

What's The Score On Sportsmanship?

(NAPSA)—Those who cite the benefits of sports for children are not just playing with an idea. According to a study by Clark University, 12- to 14-year old students involved with organized team sports reported substantially higher levels of self-esteem than their peers who do not play organized sports. Yet more children lounge in front of the TV than become active in recreational sports. With schools cutting back budgets on physical education programs, so many children are not actively playing enough each day. Playing sports can also be a good way to learn sportsmanship, emphasizing the joys of participating rather than winning or losing. The Ultimate Players Association (UPA), which celebrates its quarter-century of devotion to the sport of Ultimate Frisbee this year, has teamed up with WHAM-O, the makers of the original Frisbee Sport Discs, to educate parents and children on the benefits of sportsmanship by fostering player integrity, responsibility and honesty, a philosophy that Ultimate players refer to as "Spirit of the Game." In doing so, WHAM-O and the UPA offer the following 10 tips on helping children learn about sportsmanship:

1. Teach children the rules of the game and how important it is to follow them.
2. Explain to children that arguing with coaches, officials or members of the other team is not acceptable.
3. Remind your child that a player's behavior reflects on the whole team.
4. Educate your child in the value of fairness and honesty.
5. Teach them to listen to directions given by the coach.
6. Teach your child to applaud the efforts of the other team, learn from them and move on.
7. Teach your child to encour-



Sports are a great way to boost self-esteem and teach children lessons in good sportsmanship.

age and support players who need a little help.

8. Teach your child to appreciate other teammates and acknowledge their efforts.

9. Prepare your child to accept the outcome of the game. Accept losses as a learning experience.

10. Be a good role model. Parents need to practice what they preach.

This year, the UPA together with WHAM-O, the makers of the original Ultimate Frisbee disc, are bringing the "Spirit of the Game" to middle and high school kids everywhere with the release of an Ultimate Frisbee curriculum designed to be integrated into physical education programs.

For more information on the Frisbee Disc, and other Frisbee Sports go to www.FrisbeeDisc.com. The comprehensive site includes real-time disc sport news in addition to expert tips, disc sport physical curricula and information on getting involved in Frisbee disc sporting events. The Ultimate Players Association is the largest membership organization in the world devoted entirely to the sport of Ultimate Frisbee. To learn more about the sport and to find a league in your area go to www.upa.org.