

Athletic Competition: A Valuable Educational Tool

Bill Collar – “All The Way With PMA!”

Extra-curricular activities provide students with the opportunity to develop to their full potential in their relationship with others. Today’s society places a premium on workers with interpersonal skills and problem solving ability.

1. **Teamwork** - The ability to work with others is extremely important.
2. **Commitment** - Players must be at all practices and follow all team rules.
3. **Work Ethic** - Peak physical condition can only be attained through hard work.
4. **Pride in Performance** - A feeling of accomplishment is realized through positive application of effort.
5. **Friendships** - Lifetime relationships are developed through participation in sports.
6. **Achievement** - Players represent their communities, schools, and families. A feeling of togetherness is experienced.
7. **Enthusiasm** - In order to be successful, both sports and life must be approached with enthusiasm.
8. **Persistence** - One learns to get up and go again after being knocked down.
9. **Confidence** - Self-esteem is enhanced through a series of achievements.
10. **Athletic Ability** - The skills essential in one sport are valuable in other sports.
11. **Have Fun!** – High school sports are fun to play and exciting to watch.
12. **Identity** - The team provides all participants with a sense of belonging.
13. **Courage** - Performance under pressure helps conquer fear.
14. **Challenges** - Participants learn how to overcome obstacles to success.
15. **Better Grades** - Numerous studies indicate students who participate in school activities perform better in the classroom.
16. **Responsibility** – Team sports hold individuals accountable for their actions.
17. **Success in Life** - According to the American College Testing Service, participation in H.S. activities is the major indicator of success later in life.

