

Youth Sports Family Letter

Welcome to another exciting season! Along with teaching sportsmanship, skills, and making sure everyone has fun, the *fit* program will be used in our training. This program helps children make *fit* choices during practice and at home.

fit is a set of free programs and resources, designed by Sanford Health, to help children and families to make healthy lifestyle choices in four key areas: **Recharge**, **Mood**, **Food**, and **Move**.



fit provides free online resources to support that goal. Discover printables, videos, lessons, games, and more at fit.sanfordhealth.org.

Recharge Your Energy

- Sleep and relaxation influence energy levels and affect your player's ability to make healthy choices.
- Encourage players to relax throughout the day and limit screen time.

Motivate Your Mood

- Feelings and emotions can affect a player's motivation and ability to make healthy choices.
- Help your player find ways to recognize their motivation and always try their best.

Think Your Food

- Food is fuel for your player's body. The more nutritious their food choices, the better their bodies will perform.
- Encourage your players to drink lots of water and discourage the consumption of sugary drinks.

Move Your Body

- Everyone's health improves from moving throughout the day.

Notes from Coach:

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Use the list below for healthy ways to ensure that this is a fun and *fit* season for your child and our team!

—Recharge Your Energy—

- I will help my player get 9-12 hours of sleep every night by helping them create a bedtime routine.

—Motivate Your Mood—

- I will help my player recognize the connection between their mood and their motivation and help them identify motivation strategies. Examples: Do a mindful activity, talk with a friend, turn off the screen and get active, do an outside activity, etc.

—Think Your Food—

- I will help my child reduce their sugar intake by providing nutritious snack options and encouraging them to drink more water and milk.

—Move Your Body—

- I will help my child be more active throughout their day by limiting screen time and doing physical activities together.

—Show Your Support—

- I understand the need to be a positive and encouraging influence to my child no matter the results of the individual or team efforts.
- I (and my guests) will respect other players, coaches, officials, and attendees no matter their age, race, creed, color, sex, or ability.
- I will support fair and safe behavior in practice, competition, and play.
- I will not coach my child or other players from the sidelines.
- I will remember that children want to have fun and that the game is for them.
- I will encourage my child to practice good sportsmanship to all players, coaches, officials, and attendees at every practice and game.