

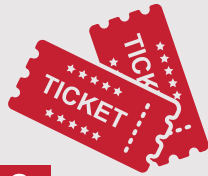


5 WAYS

to introduce your kids to

NEW SPORTS/ACTIVITIES

1 Look for programs that are in the age and ability range of your child's development.



2 Ask your kids what they want to play and then go watch it being played.

3 Ask them what sports their friends are playing, then ask them if they want to try it too.



4 Seek low-cost or entry-level programs at clubs and multi-sport organizations like the Y or Boys/Girls Clubs.



5 Try new sports together in the backyard or park by riding bikes, swimming, making up games or activities.



USAFOOTBALL.COM/FDM

The following organizations contributed to the creation of these resources for use by all sports organizations in the U.S.

