

APRIL 2009

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QUOTE OF THE MONTH

The difference between the old ball player and the new ballplayer is the jersey. The old ballplayer cared about the name on the front. The new ballplayer cares about the name on the back

-Steve Garvey

DID YOU KNOW

Results from a U.S. Department of Education Center for Educational Statistics study of 18,500 students found that those who participated in athletics generally had higher grade point averages than those who did not.

Athletics & Achievement, Report of the Commission on High School Athletics in an Era of Reform, National Association of State Boards of Education, 2004

SPORTS OFFICE

925 Union Street
Salem, VA 24153
(P) 375-4094 (F) 375-4032

Cancellation Line:
375-4094 ext. 6

Check daily game status at:
www.salemva.gov

NEXT MONTHS ISSUE**Spring Sports Update**

As most of you are well aware of, our spring sports season is underway. Unfortunately the weather hasn't cooperated much to this point. Practices began for all teams on March 16 and will continue until games start on April 20. We currently have over 800 kids participating in various soccer, baseball and softball teams throughout the City. That translates into 55 teams ranging from ages 6-14.

We are working on the game schedules and hope to have them online within the next week or so. Please continue to check our website for game schedule information.

Dixie Baseball & RAYSA Tournaments

The 2009 Dixie Baseball and RAYSA Softball tournament dates have been scheduled. Some locations have not yet been determined, once those are made available we'll be sure to pass them along.

League	Tournament	Date	Location
Dixie Minor	Sub-District	June 26	TBD
Dixie Minor	District	July 3	TBD
Dixie Minor	State	July 10	Charlotte Co., VA
Dixie O-Zone	District	July 3	TBD
Dixie O-Zone	State	TBA	Radford, VA
Dixie Boys	District	June 26	Salem, VA
Dixie Boys	State	July 17	South Boston, VA
RAYSA Softball	All Ages	June 22	Salem, VA

Spring Sports Dates to Remember

March 16 Youth Practices Begin (baseball, softball and soccer)
April 20 Baseball and Soccer Games Begin
April 25 Softball Games Begin
April 26 MLB Pitch, Hit & Run Competition
May 30 Dixie Youth/RAYSA Softball Night
June 22 RAYSA Softball Tournament

MLB Pitch, Hit & Run Competition

The City of Salem Sports Office will once again host a local qualifier for the 2009 MLB Pitch, Hit & Run Competition. This event is intended to encourage youth participation and emphasize the "FUN" element of baseball and softball. Since there is NO registration fee, everyone has an opportunity to participate. Pitch, Hit & Run tests three of the most fundamental aspects of the sport (throwing, hitting and running) in a fun and enjoyable way.

Winners of the local competition advance to a sectional competition and from there to the team championships. The culmination occurs at the National Finals which will be held at the 2009 MLB All-Star Game. This event is scheduled for Sunday, April 26 at the Moyer Sports Complex. [Please click link for Registration Information](#)

Dixie Youth/RAYSA Night with the [Red Sox](#)

Dixie Youth Baseball and RAYSA Softball Night with the Salem Red Sox is scheduled for Saturday, May 30, 2009 at the Salem Memorial Baseball Stadium. Teams will take place in an on field parade prior to the game and should come dressed in their team uniform. All players, coaches and immediate family members will be admitted FREE of charge and should plan to arrive no later than 4:45 p.m. at

- **Spring Sports Updates**
- **MLB Pitch, Hit & Run Winners**
- **Dixie Baseball All-Star Information**
- **Youth Sports Night with the Red Sox**
- **Fall Sports Registration**
- **NCAA Championships**

WORTH A LOOK

"Those who participate in a variety of sports and specialize only after reaching the age of puberty tend to be more consistent performers, have fewer injuries, and play longer than those who specialize early."

American Academy of Pediatrics
As cited in *U.S. News & World Report*,
June 7, 2004

BOOSTER CLUB INFO.

