



# Youth Launch Leaders

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## Sports and Assets: A Winning Combination

Coaches can teach young people not only the rules and strategy of games but important lessons about life as well. You can help young people develop confidence and self-esteem, help them learn to resolve conflicts peacefully, teach them ways to take care of their health and well-being and help them develop skills for communicating with others. To do this, their needs to be a focus not only on the sport and skill, but on the athlete as a whole person.

Assets and a youth development approach to coaching can greatly improve a youth's experience in not only the sport, but can carry over into academics, family life and social interactions. Longitudinal studies have shown that children and youth participating in sports, when compared to peers who do not play sports, exhibit:



- Higher grades, expectations, and attainment
- Greater personal confidence and self-esteem
- Greater connections with school— that is, greater attachment and support from adults
- Stronger peer relationships
- More academically oriented friends
- Greater family attachment and more frequent interactions with parents
- More restraint in avoiding risky behavior
- Greater involvement in volunteer work

By focusing your team approach around positive youth development strategies you are not only ensuring the success of your team but also the success of your team members. To find out more information on how to implement assets into your program, visit Youth Launch Leaders at [www.graceland.edu/yll](http://www.graceland.edu/yll). There you will find tip sheets, resources and other information to help you achieve a win in youth development!

Excerpt from TrueSport: <http://truesport.org/resources/publications/reports/psychological-and-social-benefits-of-playing-true-sport/> and Search Institute *Pass It On*, 2006

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### Homecoming Games

Central Decatur	9/11
Clarke	9/18
Lamoni	9/18
Chariton	9/25
Creston	9/25
Mormon Trail	9/25
Mount Ayr	9/25
Murray	9/25
Seymour	10/02
Wayne	10/02
East Union	10/09

# Plays for a Successful Season in Youth Development

