

2005 Youth Sports community Report card

For Parents



CITIZENSHIP THROUGH SPORTS ALLIANCE

CTSA convened a panel of youth sports experts from across the country to evaluate youth sports in the United States. The panel evaluated community-based youth sports programs serving children ages 6 to 14 and found that, on a national basis, there were numerous concerns. While youth sports provides many young people with tremendous benefits, from physical fitness to life lessons, the panel is concerned that too many programs are falling short of their goals. For a copy of CTSA's 2005 Youth Sports National Report Card, see www.sportsmanship.org.

HOW DOES YOUR CHILD'S SPORTS PROGRAM STACK UP?

Complete this evaluation and see how your child's sports program is doing. For additional materials on how to make a difference in your community, including a free "Parents' Guide to Improving Youth Sports," see www.sportsmanship.org.

Check the box if the statement applies to your child's sports program.

CHILD-CENTERED PHILOSOPHY

- Youth sports leaders, parents and coaches put the goals of children – fun, friends, fitness, participation and skill development – first.
- Each player gets adequate attention and sufficient playing time in games and practices to improve skills and promote physical fitness.
- League leaders and coaches reject a "win-at-all-cost" mentality and instead focus on broader issues, such as life lessons and overall character development.
- League leaders, parents and coaches understand the dangers of early sports specialization.
- Youth sports leaders set expectations and hold parents, coaches and themselves accountable for sportsmanship, civility and commitment to a child-centered philosophy.

= TOTAL and Grade _____

(Five out of five = **A**, four out of five = **B**, three out of five = **C**, two out of five = **D**, one out of five = **F**.)

COACHING

- There are enough coaches available, and those coaches possess training in coaching techniques and safety, ensuring a safe environment for practices and games.
- Coaches focus on effort, skill development, positive reinforcement and fun.
- Coaches cultivate an environment of respect for officials and opponents, modeling sportsmanship and civility.
- Coaches ensure that all players receive enough playing time to promote continued participation and physical fitness.
- Coaches refrain from encouraging early sports specialization and don't penalize youth who participate in multiple sports or activities.

= TOTAL and Grade _____

(Five out of five = **A**, four out of five = **B**, three out of five = **C**, two out of five = **D**, one out of five = **F**.)

HEALTH AND SAFETY

- League leaders, coaches and officials provide a safe and secure environment for games and practices.
- League leaders and coaches promote healthy habits – including fitness and good nutrition – and they discourage the use of performance-enhancing supplements, alcohol and drugs.
- The league conducts formal background checks on coaches and volunteers.
- League leaders and coaches emphasize the health and safety of the participants, and they possess adequate training in first-aid and team safety.
- League leaders and coaches establish a reasonable number of games and practices for each age group to promote participation and prevent burnout or overuse injuries.

= TOTAL and Grade _____

(Five out of five = **A**, four out of five = **B**, three out of five = **C**, two out of five = **D**, one out of five = **F**.)
