

BENEFITS OF YOUTH SPORTS



WWPRSD Parent University – February 13, 2024

Introductions

- **Kate Dobinson**- Athletic Director, WW-P South
- **Jeff Reilly**- Athletic Director, WW-P North
- **Heather Cianchetti**- Current President of West Windsor Little League
- **Ryan Barna**- Current President of West Windsor-Plainsboro Soccer Association
- **Caroline Redmond**- WW-P Alum; Attended Villanova. Current director of WWPSA Youth Travel program

Introductions- WW-P Alum

- **Vincenzo Pugliese**- WW-P North Alum; Attend and played at Rutgers University. Played professionally in Denmark. Current head coach of The Peddie School boys soccer program
- **Sam Singh**- WW-P South Alum; Attended Boston College and played baseball
- **Allie Rome**- WW-P South Alum; Attends Carnegie Mellon University and plays softball
- **Priyanka Kaul**- WW-P South Alum; Attends Harvard University and plays softball
- **Ben Ruta**- WW-P South Alum; Attended Wagner College and was drafted by the NY Yankees in 2016; played within the Yankee Organization

What are the health benefits of physical activity?

Regular physical activity benefits health in many ways:

- Helps build and maintain bones, muscles and joints
- Preventing or delaying the development of high blood pressure
- Exercise is one of the least expensive ways to stay healthy.
- Reduces the risk of 13 different types of cancers including breast, colon, liver and myeloid leukemia (National Institutes of Health, 2016).





Lifelong Impacts of Early Physical Activity

- Adolescents who play sports are eight times as likely to be active at age 24 as adolescents who do not play sports
- Three in four (77%) of adults aged 30+ who play sports today played sports as school-aged children.
- Only 3% of adults who play sports currently did not play when they were young

Educational Benefits of Physical Activity

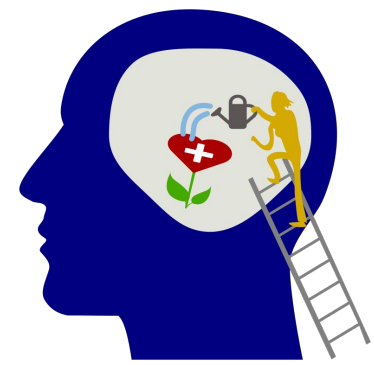
- Activity in sports helps children develop and improve cognitive skills
- Physical activity in general is associated with improved academic achievement, including grades and standardized test scores.
- Physical activity can affect attitudes and academic behavior, including enhanced concentration, attention, and improved classroom behavior

Educational Benefits



- High school athletes are more likely than non-athletes to attend college and get degrees, and team captains and most valuable players achieve in school at even higher rates
- High school athletes are more likely to expect to graduate from a four-year college (73% girls, 59% boys) compared to non-athletes (67% girls, 53% boys)
- A higher percentage of high school athletes also receive A/A- grades than non-athletes





Social-Emotional Benefits

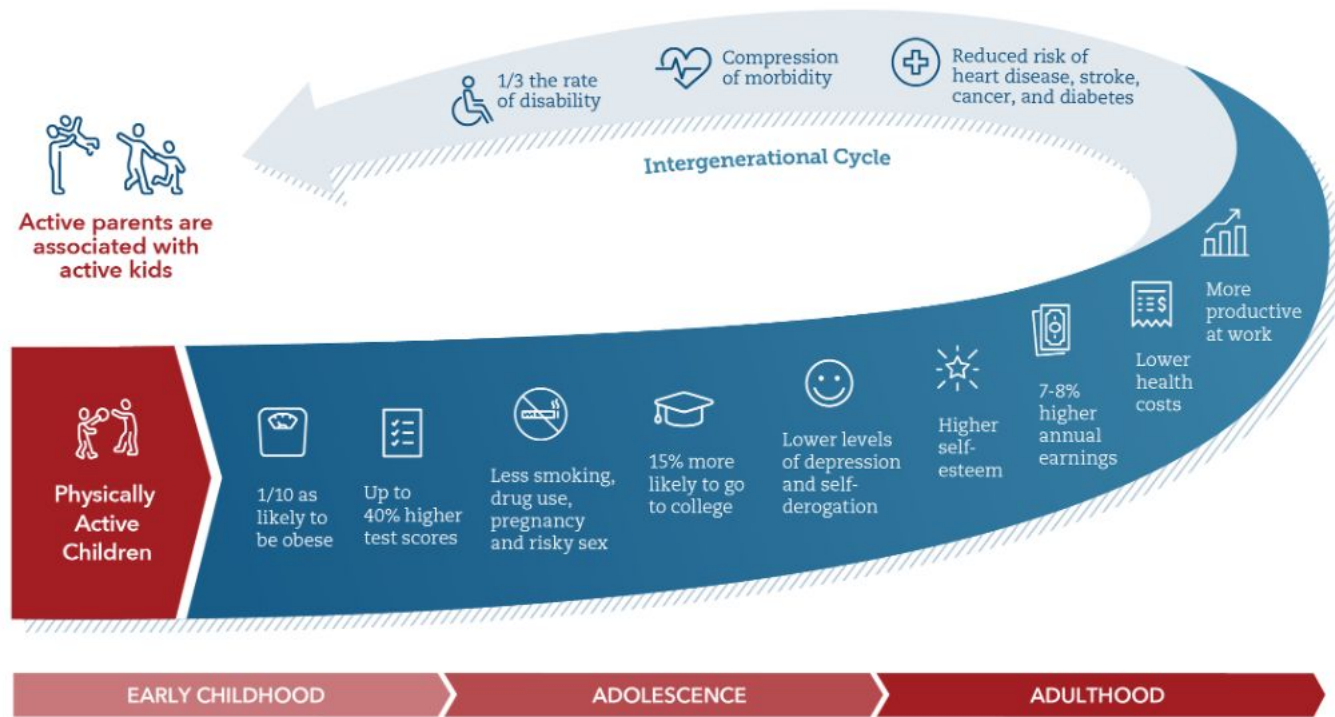
Studies connect increased physical activity to better mental health.

Students who are physically active reported more excitement, happiness and motivation, and those who are inactive reported greater nervousness, anxiety, worry and depression.

Youth who play an organized sport or physical activity have better mental health, although the differences were minimal compared to any form of physical activity.

ACTIVE YOUTH DO BETTER IN LIFE

What Research Shows on the Lifetime Benefits





SOFT SKILLS



COMMUNICATION

TRUSTWORTHINESS

EMPATHY



INQUISITIVENESS +
CREATIVITY

SELF
CONFIDENCE



ASSERTIVENESS

Panelists - Q&A