



Youth Launch Leaders

Sports and Assets: A Winning Combination

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Sports can often be an important part of growing up. Whether a child plays a pick up game in the backyard or is on a dedicated sports team, participation can teach athletes valuable life lessons and skills which can be used in everyday life.

Being involved in a sport at a young age can be very beneficial. Youth often learn, on the field or court, the meaning of being part of a team and working together to accomplish the same goal. In this type of environment, participants learn to trust one another, believe in each other, and encourage others while playing sports. It is

important to empower youth and give them a sense of purpose, which will in turn, build up their confidence and self-esteem. When learned during youth, kids carry this confidence with them and pass it on to others.



adults is a valuable resource that they can draw on throughout their adolescence. Having trusted adults that youth can reach out to is proven to increase the chances that they will grow into happy and successful adults.

Even as adults the benefits of sports and organized activities can be recognized. The ability to work with others, manage tasks, and take responsibility are highly sought after and employable skills. The collaboration of personal growth, skill building, and fun make participation in youth sports a winning combination!

When participating in sports at a higher level, skills like time management and responsibility are important. Athletes learn to prioritize tasks and balance home, school and activities. Another important aspect of sports participation is that of a caring adult role model. The opportunity for youth to bond with coaches, staff and other

Contact Us

Youth Launch Leaders
Graceland University
1 University Place
Lamoni IA 50140

641-784-5401

YLL@graceland.edu

www.graceland.edu/YLL



This article was written by
Jeremy Deemer, a
Graceland University
student athlete.

Jeremy is a proven
example of how the 40
Developmental Assets
and sports can build
students into leaders.

Plays for a Successful Season in Youth Development

Focus on helping players
get better, not be the
best

Take time at the end of
practice to have the
group offer positive
comments about each
other

Create and maintain a positive
atmosphere by focusing on fun
and learning

Develop leadership
skills by letting players
help lead drills

Insist that all team
members treat one another
with respect

Remember you are not
just winning games, you
have the opportunity to
transform lives