

JL REC CENTER NEWSLETTER 1

ANNOUNCEMENTS

PRACTICE:

- Your practice schedule is listed on your teams quickscores page.
- No practice Tuesday February 13th @ South Hills or Fort Herriman
- No practice Monday February 19th @ Copper Mountain Middle School

SKILL OF THE WEEK

DRIBBLING:

We ask this week that you work with the kids on dribbling, not just at practice but also at home.

KEYS TO DRIBBLING:

- Keep the ball low, it should be about waist height.
- Keep your head up, you should be able to see your teammates.
- Use your fingers to push the ball down, don't slap at the ball with your palm.

UPCOMING PROGRAMS

- **Spring Youth Sports**—Soccer, Volleyball, Rugby and T-ball
- **Classes**—Karate, Gymnastics, Science, Hapkido, Chess, Snapology, Guitar & Ballet

To register or for more information please go to jlsorenson.activityreg.com

Sportsmanship

Each game 2 people who display good sportsmanship will be given a card. These cards allow the person who won it to attend a special event held by the Utah Jazz.

We would rather thank those who display good sportsmanship, then ask those who don't to leave. Please help us keep this a positive environment!

Weekly Goal

Parents/Coaches:

Teach your kids what sportsmanship is and why it's important.

Players:

If a player from the other team falls down, help them up.

Together we can create a better environment for the kids to learn, grow and have fun!

Health Benefits

Playing sports can cause an increase in cardiovascular fitness, healthy bone, muscle, ligament, and tendon growth.