

# YOUTH SPORTS REFERENCE LIBRARY

## RESEARCH ON BENEFITS OF PARTICIPATION

### [5 Benefits of Youth Sports](#)

Kids gain skills on—and off—the field when they play organized sports. See what they learn and how you can help.

From the basketball court to the soccer field, the tennis court to the swimming pool, youth sports are the ultimate classroom. Kids learn the importance of teamwork, sportsmanship, perseverance, respect for authority and rules, and how to win with class and lose with dignity. “Sports are the greatest tool we have in today’s society to help children develop positive character traits and life values,” says Greg Bach, Vice President of Communications for the National Alliance for Youth Sports. “No other place affords them the opportunity to soak up as many quality values as sports participation provides.” (Have picture)

### [Top 10 Health Benefits of Youth Sports](#)

Allowing your children to participate in youth sports is a fantastic way for children to explore and develop lifelong skills. Youth sports not only play an important role in exercise, but promotes mental and psychological advances as well. It is well-known that children who participate in sports are less likely to drop out of school, and become involved in drugs and alcohol activity, while they also excel in academic performances and sociability. Below are our top 10 health benefits of allowing your child to participate in youth sports. (have picture)

### [Health Benefits for Children Who Play Sports](#)

When it comes to kids and activity, research shows that many young children are either obtaining too much or too little. Too much physical activity leads to burnouts and injuries, while too little leads to numerous physical conditions such as obesity and type 2 diabetes. To balance this properly, parents and coaches must be diligent, yet considerate, when it comes to children and sports.

According to the Institute for the Study of Youth Sports at Michigan State University, sports activities for children not only offer health benefits, but also offer psychological and social benefits. Paul Caccamo, a Harvard graduate, explains that “sports are more than a game; they are a set of life lessons. Kids growing up without them are really disadvantaged.”

### [Pros and Cons of Youth Sports Participation](#)

A well-structured and organized youth sports program can provide many benefits and positive experiences for young athletes. When done correctly and with the athlete’s well-being in mind, organized sports can play an important role in a young person’s life.

### [How Youth Sports Programs Can Benefit Kids and Parents](#)

Getting your kid involved in local **youth sports programs** offers many tangible benefits and rewards--not just for your kid, but for you, too. Youth sports programs run the gamut from soccer to gymnastics, and they are a worthwhile investment of time and money for the whole family.

### [Healthy development of children and young people through sport](#)

Physical education and sport have an educational impact. Changes can be seen in (i) motor skills development and performance and (ii) educational potential. This shows the positive relationship between being involved in physical activities and psychosocial development.