



To: City Council

From: Alexandria Little League

Subject: City Council's Strategic Goal for the Success of Children, Families and Youth and the role of recreational programs

Alexandria Little League (ALL) is committed to promoting youth sports, specifically youth baseball in the city of Alexandria. Over 600 youth from age 4 to 15 participated in ALL last year. We strongly support youth sports and offer the following 10 reasons why youth sports are important:

1. Develop skills needed to socialize with their peers as well as adults.
2. Develop independence and confidence.
3. Develop a sense of achievement, which helps develop a positive self-image.
4. Develop leadership skills and qualities.
5. Learn how to cooperate and compete.
6. Develop and become proficient at various sports skills.
7. Develop agility, coordination, endurance, flexibility, speed and strength.
8. Develop the ability to make decisions and accept responsibilities.
9. Learn to understand and express emotions, imagination, and appreciation for what the body can do.
10. Develop an interest in continuing sports participation as an adult.

ALL encourages the City Council to continue its strong support of youth sports. The City must continue to improve fields and lighting to facilitate recreational participation in the city. The city has an acute shortage of adequate playing fields and field space is often a choke point for league expansion and youth participation. ALL has committed \$20,000 to offset the city's cost of improvements of a baseball field at John Adams.

When an athlete participates in a sport, they will experience many benefits. Some of these will be short-term and easily recognized. While others will not be as easy to recognize, but will last with the athlete much longer and will help shape their overall development. It is for this reason that ALL exists – to further the development of the youth of the city of Alexandria.