

THE SPECTATOR



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THE MAC INTRODUCES “THE SPECTATOR”

The Mills Athletic Council (*The MAC*), the largest travel youth sports organization in Plainfield, IL continues to set high standards in youth athletics with the launching of its newsletter “*The Spectator*”.

This newsletter will be issued once a month and it will include tips for Parents, Players and Coaches. Our newsletter will be distributed by email and offered to all in paper format to our members. The Spectator will serve as the voice of The MAC organization.

We welcome topics from parents and student athletes on subjects that effect our youth regarding team sports. Please submit your topic(s) to news@millsathleticcouncil.org by the 15th of the month and we will do the research and publish your article in the next month’s issue.

Attention all business owners, small, large or home based, contact us with regards to advertising opportunities.

The Spectator is made possible by our community sponsors and advertisers.

WEIGHT MANAGEMENT

An increasing number of teenagers are overweight, and if no intervention is made, 80% of them will stay overweight as adults. This can put them at risk for many **medical problems**, including diabetes, high blood pressure, high cholesterol, and sleep apnea. Obesity can also adversely affect their self-esteem. While most teens should not be put on a severely restricted diet, a **combined approach of a sensible diet and regular exercise** will help to control their weight gain. **See Weight Management page 4**

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LADY RAPTORS SUCESS STORY

Jancilyn "Jan" Huff is an eighth grader at Humphreys Middle School in Bolingbrook, IL. She joined the Lady Raptors after a failed attempt to make her schools 7th grade basketball team. When Jan first joined the team she was very shy and not confident about her basketball skills but she never lacked heart and determination. Coaches Janell Tabor and Briant O. Mills both saw that Jan wanted to get better, but when the season first started Jan wasn't prepared to be a starter for the Raptors. As the season progressed the two coaches found something that Jan excelled in and that was playing defense and rebounding. Upon discovering this new talent, Jan and the

coaches stopped focusing on what she could not do and started focusing on what she could do. At the mid-point of the summer season, Jan was now in the starting lineup as one of the Lady Raptor's top defenders and rebounders. At the end of the summer season she was one of the most improved players on the team. Her confidence level was high and was showing tremendous improvement.

It's my pleasure to announce that Jancilyn Huff is now a starter for Humphreys Middle School 8th grade team and is averaging just under 8 points a game, Jan is still getting those tough rebounds and playing good defense.

"Don't let what you cannot do interfere with what you can do"

Questions Parents Should Ask

- Who is in charge of the program?
- Who can I contact if I have a program?
- Who sponsors the league?
- How much are registration fees?
- How long is the season?
- How frequent are practices and games?
- Is a medical exam required?
- Does the league have insurance
- Is someone trained in emergency procedures?
- How are coaches selected?

You don't have to ask all of these questions and you may have others that you feel are more important. As your questions are answered you will develop a "feel" for the organization. If you are uncomfortable with what they have told you, look for another organization. Kids deserve a fun and rewarding sports experience and it's a parent's job to see that they receive it.

WHEN SHOULD KIDS START SPORTS?

It's not easy to determine how early to start children in organized sports. Children of the same age vary considerably in their physical and psychological maturation, and there is no practical method of measuring maturity. Assuming the child has shown interest, **five or six is the generally accepted earliest starting age for organized team sports**. At the early ages participation should be limited to sports that involve a lot of physical activity and encourage the development of major motor muscles.

Children in grades 1 - 4 can benefit most from games that are modified to meet their needs and abilities. Play and fun are more important to this age group than highly structured sports that emphasize the outcome rather than the process. Parents and coaches are usually the ones concerned about winning and losing. When helping your child select a sport, keep balance in mind. Encourage your children to try many sports and activities when young and not to think of specializing or playing competitively until they reach middle school. Make sure a balance also occurs between adult organized activities and free playtime. Children need time to just be kids and to play with other kids without a set of rules or adult involvement.

The most important decisions to make are which youth sports organizations and which coaches are best for your child. Make sure that you take the time to find out about the league, its leaders and coaches. Better yet, get involved and volunteer to coach. Participating in sports is a healthy way, both physically and socially, for your children to channel their youthful energy in a positive direction. Make sure your children's first experience encourages them to begin a lifelong interest in physical activities and good health.

There are many other options besides team sports available to a child who wants to participate in sports. Parents should also encourage their children to become involved in individual and lifetime sports such as bowling, golf, swimming, tennis, gymnastics and martial arts. You can find information about these sports by visiting the facilities or through the yellow pages of the phone book. *[Kid's sports network]*



IN-HOUSE VERSUS TRAVELING SPORTS

Kids join youth sports programs in droves -- and drop out in droves. Twenty million to 30 million 6 to 18-year-olds participate in youth sports programs, but around 80 percent opt out by the age of 12. Coaching and the "fun factor" contribute to this attrition rate, Kids join such programs largely to have fun -- and they drop out when it's no longer fun. Pressure and competition need to take a back seat to the development of fundamental skills and enjoyment. The big topic in today's society is whether to enroll your child in an **in-house program** or allow them to participate in a **traveling program**. Today we will uncover the advantages and dis-advantages to both programs.

Most In-house programs caters to everyone from 1st grade through high school regardless of skill level, there are no tryouts everyone is selected. Their games are typically at the same location or with-in close vicinity with little to no traveling. The cost of most in-house programs range \$95 -\$250 depending on the sport. Most in-house programs typically offer 10-14 games and then a playoff that eventually yields a champion. This is a great way for your child to learn the game.

