

# THE FIT MIND BODY *Bulletin*

A publication of Fitness for Youth

## Pressure Points

Surveyed Nebraska high school principals revealed coaches feel more pressure in girls' and women's sports than in boy's sports, as indicated by a higher number of coaching dismissals in girls' volleyball and basketball than in boys' football and basketball.

*JOPERD, August 1994*

## Fun 'n Games

Coaches can make high school athletics more enjoyable and attract more students by promoting fun in practices. Ideas include incorporating a variety of activities and assigning athletes the responsibility to create some of their own drills.

*JOPERD, September 1994*

## Uncertified Coaches

The U.S. is the only major sporting nation without a certification program for its athletic coaches. This may be due, in part, to the autonomy granted to state governments and national sport organizations.

*Interscholastic Coaching: From Accidental Occupation to Profession, American Sport Education Program, 1995*

## Making the Call

Time is running out and the score is tied. You have a decision to make...and fast. Three factors can help in these critical moments.

1. Information—quick, clear and accurate communication between staff, coach and players.
2. Advice—you need at least one assistant who won't always agree with you.
3. Variety—both in the plays used and the people who call the plays.



*Scholastic Coach, September 1993*

## Kid Bits

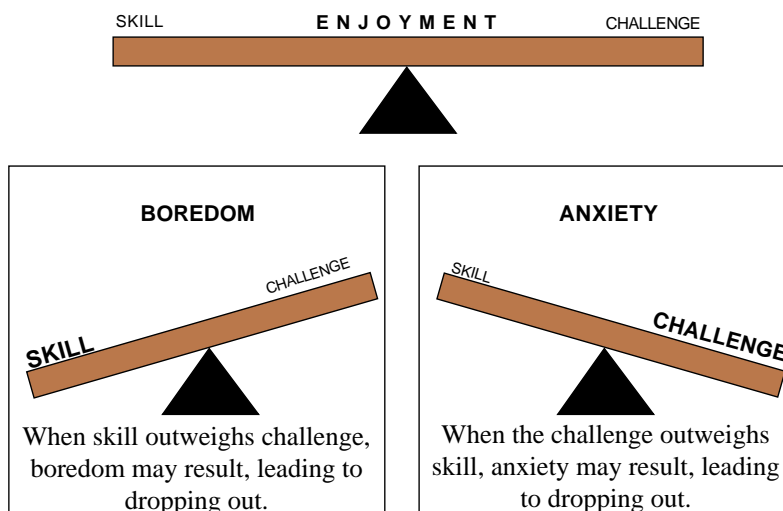
Less than 21% of high school students are involved in even one school sport



*A Study by  
Athletic Footwear Association, 1990*

### SOMETHING TO PONDER

## Fun in Sports: A Balance Between Skill and Challenge



### Sports are:

Most rewarding when the judge of skill and the definer of challenge is the individual. Then the athlete receives two rewards—the joy of participating and the satisfaction of learning to know oneself.

*Institute of Youth Sports*