

Kids' Fitness Personalities

In addition to a child's age, it's important to consider his or her fitness personality. Personality traits, genetics, and athletic ability combine to influence kids' attitudes toward participation in sports and other physical activities, particularly as they get older.

Which of these three types best describes your child? No matter the fitness personality there is a soccer program that can benefit them.

- 1. The nonathlete:** This child may lack athletic ability, interest in physical activity, or both. New to soccer? Or just getting up and out of the house. Soccer is a healthy way to socialize in the community and have some fun while at it.
- 2. The casual athlete:** This child is interested in being active but isn't a star player and is at risk of getting discouraged in a competitive athletic environment. Our community soccer program is accommodating to all levels of skills and personalities. The league runs with a 3 round tiering system to match like teams so the level of play is appropriate and everyone still has fun.
- 3. The athlete:** This child has athletic ability, is committed to a sport or activity, and likely to ramp up practice time and intensity of competition. For those that are interested in sport and want to get the additional training we have our club program the Warriors. They host teams in Tier 1-3 for both the Indoor and Outdoor season. Teams participate in competitive play and receive additional training. Our higher Tier 4 community teams also offer a more competitive level of play.

If you understand the concepts of temperament and fitness types, you'll be better able to help your kids find the right activities and get enough exercise — and find enjoyment in physical activity. Some kids want to pursue excellence in a sport, while others may be perfectly happy and fit as casual participants. Soccer is accommodating to every fitness personality. All kids can play!

The athlete, for instance, will want to be on the club soccer team, while the casual athlete may enjoy community soccer. The nonathlete is likely to need a parent's help and encouragement to get and stay physically active. That's why it's important to encourage kids to remain active even though they aren't top performers. Our community program is open to all levels of skill and interest. Community teams can range from Tier 4 – Tier 8.

Whatever their fitness personality, all kids can be physically fit. A parent's positive attitude will help a child who's reluctant to exercise.

Be active yourself and support your kids' interests. If you start this early enough, they'll come to regard activity as a normal — and fun — part of your family's everyday routine.