

# WHY SPORTS?

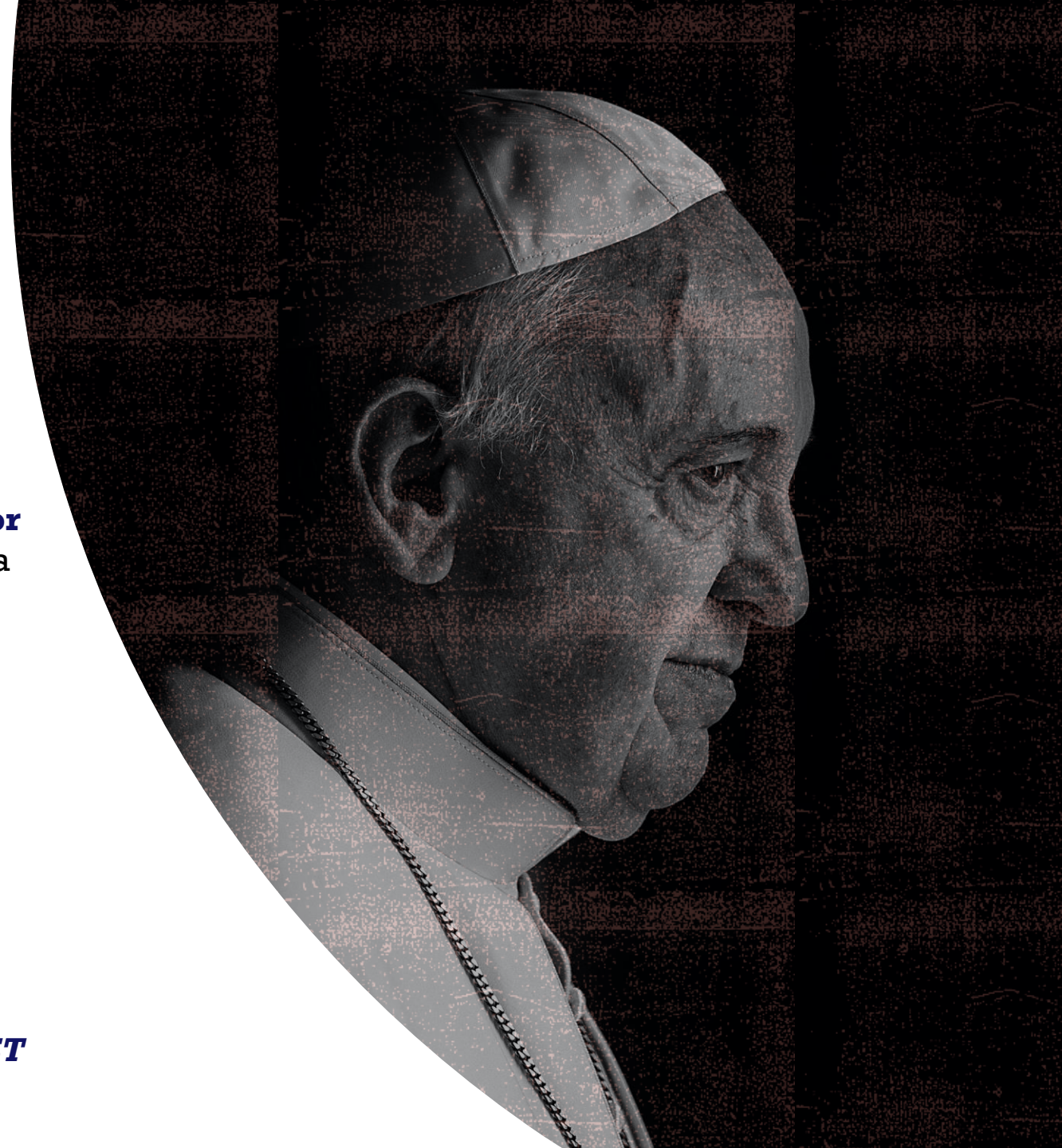
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"I would like to emphasize the role of **sports as a means for the mission of sanctification**. The Church is called to be a sign of Jesus Christ in the world, also through sports practiced in parishes, schools and associations."

"**Sports is a very rich source of values and virtues** that help us to become better people."

"For the Christian athlete, holiness will therefore consist in living in **sports as a means of encounter, personality formation, witnessing and proclaiming the joy of being Christian** with the people around oneself."

**- POPE FRANCIS, "GIVING THE BEST OF YOURSELF" (Jan. 6, 2018)**



# WHY SPORTS?

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”Sports contribute to the love of life, teaches sacrifice, respect and responsibility, leading to the full development of every human person.”

**- Polish Goalkeeper “Lolek the Goalie” (Front Row, Left)  
aka Karol Wojtyla (Pope John Paul II)**





# PURPOSE

A holistic **SPORTS - CLUB PROGRAM** should encompass, strengthen, and be a fundamental driver of **CHARACTER AND VALUES FORMATION** for **STUDENTS, PARENTS, CLUB MODERATORS**, and **COACHES** in all PAREF Schools.

