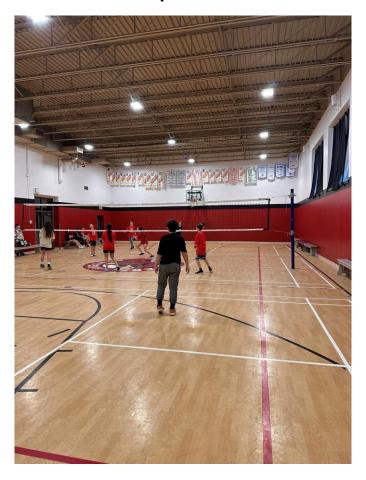
Team Sports Profile



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.<u>Lifeskills:</u> collaborate with others, handle challenges, deal with adversity, respect and encourage everyone to do their best.
- 3. <u>Academic success:</u> Athletes tend to do better in school and have lower dropout rates when they are physically active.