develop skills needed to socialize with their peers as well as adults. " (Moqul.) " Athletes are also more active citizens" (Ganz Page 24). Sports teach youth respect towards coaches, other athletes, referees, and adults outside of sports as well. Respect isn't the only quality sports teach. Sports develop confidence and independence. " Sports develop leadership skills and qualities. " (Moqul). Some teens do not have an adult or role model in their life to teach them. Coaches and sports may be all they have outside of school. Sports for some youth may be all their good at and may be their only chance for a future. Kids can benefit so much from sports here are some ways sports can benefit youth. " Develop a sense of achievement, which helps develop a positive self-image. Learn how to cooperate and compete. Develop agility, coordination, endurance, flexibility, speed and strength. Develop the ability to make decisions and accept responsibilities. Learn to understand and express emotions, imagination, and appreciation for what the body can do. " (Moqul). Sports keep youth out of trouble and help them set goals for their future. Having an adult outside of the family who is interested in the teen's life and dedicated to making a difference to the young man or woman helps reduce a troubled youth's chances of depression and increases his or her self-esteem, according to the report" (Travis.) You

set goals in sports, team goals or personal goals. People also need to set goals for the future. Whether it is getting into college or getting a job. In sports youth learn how to set goals and then what it takes to achieve those goals. " The focus should be on skill development with the purpose of developing a passion to be a life-long participant of a particular sport. " (Phillips). Goals can also keep kids out of trouble. A person cannot achieve their goal in jail or always getting in trouble. Playing sports keeps kids out of other instructed supervised activities after school. " Children who do not develop that passion for a sport or activity at an earlier age may use participation in a sport as a tool of rebellion in their teenage years. " (Phillips) Sports do cause stress, and with kids already dealing with stress in school it can be hard. Stress can be good, and as an adult people will have to deal with stress. In sports a person can learn how to deal with stress. In sports, like in everything there is expectation that your parents, your coach, your boss, or your peers have for you. These expectations can stress a kid out but you are going to have these same types of expectations in a child's future and in their job. It is good as a child to learn how to deal with these expectations and do what is more important and make the right decisions. Stress kind of forces someone to try harder or do better. " By getting involved in sports children can improve their self-esteem and confidence, lower the chance of depression, relieve stress, have a better body image and increase their self-worth. " (Horsey) If kids don't get to play in organized sports they have to get rid of their energy somewhere. Kids are going to parks and playing unorganized sports. They don't have anyone watching them or making sure there playing with the proper technique. A football

coach teaches kids how to tackle properly. A basketball coach teaches a kid how to shoot and guard properly. A baseball coach teaches a kid how to catch and throw a ball properly. Without a coach kids don't learn how to perform these tasks properly and that can lead to injury. The surfaces they are playing on are not safe either. Instead of playing on a flat field kids are playing on a field full of pot holes. Instead of a hardwood basketball court kids are playing on an unsmooth black top. Instead of smooth baseball diamonds, kids are playing on a rocky baseball diamond. In organized sports either the coach or the organization in which the kids are playing for supply the equipment. The kids are given the proper equipment and shown how to properly use the equipment. Playing sports also give youth something to do outside of school. With the drug problem we have and all the kids who smoke and drink. The youth need something to do. Sports give youth a chance to make friends and become more social. Sports help channel anger also develop self-control being on a team develops social skills. (Button). " Parents, teachers and caregivers might want to consider organized sports as part of a plan to help a troubled youth". (qtd. Travis). Sports give kids a chance to show people that their good at something. If all a child has is sports than why wouldn't a parent let them play? " Learn to understand and express emotions, imagination, and appreciation for what the body can do. " (Mogul) Sports give youth confidence and leadership skills. " Develop a sense of achievement, which helps develop a positive self-image. " (Mogul). Sports are fun that is the reason most kids play sports. It is fun to win and be a part of something. Sports are games, and games are fun maybe youth sports have become too competitive and the parents are getting too

involved. All sports started out as something to do to pass the time and give people something to do that is fun. A way to get away from the everyday problems and worries. So when it all comes down to it sports shouldn't be as competitive and parents shouldn't get as worked up as they do, but that is one reason sports are so fun. The competitive side of sports is one of the other big reasons people play sports, the chance to win and be better than the other team. The competitive side is what makes people try at sports and work to become better. Youth sports benefit children in all aspects of life including, grades, social life, fitness, ect. Sports improve a youths overall life from their weight to their performance in school. Youth who participate in sports have a better child hood and a better future. The pros of youth sport out way the cons of youth sports. Sports can change a person for the better. Not allowing a child to play sports limits them from achieving a greater future and life. Works Cited Bloom, Gordon A., Loughead, Todd M., Newin, Julie.. " Team Building for Youth Sport. " Journal of Physical Education, Recreation & Dance 9(2008): 44. eLibrary. Web. 05 Apr. 2012 Ganz, Scott. Kevin Hasset. " Sports Benefit Children". Sports and Athletes. Ed. Christine Watkins. Opposing Viewpoints. Detroit: Greenhaven Press 2009: 21-28. Print. Horsey, Lonnie. The Benefits of youth sports. Santa Clarita Parenting Examiner(March 9 2012). Web. 15 Apr. 2012 Perry, Patrick. " Keeping kids fit for life. " Saturday Evening Post, 01 Jul. 2003: 20. eLibrary. Web. 05 Apr. 2012 Philips, Michael. " Advocacy Update: The Importance of Youth Sports. " Parks & Recreation. 01 Jun. 2007: 16. eLibrary. Web. 10 Apr. 2012. Travis, Eryn. " What Are the Benefits of Organized Sports for Troubled Youth? " eHow contributor. 2012: Web. 16 Apr. 2012