

Start Smart Sports Development Program

How long are the programs?

All of the Start Smart programs are set up to be run for one hour per week for 6 weeks with the activities that are included in the Coordinator Manual. Youth Sports does not provide a game schedule for Start Smart. Start Smart teams are encouraged to scrimmage with other Start Smart teams. A "Coach Meeting" will be held one week prior to beginning the actual program to introduce the Start Smart program and show the video.

As a parent, can Start Smart really improve my relationship with my child?

Studies of parents who completed Start Smart with their child found that:

- Nearly 70% of parents reported improvement in their relationship with their child as a result of participating in Start Smart.
- 95% of parents who participated in Start Smart said they have learned new ways to help their child learn and develop sports skills.
- 74% of parents experienced an increase in the awareness of their child's physical capabilities due to Start Smart.
- 67% of parents say they are more likely to be involved in their child's sports experiences due to the program.
- Parents in at-risk families who completed the Start Smart program with their child reported more positive parenting attitudes and behaviors, as well as better parent-child relationships.

Benefits of Participation

- Builds confidence and self-esteem in children
- Fun and positive early experience in sports
- Helps prepare kids for future sports participation
- Helps prepare kids and parents for specific sports
- Quality time together for parent and child
- Helps parents learn how to support and teach their child