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YOUTH HEALTH BULLETIN

AUGUST 2011

Reprinted by:
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BACK TO SCHOOL: TIME TO TRY A NEW SPORT!



It is time to go back to school! Did your summer go by quickly? As the school year starts, now would be a great time to try a new sport. Many schools offer different types of activities to. Wally Cat loves to try new activities and thinks you should think about what you are going to do to stay active as the school year begins. Find an activity that you enjoy or want to try and GO FOR IT! Look at the different sports that you might get to choose from:

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Fall Sports

- Cross-country
- Dance
- Soccer
- Football
- Volleyball
- Cheerleading

Spring Sports

- Baseball
- Golf
- Softball
- Tennis
- Track and field

Winter Sports

- Basketball
- Cheerleading
- Dance
- Gymnastics
- Indoor track and field
- Wrestling
- Swimming

If you do not know the sports your school offers, talk to someone at your school. Coaches are always happy to talk about the team that they coach!

Team sports and individual sports

Some sports such as soccer, football and basketball require players to be working together on the field at the same time. Sports such as tennis, gymnastics and cross-country have each team member working toward an individual score which is then added up to determine the winning team. This may help you choose a sport with which you would like to be involved.

5 reasons girls should play sports

1. Girls who play sports usually do better in school.

Exercise can improve concentration and memory which helps in the classroom.

2. Girls who play sports learn teamwork.

Life skills such as team work and goal setting are important for sports and important skills to have as you grow up.



3. Sports are very good for girl's health.

Girls who exercise are less likely to smoke and more likely to live a healthy life.

4. Sports boost self confidence.

It feels good when you can build and reach your goals.

5. Sports are stress relievers.

School can be stressful and being active can help you manage stress.

Sport safety!

There are many different sports that require you to have safety equipment. Some sports require special shoes that help you grip the field that you are playing on or pads that protect your shins, wrists, shoulders and knees. You may also need to wear a mouth guard to help protect your teeth and mouth while you are playing. A helmet is another piece of common safety gear. It is needed for bicycling and sports such as football. Remember to wear your safety gear not only during games, but also when you practice too!



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- KidsHealth.org Choosing the right sport for you. January 2011
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YOUTH HEALTH BULLETIN AUGUST 2011

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