

Intramural Sports



"But there is evidence to suggest that physical activity might increase numeracy and literacy. It's like that old adage, a healthy body, a healthy mind." ~ Ross Morrison

Walker Memorial Academy has since 1987 infused intramural sports within the physical education program. Benefits for intramural sports are written below with the references. WMA has rewarded players with awards for the different aspects of the game. Rewarding requires players when not participating in the game recording statistics and/or be a part of the referee group to ensure fair play.

For each sport, the WMA staff chooses captains. These captains will conduct a private draft of the students to form teams for the upcoming sport. The schedule of the sport will be posted, so that all students will be aware of each day's event. The statistics will be upgraded daily and posted so students can see their participation.

Playing a team sport provides kids with important lessons in personal values. These experiences can influence them throughout their lives such as when it comes to working for a boss, or respecting the police or other authority figures. Kids learn that things aren't going to go their way all the time, and that they need to respect their peers. Team sports can also be good for a child's mental health. Children who play team sports learn how to be more resilient when presented with a setback, and are less likely to feel isolated.

Due to the nature of the activities that are played in the PE program, the following materials are necessary for team sports and for the safety of the student. This rational includes the safety aspects of the required materials necessary for students to be able to participate in the sport.

- PE Shorts (Dennis Uniform)
- Yellow PE Shirt (Dennis Uniform)
- Blue PE Shirt (Dennis Uniform)

- KneeHighSocks (Solid White No Stripes) (floor hockey and soccer only)
- Ankle High TopTennis Shoes
- Shin Guards (floor hockey and soccer only)
- Knee & Ankle Wraps
- Water Bottle
- Mouth Guard

Health Benefits for Children Who Play Sports

When it comes to kids and activity, research shows that many young children are either obtaining too much or too little. Too much physical activity leads to burnouts and injuries, while too little leads to numerous physical conditions such as obesity and type 2 diabetes. To balance this properly, parents and coaches must be diligent, yet considerate, when it comes to children and sports.

According to the Institute for the Study of Youth Sports at Michigan State University, sports activities for children not only offer health benefits, but also offer psychological and social benefits. Paul Caccamo, a Harvard graduate, explains that “sports are more than a game; they are a set of life lessons. Kids growing up without them are really disadvantaged.”

Health Benefits of Youth Sports

- Staying physically fit. Kids who play sports are more likely to be fit and in shape.
- Learning motor skills. Dribbling a ball or running drills teaches valuable motor skills.
- Less likely to be overweight. Children who are physically active typically remain at normal weights throughout their childhood and into adulthood.
- Less likely to develop type 2 diabetes. This type of diabetes is caused by a lack of activity.
- Kids who play sports are more likely to exercise as adults. The habit of physical exercise is more likely to carry over to adults who played sports as children.

Psychological Benefits

- Life skills. Numerous life skills are taught, including time management and understanding that sometimes you win and sometimes you lose.
- Reduces stress and depression. Statistics show that students who are in sports activities are less likely to suffer from these two things.
- Leadership skills. These skills are learned through many activities and will carry on through adulthood.

Social Benefits

- Drug and alcohol abuse prevention. Kids involved in sports are less likely to begin smoking.
- A sense of belonging. This can actually increase children’s self-esteem and confidence.
- Academic success. According to the National Center for Education Statistics, children who play sports in high school are more likely to be academically successful. They are more likely to graduate high school and more likely to attend college.

Considerations

One key factor for children and sports is ensuring that they participate at a proper rate. Parents and coaches hold most of the responsibility with this, and there is a fine line. To ensure that kids are not overdoing it, parents and coaches must keep their expectations realistic. This must be

done on an individual basis. What is good for one child may be too much or too little for another. This is where a coach or parent must be able to judge each situation uniquely. Another factor comes into play with the subject of encouragement. Many parents and coaches do not realize the impact they have on a child's perception of a sport activity. A bad attitude from a coach can turn a child off, causing him to drop out of sports. This may lead to a lifelong grudge against athletics and exercise.

<https://www.athleticscholarships.net/benefits-risks-youth-sport.htm>

8 Benefits of Team Sports for Kids



Team sports offer more than just physical benefits for kids who participate. It also helps them emotionally and mentally. And there are also social aspects of team sports that children will enjoy. Here are just a few of the many benefits that your child can enjoy when they participate in a team sport:

Develops Self-Esteem

A high-five, pat on the back, thumbs up, or even a nod of approval – these are simple gestures that can help build confidence in kids. You'll often see these signals come from teammates and coaches when they want to recognize someone for a job well done. Kids also develop self-confidence the more they learn about themselves and their abilities.

