



Play Ball!

The Redding Girls Softball League is designed to give girls an opportunity to learn the game of softball, improve their skills, compete in a supportive environment, and most of all HAVE FUN!

We encourage all teams, players, and parents to join us in our effort to become **Fit 4 Life**. Please visit our website (www.reddingrecreation.org) to view our concessions policy and additional information and tips on how to get your athlete fueled up and ready for game time!

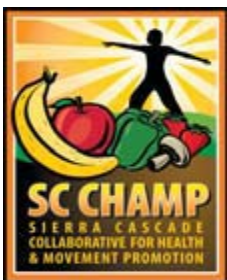
Quick and Healthy Team Snack Ideas :



As tempting as it is to bring a sugary snack that the kids will go crazy over, it is important to remember that the purpose of a half-time or post-game snack is to replace the nutrients that your child has used up during their game. Try these healthy and convenient ideas:

- Apples
- Bananas
- Baby Carrots
- Fruit Rolls (sweetened with fruit juice not corn syrup)
- Gogurt
- Mandarins
- String Cheese

These options require no additional preparation and you can grab them on the way to the game. Don't forget a trash bag!



Visit www.cachampionsforchange.net for more healthy tips and ideas for you and your family!

Be Positively Involved

- Learn the game:** Patient, consistent, sequential exposure to the game will help you and your child learn all the basics about the game: the rules, field positions and how the game is played.
- Practice encouragement:** Truly believe that every athlete is capable of learning the game and becoming a champion - even those whose skills have been underdeveloped. Be really familiar with your own child's strengths, skills and abilities.
- Be realistic:** Set manageable goals with your child, instead of always communicating high expectations. Let your child have fun, play freely and intuitively. Don't always focus on results, rankings and statistics. It's not about winning and losing, but how you play the game.
- Rally the troops and volunteer:** It's a good idea to support the coach and program as much as possible. Rally together the parents as a team. Volunteer to work the concession stands or coordinate a carpool.
- Be social:** Value the social experiences of the athletes and their families. Make sure your interactions with the coaches, parents and children are always positive and encouraging.
- Practice sportsmanship.** Never criticize the other athletes or teams. Encourage conversation about the diverse strengths and contributions of every team player.
- Be Positive:** Practice positive mental game strategies with your child: Help them learn how to stay composed during crunch time, not be afraid to make mistakes and to focus on having fun.
- Build memories:** Be a team photographer. Take lots of pictures of each and every kid. It helps create lasting memories and everyone enjoys a good slide show at the end of season party.
- Be supportive:** Of course, the biggest thing is that you are there. Go to the games and support your kids.