

## Team Sports Profile



In this 2 hour profile, the participants will get involved in many different team sports in the gym or outdoors like basketball volleyball , soccer, baseball , hockey etc. They will stay active all afternoon and learn to collaborate with others in order to reach a common goal. This profile also teaches each athlete to become adaptable, persistent and patient with each other. It also teaches a sense of group and individual responsibility.

It is also known that when you are part of a team, it helps with your emotional development, concentration, memory, creativity, self-esteem, sleeping habits and mood.

There are many advantages just for the FUN of playing a sport like:

- 1.Fitness: get fit and build lifelong fitness habits.
- 2.Lifeskills: collaborate with others, handle challenges, deal with adversity, respect and encourage everyone to do their best.
3. Academic success: Athletes tend to do better in school and have lower dropout rates when they are physically active.