



Litchfield Park

Youth Sports Voice

Seasonal Information for Litchfield Park Youth Sports Participants

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City of Litchfield Park
Youth Sports Programs
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MISSION STATEMENT

The City of Litchfield Park's Community and Recreation Services Department's mission is to enhance the quality of life in the Litchfield Park community by providing recreation, art and leisure activity in a safe and healthy environment, and to further provide a variety of wellness activities to assist our residents in gaining and maintaining a healthy lifestyle.



Litchfield Park

DISCOVER THE PARK

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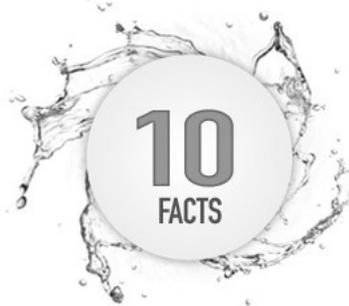
TEMPERATURES ARE RISING, REMEMBER TO STAY HYDRATED

As you can tell, the desert temperatures are beginning to heat up in the valley of the sun. This means that it is extremely important to stay hydrated, especially for those that are active and participating in physically demanding activities such as youth sports. The potential for serious health issues to occur is elevated when dehydration occurs.

In order to keep yourself and your children hydrated during the sports season, be sure to continually add fluids to your body **Before, During, and After** any physical activity; especially practices and games. A good rule of thumb in determining if you are well hydrated is if your urine is clear. If you need to replenish fluids, water isn't your only option...

Food Item	% of Water Included in Item
COFFEE	99.5%
LETTUCE	96%
TOMATO	95%
LOW-FAT MILK	90%
BROCCOLI	89%
OATMEAL	84%
LOW-FAT VANILLA YOGURT	79%
ICE CREAM	60%

Source: Active.Com



DID YOU KNOW?

1. Athlete studies show a 1% loss in body fluid will slow you down 2%.
2. Cold weather disguises your body's dehydration signals - Stay warm and hydrated.
3. Cranky? Drinking enough water can drastically improve your mood.
4. Drink Up! Dehydration happens faster at Altitude.
5. Hungry? Drink Water. Mild thirst is often confused for hunger.
6. Hydrated skin looks younger: Your skin is the first place to lose water.
7. H₂O delivers the nutrients your body needs - Never run on empty.
8. Perform at your peak: Hydration keeps you heart rate lower, longer.
9. By the time you're thirsty, you're already dehydrated.
10. Wake Up! Dehydration is the #1 cause for afternoon fatigue.

Source: Camelbak.Com

2014 SPRING YOUTH SPORTS SCHEDULE

- Wk 1.....Saturday, March 29, 2014
- Wk 2Saturday, April 5, 2014
- Wk 3Saturday, April 12, 2014
.....Picture Day
- Wk 4Saturday, April 19, 2014
- Wk 5.....Saturday, April 26, 2014
- Wk 6Saturday, May 3, 2014
.....Photo's Delivered
.....End-of-Season Awards Provided
.....Parent Survey
.....Last Weekend for Most Dribbler Basketball Teams due to Odd # of teams in the league
- Wk 7 Games.....Saturday, May 10, 2014

Problems with Your Photos?

If you have any issues with your team or individual photos, please contact the photography company directly using the following contact information.

YOUTH BASKETBALL Love Story Sports Photography Phone: 623-742-7000 http://www.lovestoryphoto.net			YOUTH SOCCER Lifetouch Sports Photography Phone: 480-275-1933 http://www.lifetouchsports.com
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Litchfield Park Youth Sports Leadership Team

The dedicated LP Youth Sports Staff wishes to thank all of the Volunteer Coaches and participant families for support and loyalty to help our City achieve its goals.	<i>Assistant City Manager & Community & Recreation Services Director</i> Sonny Culbreth P: 623-935-9040 sculbreth@litchfield-park.org	<i>Youth & Sports Coordinator</i> Franz Fuhrmann P: 623-935-9040 C: 623-764-1522 ffuhrmann@litchfield-park.org	<i>Youth & Sports Program Asst.</i> Patrick McCoy P: 623-935-9040 C: 623-243-2181 pmccoy@litchfield-park.org
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COMPETITIVE YOUTH SPORTS...TOO MUCH, TOO SOON

By Angie Cox, Writer: Examiner.Com September 12, 2010

The four-foot-high banner, depicting a smartly-uniformed competitive softball team, hung on the chain link fence as a sort of beacon to the world (or all those in the local park). Instead of being inspiring, however, it seemed a little sad and a lot self-serving. Not for the girls in the photo, who were all 8 and 9 year-olds, by the way. But for the parents and the coaches. It appeared as if the leaders of these young athletes just might be taking themselves, and the hope that their daughters could be the next Jennie Finch, a little too seriously.

