ICEBERG SPORTS EDUCATION

WHY PLAY SPORTS?

You have 100 points to distribute across the 10 reasons listed below for participating in youth sports. The goal is to create an honest snapshot of what currently matters most to you.

Parents and athletes should each complete this activity separately. After you are both finished, compare your results to see where your motivations are aligned and where they differ.

This exercise should be repeated every sports season, as priorities will likely change as the child progresses along their youth sports journey.

	Have Fun
	Make Friends/Be Part of a Team
	Physical Fitness/Health
	Learn Life Lessons ie. Resilience, Teamwork, Discipline etc.
	Build Confidence
	Trophies/Recognition/Awards
	Win
	Reach Full Athletic Potential
	Earn a College Scholarship
	Other (Specify)

100	**TOTAL POINTS**
