



FEBRUARY 2009

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QUOTE OF THE MONTH

Success is not final, failure is not fatal; it is the courage to continue that counts.

Sir Winston Churchill

DID YOU KNOW

A form of basketball was first played over 1,700 years before modern basketball was introduced by James Naismith 1891.

Some things have changed, especially salaries for today's top players. In Mayan times (300-900 AD), a player who scored a goal could claim the property of any spectator that he could catch.

SPORTS OFFICE HOURS

Mon—Fri, 8:00am—5:00pm

Cancellation Line:
375-4094 ext. 6

Check daily game status at:
www.salemva.gov

NEXT MONTHS ISSUE

Name our E-Newsletter Contest

Thanks to all those who have submitted entries in the "Name our E-Newsletter Contest" over the last few weeks. We've gotten some really great suggestions and the list keeps growing daily. For those of you who haven't sent anything in yet, don't worry you still have time. The deadline for submissions is not until Friday, February 13. So put on your thinking caps and send us something creative, funny or unique to Salem. The winning entry will receive a Sports Office hat and pullover. This contest is only open to kids between the ages of 6-18. [Please click this link to submit entry](#)

Boys and Girls Youth Basketball Update

Our 2008-09 Youth Basketball season is well under way and off to a great start. Most nights you will find teams either playing or practicing in various gyms located throughout Salem. For a complete listing of all team schedules, scores and reschedule information please visit our website or click on the link to go directly to the [Youth Basketball webpage](#).



Just a reminder to parents and coaches, immediately following the conclusion of the regular season for all leagues ages 9 and up there will be a single elimination tournament. Brackets have not yet been finalized so please check the Youth Basketball webpage over the next few days for more information.

Spring Sports Registration Set to Begin



Dust off those cleats and grab your gloves because it's almost time for soccer, baseball and softball. Online registration began for our spring sports on Monday, February 2nd and will continue through Friday, February 27th. Any child ages 6 and up that meets the league age cut-off and either attends a City of Salem school or lives within the City of Salem is eligible to participate. Please see specific league details below or call the Sports Office for answers to any questions you might have.

Please note, online registrations will only be taken during the specific sign-up period. Participants failing to register during this period will automatically be placed on a waiting list and be added to a team only if space is available.

2009 Spring Sports Offered

Sport	Ages	Age Cut-off	League Dates	Participation Fee
Boys Soccer	6-12	9/30/09	March-May	Free
Boys Baseball	6-12	4/30/09	March-June	\$35
Girls Softball	6-12	1/1/09	March-June	\$35

Online Program Evaluation Form

- **Youth Basketball Update**
- **Name our E-Newsletter Contest Winner**
- **Spring Sports Draft Information**
- **Pitch, Hit and Run Competition**
- **Dixie Youth Baseball & RAYSA Softball Night**

WORTH A LOOK

10 Benefits of Kids Playing Sports

1. Playing Sports is fun. It gives your child something to do and a group to belong to. They have a group of friends that has the same goals and interests.
2. Research has found that kids that play sports, especially girls, are more likely to have a positive body image and higher self esteem.
3. Kids involved in sports are less likely to take drugs or smoke because they realize the impact that these activities can have on their performance.
4. Physical activities are a good way to relieve stress and reduce depression.
5. Sports helps kids develop discipline. They learn to set goals and then work to achieve those goals.
6. Kids who play sports quickly learn that sometimes you win and sometimes you lose. They learn to be good sports in both situations.
7. Statistics show that kids who are involved in sports while in high school are more likely to experience academic success and graduate from high school.
8. Sports help to develop teamwork and leadership skills. They learn quickly that they have to work together as a team to win the game.
9. Motor skills, strategic thinking, and even learned by playing sports. Students develop strategic thinking as they figure out plays and the best way to get around a player or score a goal. Math skills are used as they calculate scores and stats.
10. Regular exercise increases quality of life. Children who exercise are more likely to continue the practice into adulthood.

Source: Families.com

The City of Salem Sports Office is committed to offering the highest quality well run programs we can to all participants. In order to do this we need your help. We have recently completed a new Program Evaluation Form and are seeking feedback from participant's, parent's and coaches on your experiences throughout the year. Please take a minute to set down with your son or daughter and fill out this short form and send it back to us. Your feedback is very important and greatly appreciated. [Program Evaluation Form](#)

Playground Renovations Completed

Some of you may have noticed over the last few months that a couple playgrounds in the City were closed for renovations. Well the work has been completed and we are pleased to announce that the Moyer Skate Park playground and the Beverly Heights playground are once again open to the public. As you will see, the old play structures were torn down and replaced with a more environmentally friendly and sustainable design. So on that next sunny day, please take a few minutes to get out and enjoy playing with your kids.



Moyer Skate Park Playground

Always remember to obey park rules and that adult supervision is required at all times.

New Recreation Software

Over the next couple of months you may notice a difference in how some of our web pages look. We are currently in the process of adding some new software that will hopefully make a big difference in how information is viewed and passed along to the various booster club volunteers, coaches and parents involved in our programs. Please bear with us as we make this transition. We'll keep you posted as things continue to move forward.

Youth Basketball Sandlot Nights



Thanks to all players, coaches and parents that came out to our youth sandlot nights this year at Salem High School. All participants were treated to some exciting basketball and two great wins by the Salem High's Girls and Boys Varsity teams.

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.