How soon do kids have to start playing a sport competitively to be successful in the future (such as high school and college)? And when do they have to start picking only one sport to concentrate on, playing only softball, for example, year-round? Is that healthy? Is that wise? Does that negate the very real benefits that getting girls involved in athletics gains them in the first place?

While it's true that the more focus and quality practice time put into anything will most often yield positive results and an improved skill set, when is it too much and when is it too soon?

Tournament-only teams...traveling teams...competitive teams...year round teams: All at the ripe old age of 8?

Extra practice generally equals extra skill-as long as the practice time is productive (another topic for another time, perhaps). But possibly the most disturbing aspect of the prevalence of these types of teams is the environment that they are breeding.

There is nothing wrong with fairly executed competition. If Cindy is better than Jackie, then Cindy should get the playing time. But what if Jackie has been playing since she was 4? And everyone in the local sports community knows her and her parents? Guess who's getting the playing time now?

It's ridiculous, but true, that girls' (and boys') competitive teams are sometimes about who you know. Yes, life is tough and sports are a reflection of it. In the business world, face-time with the boss often translates into promotions and better raises. But 4th grade girls aren't working at Fortune 500 companies just yet.

Go back to that nearly life-size team banner (some of the girls are only 4 feet tall in real life) and add in matching shoes, matching bags, and practice equipment some minor league baseball teams would envy. Is there a positive relationship between money spent on a sport and the skill level attained by the athletes? There shouldn't be. As long as girls are able to play safely to the best of their ability, it doesn't matter what they are

wearing. Good players are still good whether or not their helmet matches their teammates'-or their mother is wearing \$100 worth of 'spirit wear' in the stands.

As little as 15 years ago, kids could start in 4th or 5th grade, play multiple sports, and still do great in high school and beyond. Contrary to the current thought, it is still possible that with hard work and good genes, an athlete can excel even after getting such a 'late' start in a sport.

Sandy Henshaw (Cummings), All-American basketball player and collegiate record setter at Northwest Missouri State University, didn't begin playing basketball competitively in AAU tournaments and all-star leagues until age 12. Her skill-building years began in 5th grade participating in small community and YMCA leagues. As a youth coach now, she believes that kids do need to be playing earlier these days, but her experience is that they don't necessarily need to be on uber-competitive teams.

"The main ingredient to success is practice and experience. There is no substitute for that. But that practice can be attained in your own backyard and most of the time in quality rec leagues locally. Of course, there is a point where good athletes will only get better by improving the quality of players around them. But that would be rare for an 8 year old."

It seems that nowadays, kids starting later than most everyone else have to play catch-up in gaining both skills and PR. It takes a concentrated effort to build a name for a kid, but it's necessary if they hope to compete in the ever-increasing political landscape that is youth sports.

So are we building better athletes or causing undue stress on our children (and financial burden on ourselves)?

Do these early-starters continue to improve at the same rate they once did or do they end up leveling off at some point anyway?

Can kids, on the average, sustain an elevated level of focus from 1st grade into high school and beyond? Logic says that many will plateau or experience early burnout.

Don't forget to ask the age-old question-are they having fun? If they aren't, then there is no way they can sustain such high-intensity focus. Well, they could, but it would be miserable for them. Andre Agassi's autobiography "Open" details how his childhood was filled with tennis practice and more tennis practice and more tennis...until he hated the game.

Successful without question, but at a very high price.

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Basketball Trivia: What NBA team started out in 1948 as the Tri-Cities Blackhawks?

Soccer Trivia: The soccer match between what two clubs is known as "El Clasico"?

Basketball Answer: The Atlanta Hawks / **Soccer Answer:** Real Madrid and Barcelona