

## **WHY KIDS SHOULD GET INTO SPORTS:**

- GET THEIR BODIES MOVING
- LEARN TO PLAY BY THE RULES
- LEARN TO BE PART OF A TEAM
- LEARN TO LISTEN TO THE COACH/BECOME "COACHABLE"
- DEVELOP LEADERSHIP ABILITIES
- DEVELOP CONCENTRATION AND FOCUS
- THEY MAY DEVELOP A LIFELONG LOVE FOR THE GAME
- MAY BE SOMETHING YOU CAN DO AS A FAMILY
- HELP BUILD CONFIDENCE
- GIVES THEM SOMETHING CONSTRUCTIVE TO DO