Regular Exercise

Tell a child to exercise and they may up a fight. Exercise does, after all, sound like work. But tell a kid to go out and play with their friends, and you won't get an argument. When kids play sports, they probably don't even realize how much healthier they are becoming. They are building stamina and endurance. Their hearts are getting healthier thanks to all the aerobic activity, and they're maintaining a healthy body weight which will help them ward off diseases associated with obesity.

Teaches Leadership Skills

While team sports require team effort, kids still learn about leadership. They learn about responsibility as they recognize the vital roles they play on their team. Leadership isn't always about who is the best or on top; quiet leadership is about being accountable for your actions and being a role model for sportsmanship.

Teamwork

The ability to work well with others is a skill that youth athletes will learn playing sports and they will bring it with them throughout their entire lives. It will benefit them when they get older and prove to be beneficial when they have to work with others at their jobs.

Stronger Relationships

Because of the social aspect of team sports, kids learn how to handle themselves better in social situations. They develop a sense of camaraderie and community, allowing them to maintain and nurture stronger relationships.

Better Communicators

Team sports put them in many social situations where they need to express themselves. Because team sports promote teamwork and foster relationships, kids also become better at communicating. And because sports also instill self-esteem, children not only **communicate better** but they do so with confidence.

Teaches Respect

Sports don't just teach kids the fundamentals of playing, but it also instills respect for authority and rules. At a very young age, children who play sports learn the consequences that come with not following the rules. They are taught to respect their coaches who guide them and the officials who work to ensure the games are fair. They also learn good sportsmanship and to treat their opponents respectfully, win or lose.

Time Management

Youth athletes have been observed to be **better students**. Through sports, kids learn about time management and discipline. Teammates often support each other on and off the field, helping one another keep track of schedules and academic responsibilities.

<https://www.leaguenetwork.com/8-benefits-of-team-sports-for-kids/>

•

FINGERNAILS

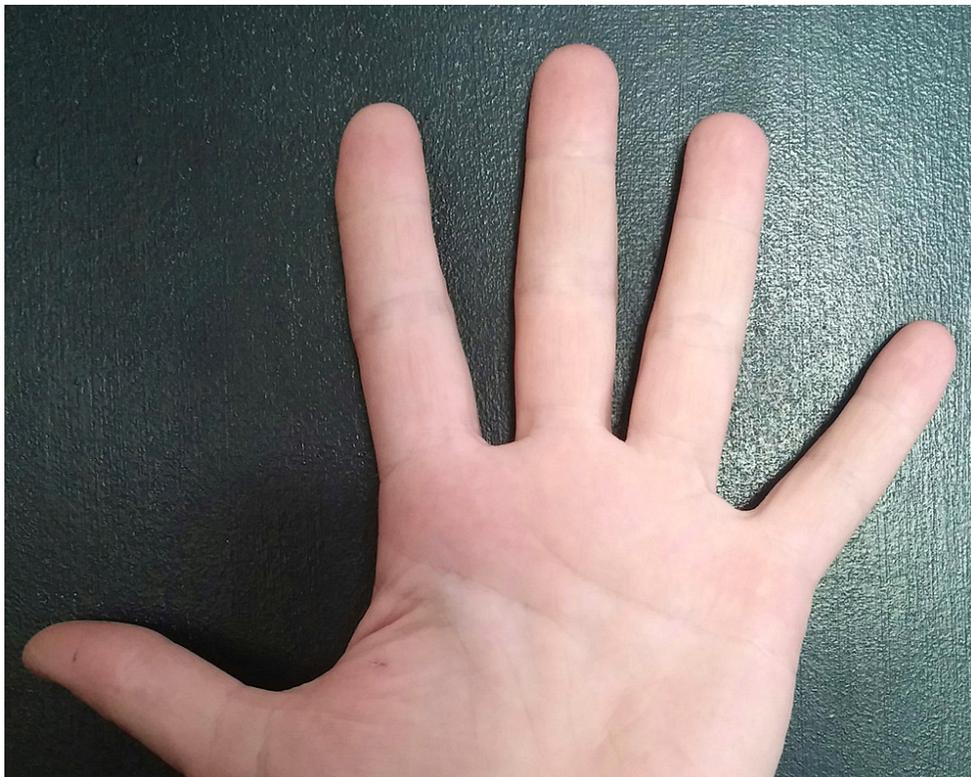
Many sport organizations and schools require participants to keep their nails trim to avoid personal injury and injuring others.

