

Prattville YMCA and the City of Prattville have a  
Combined total of over 5000 individuals who  
Participate in sports leagues either as athletes or coaches.

**We are mature adults helping provide  
A meaningful youth sport program for  
impressionable young people.**

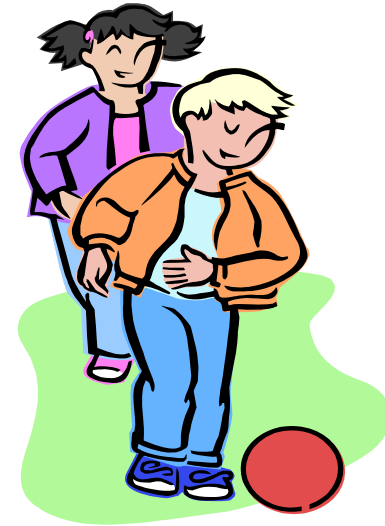
In a culture that promotes power over integrity, performing  
over dignity and self-admiration , sports help develop good  
coping skills for later life.

**Parents remember:**

Carefully consider the message your behavior is sending to  
your child about sports and winning.

Be consistent with your child.

It's OK to lose if you have a winning attitude.



**Prattville YMCA Sports &  
The City of Prattville  
Leisure Services**



Clark Counseling Services  
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One way the Prattville YMCA works to  
“HELP YOUNG PEOPLE ACHIEVE  
THEIR GOD GIVEN POTENTIAL IN  
**BODY, MIND & SPIRIT**”

## The Ten Commandments of Youth Sports

1. Thou shalt never scream anything but encouragement.
2. Thou shalt applaud all good plays—by both teams.
3. Thou shalt never, ever, yell at the referees. After all, what kind of example does that set for your child?
4. Thou shalt never question a coach's decision—certainly not in front of your child.
5. Thou shalt always attend games when possible, but thou shalt let the coach do coaching and referees do the officiating.
6. When you can't be there, your first question shalt never be: "Well, did you win?"
7. Your first question after all games and practices shall be: "Did you have fun and what did you learn?"
8. Thou shalt not place too much emphasis on winning and standings and all-star performance.
9. Thou shalt save your criticism for how he/she acts—not how he/she plays.
10. Thou shalt always remember that your child's most rewarding—most memorable game might not be in uniform; it probably will be a game of throwing the ball around with you.

As we join together to provide a safe, enjoyable YMCA Sports Program for you child, we invite you to read and heed these  
**TEN COMMANDMENTS.**

## Building Character Through Sports

The Prattville - Autauga Character Coalition strives to promote good character through everyday living. The purpose of the Prattville-Autauga Character Coalition is to strengthen our communities by promoting excellence in character for each citizen.

Sports teach children the foundations of good character, but it's up to the family to instill this as a way of life.

If you can react the same way to winning *and* losing, that's a big accomplishment. That quality is important because it stays with you the rest of your life.

- Chris Evert, professional tennis player



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