

Building Blocks for Quality Youth Sports

Team-Up's Building Blocks for Quality Sports are based on core principles from the field of youth development. Academic research shows that children and youth need specific opportunities and support to grow into healthy and successful adults. A high-quality sports program provides many of these opportunities and has the powerful potential to help young people learn and grow. Team-Up for Youth uses the Building Blocks to improve the quality of sports programs to support young people's emotional, social, and physical development.

safety

EMOTIONAL | PHYSICAL

"When I go to this after school program, I'm always welcomed and I feel like it's home."

— Carmen, Age 14



positive relationships

CARING ADULTS | SUPPORTIVE PEERS

"My team and I are like a sisterhood, helping and encouraging one another through good and bad times."

— Erin, Age 13



physical activity

FREQUENT | MODERATE-VIGOROUS | VARIED

"Cuando estoy corriendo, me siento feliz y inteligente." (When I'm running, I feel happy and intelligent.)

— Julie, Age 6



youth participation

VOICE | CHOICE | LEADERSHIP

"My coach asks me for suggestions and then uses them. He's the first person who ever treated me like an adult."

— Eric, Age 15

skill building

ENGAGING | CHALLENGING | FUN

"When I play sports I feel really good about myself because I learn new skills."

— Semaje, Age 9



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FOR YOUTH

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