- NetBallFunLeague
- National Federation of State High School Associations
- Indiana High School Athletic Association, Inc.
- Iowa Cheerleading Coaches Association

An example of the fingernail rule:

NF Rule 3-1-2, 4-1-2: Fingernails, including artificial nails, must be kept at an appropriate length (short, near the end of the fingers) to minimize risk for the participants. That means the nails are not visible beyond the end of the fingers when viewed from the palm side of the hands.

The image shows the correct fingernail length.... they **DO NOT SHOW** above the fingertips! Please make sure your nails are match ready on arrival.



ANKLE AND KNEE WRAPS



Ankle bracing has been a common clinical intervention to reduce the incidence of initial ankle sprain injury, provide protection following injury, and prevent ankle sprain injury recurrence. The purpose of this clinical commentary is to provide clinicians with information about bracing as a means for prevention of ankle injuries, primarily ankle sprain injuries

You can also prevent knee sprains by wearing a knee brace when you play sports. This will provide increased stability for the running, jumping, and cutting movements you may be doing.

In regards to other sports, the evidence is scanty. There is some evidence to suggest that wearing a patellofemoral brace (the kind with a hole for the knee cap to rest in) during running can help prevent knee pain from developing. One author reported being surprised that there was so little evidence about the ability of knee braces to prevent injury, especially considering how prevalent and devastating ACL injuries are in sport. Some studies suggest that braces can reduce the strain on the ACL during certain movements, which may mean they can prevent ACL tears. So it is very unclear if knee braces can prevent injuries. However, it is very clear that knee braces are beneficial to athletes who have already suffered from injuries or just have achy knees.

<https://blog.muellersportsmed.com/do-knee-braces-prevent-knee-injuries>

The Role of Ankle Bracing for Prevention of Ankle Sprain Injuries

Michael T. Gross, PT, PhD | Hsin-Yi Liu, PT, MS2

HIGH TOP SNEAKERS



Why High Tops Help

High tops are often heavier than low tops, but they offer extra benefits. They lace high enough to add ankle support and help reduce the number of players who turn their ankles with sudden direction changes. These shoes usually have more support and cushioning inside as well, which helps prevent stress fractures and other injuries, such as plantar fasciitis. However, how big a difference high tops make is still in question. Most research agrees that the number of ankle injuries in high tops vs. low tops are about the same, but many believe the injuries tend to be more severe when the players wear low tops.

https://www.olympiasports.net/blog_entries/low-vs-high-top-basketball-sneakers

MOUTHGUARDS



The American Dental Association recommends wearing custom mouth guards for the following sports: acrobats, basketball, boxing, field hockey, football, gymnastics, handball, ice hockey, lacrosse, martial arts, racquetball, roller hockey, rugby, shot putting, skateboarding, skiing, skydiving, soccer, squash, surfing, volleyball, water polo, weightlifting, and wrestling. Other experts include baseball and softball infielders on that list. They further recommend the mouthguard to be worn during all practices and competition.

HYDRATION IN P.E.



The fluid lost during exercise increases due to a rise in sweating, respiration and muscle contraction. Respiration increases during exercise to meet the oxygen demand of the working muscles, resulting in a rise in water vapour loss through breathing, whilst sweat is lost in order to maintain body temperature. Water is also used in the contractions of muscle tissues, stored glycogen is used by the muscle cells for contraction. As glycogen is stored alongside water, when it is used for muscle contraction, water loss occurs.

It is therefore important that this fluid loss is replaced. During exercise, approximately 750-1500 ml water should be taken on per hour, depending on the individual and the conditions. Research has demonstrated the detrimental effect that dehydration has on performance, particularly in endurance and multi-rep training athletes. Both physical and mental performance has been shown to deteriorate in states of dehydration. The following are common symptoms:

- Higher heart rate
- Impaired aerobic capacity
- Reduced concentration and decision making
- Slower reaction times
- Impaired judgement
- Early fatigue