



# Respect in Sports

Volume 2 Issue 1

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

## Inside this issue:

Founding Members 2

Book Review: Youth Coaching—Four Keys to a Successful Season 3

Sports Related Lies—A commentary by Jim Holm 3

Safeguards for your club's money 3

Member Spotlight—Minnesota Recreation and Parks Association 4

MN Hockey Essays— What is Sportsmanship? 4

SAM Advisory Committee 4

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](http://www.sportsalliancemn.org)

## New Year's Resolutions

### For Parents:

5. I resolve to encourage good sportsmanship by cheering in a positive manner for my child's team, and their opponents.
4. I resolve to do what I can to support my child's coach and game officials.
3. I resolve to leave the game at the field and not dwell on it at home.
2. I resolve to place the well-being of my child ahead of my personal desire to win.
1. I resolve to do everything I can to make sports **FUN** for my child.

### For Coaches:

5. I resolve to treat game officials with respect.
4. I resolve to teach appropriate skills to each individual player on my team.
3. I resolve to provide a safe playing environment for my team, free of alcohol, tobacco or other drugs.
2. I resolve to keep in perspective that youth sports are for children, not adults.
1. I resolve to be a good role model and demonstrate fair play and sportsmanship.

### For Youth Athletes:

5. I resolve to be at practice on time and let my coach know if I will be gone.
4. I resolve to listen to my coach and do what they ask of me.
3. I resolve to try my hardest at both practices and games.
2. I resolve to support my teammates.
1. I resolve to exhibit good sportsmanship at all times.

### For Officials:

5. I resolve to be physically and mentally prepared for the game.
4. I resolve to be fair and impartial.
3. I resolve to uphold the honor and dignity of my position.
2. I resolve to protect youth from inappropriate conduct by others.
1. I resolve to exhibit good sportsmanship at all times.

### For The Sports Alliance of Minnesota:

5. We resolve to provide educational opportunities for those involved with youth sports.
4. We resolve to continue to enhance our website and the toolkit it contains.
3. We resolve to share examples of GREAT sportsmanship found throughout our state.
2. We resolve to review what we are doing and redirect efforts to fulfill the needs of those involved in youth sports.
1. We resolve to be the best partner we can be to those involved in youth sports!

## 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:**



## **Sports Related Lies...by Jim Holm**

(Jim Holm is an Orono parent who has been heavily involved in youth sports for five decades. He can be reached at [bnsmn@aol.com](mailto:bnsmn@aol.com). This commentary is part of a series that is written in response to an overall crisis in youth sports, not because of any specific events within the Orono community.)

I'm fed-up with sports related lies and the liars that tell them.

We are telling our children that sports are extremely important. We do this when we play sports on Sunday morning. We do this with the amount of money we spend on sports facilities when our schools can't afford the tools they need to teach core curriculum. Every hour spent on sport (twelve a week on average for each sport a child plays) reinforces the idea that sports are highly consequential.

I would be surprised if at least half of the last ten extended conversations you've had with your child weren't about sports.

Why is it then that a person like me who has devoted a major part of his life to sports gets to number eighteen on my list of the most significant personal accomplishments or events in my life before I come to something that is sports-related?

18.) Training for and completing a marathon.

The seventeen before it dwarf that accomplishment. Not that my list is all that uncommon. Four of the events are sacraments (baptism, communion, confirmation and marriage). Five are births (mine and my four children). Three are career-oriented and two are education milestones. Two events are historical (JFK's assassination and the first man on the moon). Two are the death of my parents. The other was a badly broken leg.

My guess would be that most people of my age have a similar list and that their sports-related achievements would come in at about the same low ranking.

The lie about the significance of sport is built on and sustained by another lie. That lie is called college scholarships.

By the time children are fourteen, about 70% of them will have dropped out of sports. By the time they graduate from high school half of the remaining 30% will have quit. One out of one hundred of those playing as a senior will receive a college athletic scholarship. One of those three scholarships will be a full ride.

Fewer than one child per 2,000 who start in youth sports will eventually receive an athletic scholarship. The odds a child will receive an academic scholarship are much higher.

For some that scholarship means many thousands of dollars at a wonderful school within a program that understands the student part of student/athlete. For many, it does not.

The average college sports scholarship awarded is \$3,000 a year. If the student loves playing the sport, admires their coach, and finds a meaningful academic endeavor at a college that wants to hire their body for four years, the \$3,000 is found money. Unfortunately for many, their college sports scholarship is a poorly paying part-time job.

My college fraternity was filled with jocks. About half were on scholarship. What they did to keep their scholarships wasn't always pretty. There were some major success stories, but there were a lot more who were run out of

*Continued on page*

## Youth Coaching - Four Keys to a Successful Season

This newest booklet was written with the idea of providing youth sport organizations with material to assist their volunteer coaches, athletes and parents have a successful experience. It details the four essential components of positive, character based coaching.

### Planning

- Eight critical points during the season
- Developing a master schedule and skills checklist
- Coaching your own child
- Planning the preseason parent meeting

### Coach as an Educator – Teaching Skills

- Understanding and applying the Rules of Motor Learning
- Teaching concepts

### Motivation

- Coaches are the key to motivated teams
- Relationship based motivation
- Motivational tips
- Using punishment sparingly
- Game day motivation and behaviors
- Coaching style check

### Building a Team Culture

- Signs of a positive team climate
- Responsibilities of coaches, athletes and parents to become part of the team
- Example of a team value system
- Season assessment for athletes, coaches and parents

For information about ordering visit [www.proactivecoaching.info](http://www.proactivecoaching.info)



"I think what most young people need to walk through life confidently is at least one person inside their family who loves them unconditionally and one person outside their family who loves them or believes in them unconditionally ... For a lot of people, that person is a teacher or a coach."

