

Tallahassee Parks and Recreation Dept.

Purpose of Youth Programming

We believe that through good leadership our program will ensure successful experiences for all participants. It should encompass all of the benefits listed below:

1. Participation should develop and keep a healthy mind in a healthy body.
Certain physical results are considered desirable and can be attained, subject to the differences in individual ability. These are: speed, strength, endurance, coordination, flexibility and agility.
2. Self-reliance and emotional stability can be developed through athletics.
 - A. Making decisions and accepting responsibilities.
 - B. Developing and exercising leadership.
3. Social growth is enhanced by athletics.
 - A. Appreciating what other people are really like.
 - B. Learning to get along with people - a living laboratory of democracy in action.
 - C. Learning to cooperate — “Team Work”.
 - D. Learning to compete — self-discipline, emotional balance.
 - E. Making new friends.
 - F. Learning respect for rights of others.
4. Sportsmanship is an immediate and long-range goal.
 - A. Being responsible to law (rules) and order.
 - B. Observing fairness and custom.
 - C. Treating others with consideration.
 - D. Recognizing and applauding fine play and sportsmanlike acts of opponents.
5. There are other goals and values:
 - A. To develop initiative, willingness to try new things
 - B. To encourage intelligent use of leisure.
 - C. To have a fun and satisfying experience.
 - D. To participate in a wide variety of activities.
 - E. To obtain recognition, respect in the community.
 - F. To promote mental alertness.

Together, these will help make our children become better all-around citizens.

Bill of Rights for Young Athletes

1. Right of the opportunity to participate in sports regardless of ability level.
2. Right to participate at a level that is compatible with each child's developmental level.
3. Right to have qualified adult leadership.
4. Right to participate in safe and healthy environments.
5. Right of each child to share in the leadership and decision making of the sport in which he/she is participating.
6. Right to play as a child and not as an adult.
7. Right to proper preparation for participation in the sport.
8. Right to an equal opportunity to strive for success.
9. Right to be treated with dignity by all involved.
10. Right to have fun through sport.¹

¹ Youth Sports Guide for Coach and Parents AAHPER Publication, 1201 16th St., N.W. Washington, D.C. 20036