East Salem Booster Club

President: Brian Bowles
Phone: (540) 375-7333
Cost to join club: \$10 per yr.
Club meetings are held on the 1st Sunday of each month at 6p at the Salem Sports Office.

North Salem Booster Club

President: John Bayne
Phone: (540) 389-2001
Cost to join club: \$10 per yr.
Club meetings are held on the 3rd Sunday of each month at 4p at the City of Salem P&R Main Office.

South Salem Booster Club

President: Mike Jones
Phone: (540) 375-2860
Cost to join club: \$10 per yr.
Club meetings are held the 2nd Sunday of each month at 7p at the Salem P&R Main Office.

West Salem Booster Club

President: Randy Peregoy
Phone: (540) 389-6508
Cost to join club: \$10 per yr.
Club meetings are held quarterly.

Booster Clubs are comprised of Elementary School zones. The school your son or daughter attends represents your designated club. For more information on becoming involved in a Booster Club please call one of the numbers listed above.

the gate next to the Civic Center West baseball field. Game time is scheduled for 6:07 pm.

Adult Slow Pitch Softball Registration

Registration is underway for teams interested in playing Adult Softball this spring. Games will be played on Tuesdays and Thursdays at the Moyer Sports Complex beginning on May 19. The league entry fee is \$350.00 per team and includes (1) new ball per game and accompanying sanctioning fees for NSA, ASA and USSSA. Please click the following link for a complete list of leagues offered and a team entry form. [Adult Softball Entry Form](#)

Who's Killing Kids' Sports?

Below is an excerpt from an article that appeared in the August 7, 2005 issue of Parade magazine. We think it has some valuable information for all those involved in youth sports and wanted to share it with you. To read the article in it's entirety please click on the following link. [Parade Magazine](#)

Across the country, millions of children are being chewed up and spit out by a sports culture run amok. With pro scouts haunting the nation's playgrounds in search of the next LeBron or Freddy, parents and coaches are conspiring to run youth-sports leagues like incubators for future professional athletes. Prepubescent athletes are experimenting with performance-enhancing drugs. Doctors are reporting sharp spikes in injuries caused by year-round specialization in a single sport at an early age. And all too often, the simple pleasure of playing sports is being buried beneath cutthroat competition.

"If I had to sum up the crisis in kids' sports," says J. Duke Albanese, Maine's former commissioner of education, "I'd do it in one word—adults." Some adults, Albanese says, are pushing children toward unrealistic goals like college sports scholarships and pro contracts. According to National Collegiate Athletic Association (NCAA) statistics, fewer than 2% of high school athletes will ever receive a college athletic scholarship. Only one in 13,000 high school athletes will ever receive a paycheck from a professional team.

"There is a terrible imbalance between the needs kids have and the needs of the adults running their sports programs," says Dr. Bruce Svare, director of the national Institute for Sports Reform. "Above all, kids need to have fun. Instead, adults are providing unrealistic expectations and crushing pressure." As a result, Svare says, at a time when an epidemic of obesity is plaguing the nation's youth, 70% of America's children are abandoning organized sports by the age of 13. "The only way to reverse this crisis," Svare argues, "is to fundamentally rethink the way America's kids play organized sports."

How To Be a Good Sports Parent

Encourage your child, regardless of his or her degree of successor level of skill.

Ensure a balance in your student athlete's life, encouraging participation in multiple sports and activities while placing academic first.

Emphasize enjoyment, development of skills and team play as the cornerstones of your child's early sports experiences while reserving serious competition for the varsity level.

Leave the coaching to the coaches and avoid placing too much pressure on your youngster about playing time and performance.

Be realistic about your child's future in sports, recognizing that only a select few earn a college scholarship, compete in the Olympics or sign a professional contract.

Be there when your child looks to the sidelines for a positive role model.

Please do not respond to this email.

To remove your name from our mailing list, [please click here.](#)

Questions or comments? Email shall@salemva.gov or call (540) 375-4094.