

# The Benefits of an Interscholastic Athletic Program



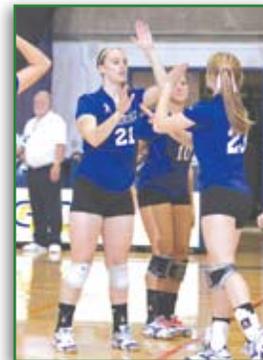
# NYSPHSAA

## MISSION STATEMENT

### EDUCATIONAL GOALS OF A QUALITY INTERSCHOLASTIC ATHLETIC PROGRAM

The mission of New York State interscholastic athletic programs is to foster the quest for excellence by creating an educational and competitive experience within an atmosphere of sportsmanship. Successful programs develop individual and team potential by promoting high standards of competence, character, civility, and citizenship.

- 95% of Fortune 500 executives participated in high school athletics. 47% of Fortune 500 executives were National Honor Society members. (Fortune Magazine)
- Female high school athletes are 92% less likely to get involved with drugs, 80% less likely to get pregnant and are 3 times more likely to graduate than non-athletes. (Womens Sports Foundation)
- The evidence supporting sports participation for young people is overwhelming...It has the power to combat everything from racism to low self-image, to the high-school drop-out rate." (Sue Castle, Executive Producer of PBS Sports: Get in the Game)



## OTHER ASSOCIATIONS

- Interscholastic athletics are not courses offered by schools but are tools used by schools to reach and motivate students and to rally support within the community for schools' academic and activity programs. (MHSAA)



- In order to justify school sponsorship, interscholastic athletics must be compatible with the academic mission of schools, giving priority deference to the academic schedule and requiring proper decorum at athletic events. (MHSAA)
- Interscholastic athletics are secondary to the academic program of schools and are partners with schools' non-athletic activities in providing students opportunities to develop loyalty and school spirit, to practice teamwork, hard work, discipline, sacrifice, leadership and sportsmanship and to gain lifetime appreciation for the arts, sports and healthy lifestyle. (MIAA)

- Athletics provide a great educational experience because they can teach important values for dealing with the circumstances of life. The values taught through interscholastic athletics include teamwork, sportsmanship and citizenship, respect for self and others, caring, dedication, commitment, trustworthiness, loyalty, responsibility, integrity, fairness, and doing ones' best regardless of the outcome. These values are often called "intrinsic" because they may not be included in the lesson plans coaches prepare, but they are very much a part of what a successful coach teaches. (IHSAA)



- When kept in proper perspective, interscholastic athletics allow kids to be kids. Young people grow by learning the values of healthy competition, teamwork, goal setting, respect and hard work. The educational experiences of all participants are enhanced through these values, as everyone strives to be their best as individuals, students, teammates, and members of the community, rather than just as athletes. (MHSAA)

## NYS EDUCATIONAL FRAMEWORK FOR ATHLETICS

### Elements of a quality interscholastic athletic program:

- An athletic program that is a valuable and inherent part of the total educational experience.
- A community that values and supports interscholastic athletics.
- An interscholastic athletic program that provides a broad scope of diverse opportunities for male and female student-athletes.
- A school district that strives to maintain quality facilities and resources.
- A school district in which the student-athletes' well-being is respected by parents, coaches, and community.
- A community that supports healthy competition and excellence in athletics.
- A student-athlete in a quality program is competent in terms of skill development, knowledge of the game, strategies, fitness, conditioning and healthy behaviors.



- A student-athlete in a quality program demonstrates responsibility, accountability, dedication, trustworthiness, fair play, self control and civility.
- A student-athlete in a quality program demonstrates civility toward others by showing respect, fairness, caring and citizenship.
- A student-athlete in a quality program demonstrates citizenship through actions showing evidence of loyalty, commitment, teamwork and role modeling.

## VALUES OF INTERSCHOLASTIC ATHLETICS

- High school athletes have higher grades, lower dropout rates and attend college more often than non-athletes. (Women's Sports Foundation survey)
- Student-athletes have a higher grade point average (2.84) than non-athletes (2.68) and are absent from school fewer days per year. (Minnesota High School Athletic Association)
- Students who participate in athletics missed an average of 4.9 days of school per year and non-participants missed an average of 10.8 school days per year. (North Dakota High School Athletic Association)



- 96% of dropouts in 14 school districts in seven regions of the nation were not participating in an athletic program. (National Federation of State High School Associations)

## STATISTICS & QUOTES

### Graduation Rates

- Central Islip (Section XI) student-athletes' graduation rate far exceeds the rest of the student body. Overall, their graduation rate is 66%. However, of the 88 senior athletes last year, 87 met the graduation requirements.

### After High School

A comprehensive study of former high school athletes (10-20 years after high school) in Iowa showed :

- Participating in high school athletics made their high school experience more positive. 92% of respondents.
- The lessons they learned while participating have helped them as adults. 87% of respondents.



- Overall, individuals who participated in sports during high school reported better general physical health later in life, satisfaction with their progress toward family, career, and general life goals later in life, and were more likely than other men and women to volunteer their time for civic organizations.

### University of Chicago research suggests:

- By a 2-to-1 margin for males and a 3-to-1 margin for females, student-athletes do better in school, do not drop out, and have a better chance to graduate from college.
- Student-athletes' parents are more involved with their educational process.
- Student-athletes demonstrate a higher level of self-confidence than non-athletes.
- 92% of student-athletes do not use drugs.
- 95% of high school principals nationwide believe activities programs contribute to the development of "school spirit" among the student body. (Indiana University study)
- Nearly seven out of ten Americans say high school sports teach students lessons about life that they can't learn in a classroom. Nine out of ten believe high school sports contribute to the health and fitness of participants. (USA Today)
- Successful extracurricular participation is a school's best predictor of adult success. ("Fulfilling Lives – Paths to Maturity and Success" by Douglas Heath)