Bruce Brown, Teacher, Coach, Athletic Administrator, Speaker

*Lies....continued from page 2*

college when they couldn't cut it in their sport.

How many abuses in youth sports are allowed in pursuit of this unholy grail?

How many high school athletic programs are falsely judged to be a success by the large number of scholarship athletes they graduate?

The third greatest sports lie is an implied lie. To justify what is clearly a decision that will be detrimental to young players, people will often say, "We have to – everyone else is doing it."

Such a statement is illogical. Where are the mothers? Every mother knows exactly what to say when a child says, "Everyone else is doing it."

Why aren't we asking these sports officials and coaches, "And if everyone else would jump off a cliff. . .?"

Sports can teach the athletes lessons that will prepare them for life. Sports can help build strong bodies. Sports have value when the positive aspects outweigh the negatives.

To tell someone that sports are significant in and of themselves is a lie. Simply because we see sports on television means nothing. TV stations show reruns of *Gilligan's Island*.

T-shirts that say, "Soccer is Life" or "Basketball is Life" or "Baseball is Life" all lie.

John Wooden, a college All-American basketball player and arguably the best college coach ever called for a balanced life. "Balance means keeping things in proper perspective, not permitting either excessive exuberance or dejection to interfere with preparation, performance, or subsequent individual or team behavior. The same is true in life. We must have physical, emotional, and mental balance; balance between making a living and making a home. We must keep things in perspective, both the good and the bad."

Sport is a long ways down from a top priority in life, and that is not a lie.

*This column originally appeared in The Pioneer newspaper, August 5, 2006. Reprinted by permission."*

### How do you safeguard your club's money?

Government regulators and outside auditors might catch a theft after the fact, but experts agree: The best protection comes from the club itself.

- Share financial records with members
- Have board review every transaction monthly
- Get two signatures on every check
- Have fewest bank accounts possible
- Have an active and engaged membership

*From the Pioneer Press, January 15, 2007 (St. Paul, MN)*

## Member Spotlight



### Minnesota Recreation and Parks Association

The purpose of Minnesota Recreation and Park Association, through its members, is to improve the quality of life in Minnesota by providing excellent park and recreation services. We create and support opportunities for all Minnesotans to live a healthy lifestyle through participation in physical activity and to learn and grow as they experience the cultural and natural diversity of Minnesota's parks and recreation facilities.

#### Origins and History

Minnesota Recreation and Park Association (MRPA) was formed in 1937 to foster the growth and development of the parks and recreation profession throughout the state. Presently we have nearly 1,000 professional, corporate, agency, and student members located in virtually every community throughout the state.

#### Our Goals Include

- foster and maintain high standards of professional qualifications and ethics among the members of MRPA;
- provide continuing education, technical assistance, and social exchange among all members;
- support and promote effective education within colleges and universities;
- encourage study and research in the field of leisure services;
- take a proactive position on legislation affecting the parks and recreation field;
- encourage public support, and promote awareness/understanding of the values of recreation, parks, and leisure in individuals' lives;
- promote effective relationships with other organizations for further advancement of parks, recreation, and leisure service opportunities;
- provide recreational services including tournament competition, youth sports training, and sports management services; and
- serve as an information resource on trends/developments/future changes related to the delivery of parks and recreation services.



For more information visit [www.mnrpa.org](http://www.mnrpa.org)

## How I Show my Sportsmanship

\*Minnesota Hockey ran an essay contest for all their registered players. Below are just a couple of the thoughtful essays submitted. All entries are the property of Minnesota Hockey.

My name is Nicholas Skweres. I play hockey for Como Area. I'm seven years old and on the B-mite team. This is what I think sportsmanship is: Always say good game when you win or lose. Don't brag when you win or whine or cry when you lose. If someone gets hurt go see if they are OK. Give encouragement to teammates in games and practices. Always be respectful to teammates, coaches and opposing team members. Always have a good attitude when you are playing the game. If you are a good sport when you play it will make hockey that much moiré fun. That is what I think sportsmanship is.



I show my sportsmanship by being a good teammate. I always get along with everyone on my team. I don't talk back to the coach. I always say good job to the goalie even though she might have let in a goal. I always show my coach I love playing hockey. I always try my hardest and do my best.

What I think sportsmanship means the most is just being the best person you can be, and try as hard as you can. When I think about sportsmanship I think about having fun playing the game you love and being a good sport even if you lose. You should always play by the rules and try not to get a lot of penalties. My coach always says to us "it's not about winning it's about having fun playing hockey."

By Shelby Iverson of Alexandria

I learned that not being afraid to lose was more important than wanting to win. I learned this from men and women who gave their lives in the pursuit of both.

Billy Turner can be reached at [bturner@timespicayune.com](mailto:bturner@timespicayune.com)

## SAM Advisory Committee

The Sports Alliance is developing an Advisory Committee. This committee will meet two to three times a year to provide input, feedback, and advice to the Sports Alliance. This information will be of tremendous value to the SAM Board of Directors, as we plan for the best way to help provide a positive youth sports experience of all of Minnesota. We also seek input as we plan for future services and events that can be provided by SAM.

Individuals have been identified to serve on this committee, but there is still an opportunity for others to be involved. If you are interested please let us know. E-mail to: [info@sportsalliancemn.org](mailto:info@sportsalliancemn.org). Give us your name, and information on your experience and involvement with youth sports. While this is a voluntary committee, travel expenses for attending these meetings will be paid by SAM. The first meeting for this committee is scheduled for February, 2007.