Traveling sports will change the way your child plays sports while the competition is incredible, coaching and training is excellent and you play against teams from outside your local area. Playing traveling is a way to prepare your young athlete for high school sports. So what are the drawbacks? It's expensive to join some teams. You will invest hundreds or thousands of dollars in uniforms, team fees, private lessons, travel to weekend and week-long tournaments, and gas money - a lot of gas money.

We have put together a chart below that compares the two programs.

Advantage Chart

	Player Development	Exposure	Competition	Cost	Coaching	Training
IN-HOUSE	X			X		
TRAVELING		X	X		X	X

ARE YOU A PUSHY PARENT?

Most parents like to encourage their children to excel in sports, but it's easy to get caught up in the excitement of games and practices and become overzealous.

Be on the lookout for these warning signs that you've crossed the line:

- You focus on the outcome of the game
- During games , you shout negative, critical remarks at your child, other children, the coaches or the referees
- Your child no longer enjoys playing the sport or has even asked you to stop coming to the games
- You constantly compare your child's skills to others
- You punish or act coldly towards your children if they don't perform up to your expectations
- You force your children to practice at home until you think they've shown significant improvement
- You're more concerned about the team winning than if your child had fun participating.
- You push your child with the hopes of getting an athletic scholarship, or have aspirations of your child having a pro sports career.



The Final Word by Briant O. Mills

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The year is 2008 but the debate is the same, is traveling sports more beneficial than in-house programs? I have heard arguments from both sides, many people enjoy in-house programs because they are local and convenient, less expensive, not a lot of emphasis on winning. On the other hand some people prefer traveling sports because it allows their children to compete at a higher level, compete against other athletes from different parts of the country and winning is the ultimate goal.

On several occasions I've seen parents choose a program that meets their needs and not their child's, don't choose a program because you as the parent want to win or because the program is conveniently located in conjunction with your home, let's not forget "is about your child".

If your child was offer a chance to attend a school that was 20 minutes away, was a better school than the one across the street from your home and could improve your child chances of going to college by 50% most parents who love their child would jump on that opportunity and do whatever it took, while choosing a sports program for your child you should be willing to commit to whatever program that will help your child chances to succeed.

Many parents have asked me which program is better for my child? My response is the best program for your child is the one that he/she has fun with and will help develop their skills. It's not my job to tell you in-house or traveling is better, but is my responsibility to inform you that while choosing a program for your child do exactly that "**CHOOSE A PROGRAM FOR YOUR CHILD AND NOT YOURSELF**" I am Briant O. Mills and that is the final word.

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A Leader in Youth Athletics

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STRESS RELIEF

A lecturer when explaining stress management to an audience raised a glass of water and asked "How heavy is this glass of water?" Answers called out ranged from 20g to 500g. The lecturer replied, "The absolute weight doesn't matter. It depends on how long you try to hold it. If I hold it for a minute, that's not a problem. If I hold it for an hour, I'll have an ache in my right arm. If I hold it for a day, you'll have to call an ambulance. In each case, it's the same weight, but the longer I hold it, the heavier it becomes." He continued, "And that's the way it is with stress management. If we carry our burdens all the time, sooner or later, as the burden becomes increasingly heavy, we won't be able to carry on. As with the glass of water, you have to put it down for a while and rest before holding it again. When we're refreshed, we can carry on with the burden. So, before you return home tonight, put the burden of work or school down. Don't carry it home. You can pick it up tomorrow. Whatever burdens you're carrying now, let them down for a moment if you can. So put down anything that may be a burden to you right now. Don't pick it up again until after you've rested a while. [*Antistressmedicine.blogspot.com 6-19-2006*]

WEIGHT MANAGEMENT

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Losing weight is often harder for children than it is for adults because kids are required to eat the food their family or school serves. They are also limited by the sports and activities that are available to them. For children, weight-loss success often requires a change in the entire family's lifestyle. Kids are greatly influenced by their parents' nutrition habits; it's rare to find kids who have better eating habits than their parents.

Children normally need a certain number of calories each day (**energy allowance**) that their bodies use as energy for normal daily activities (walking, breathing, etc.). This ranges for **boys** from 2000 calories for a 7-10 year old, 2500 calories for an 11-14 year old, and 3000 calories for a 15-18 year old. For **girls** the ranges are from 2000 calories for a 7-10 year old, to 2200 calories for an 11-18 year old. These are only estimates and some children need more (fast metabolism) or less (slow metabolism) of an energy allowance for daily activities. "**If Parents Lighten Up, Then So Will The Kids,**" [*keepkidshealthy.com*]

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kids
only

The Adventures of
Randolf
THE Raptor



Hey kids here are some jokes that you can use on your friends.

Q: Why didn't anyone want to sleep with daddy dinosaur?

A: Because he was a Bronto-snore-us

Q: Where do pencils come from?

A: Pencil-vania!

Q: Why was the belt arrested?

A: Because it held up some pants!



Randolf's Word scramble

Un-scramble the words below and place the letters in their numbered spots and solve the mystery phrase.

rkweatmo _____ (4)

lkssil _____ (7)

etslteah _____ (9) (5)

tmecah _____ (6)

caoehcs _____ (8)

ecrcapit _____ (3) (1) (10)

seohgym _____ (11)

taersnp _____ (2) (12)

Mystery phrase: You can't buy it and most people can't live without it

_____ !
(1) (2) (3) (4) (5) (6) (7) (8) (9) (10) (11) (12)