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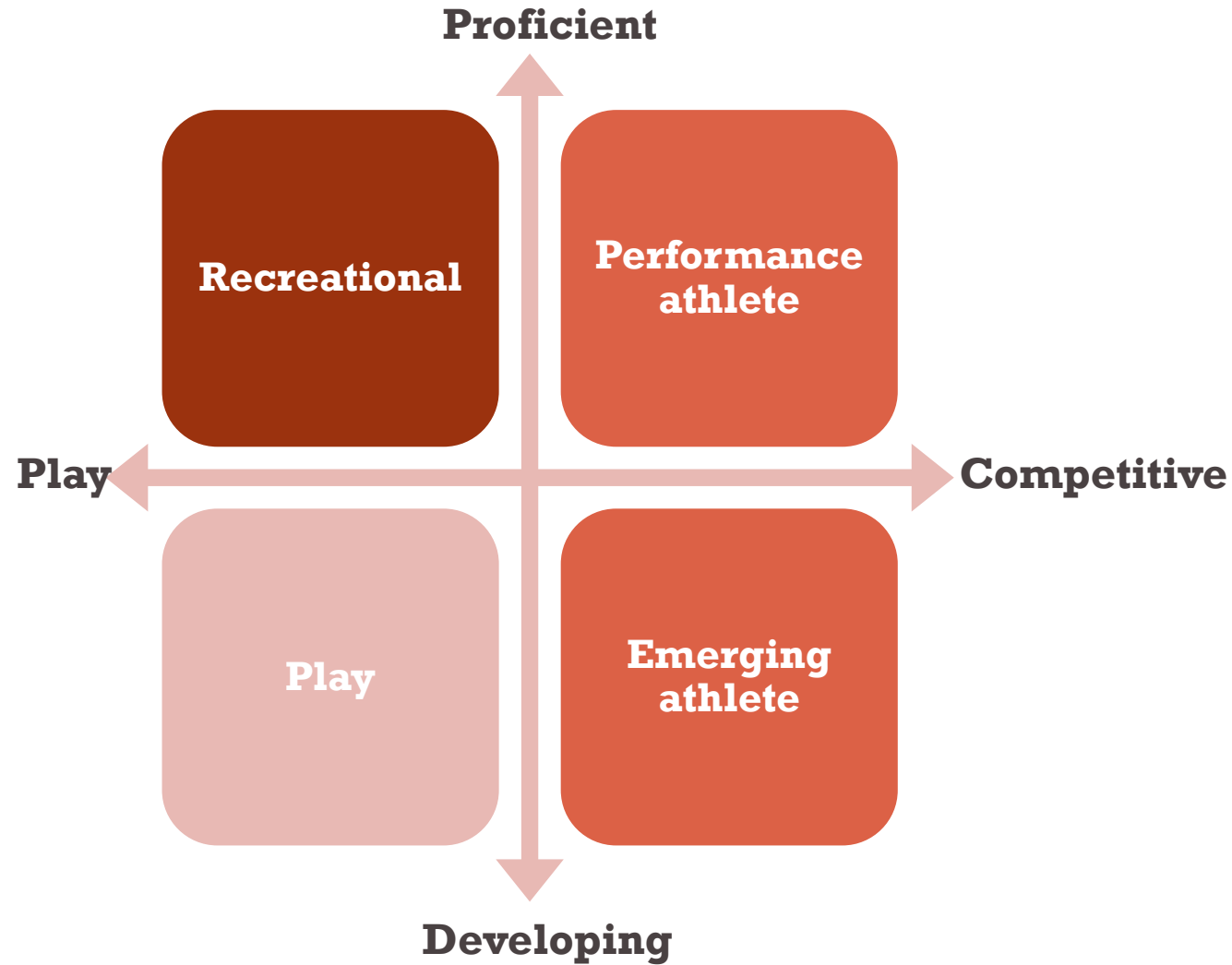
# SPORTS CLUB OVERVIEW

- A Sports - Club is a school program **OWNED** by each PAREF School that promotes and develops **INCLUSIVE PARTICIPATION** of its members across the participation matrix of **FUN PLAY, RECREATIONAL PLAY, EMERGING ATHLETE,** and **PERFORMANCE ATHLETES (VARSITY)**
- A Sports - Club promotes a Club Curriculum that is developmentally appropriate and age appropriate **co-developed by the Club Moderators with the PE Dept., Personal Formation team, and Parents.**
- The Sports - Club Curriculum has **key objectives for both physical literacy and values/virtues formation.**
- **VARSIITY** programs will fall under the Sports - Club as part of the **PERFORMANCE ATHLETE** and **EMERGING ATHLETE** tracks of the participation matrix

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# INCLUSIVE PARTICIPATION



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# MUTI-SPORTS APPROACH

Latest academic research concludes that having children play multiple sports is good for their physical and athletic development because it:

1. **Avoids Burnout** – too much of one thing is never a good thing.
2. **Reduces the risk of injuries** caused by the overuse of specific movements and muscles.
3. **Leads to the better development of skills** of all-around athletes.
4. **Develops better confidence**, leadership ability and life skills.

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