



## **Reclaiming The Timeless Value of Sport and Play** An Investigation into the Culture and Mythology of Sports and Play

**Regis Tremblay**

Youth sports today are not what most adults experienced as children. Daily news reports from across the country describe widespread abuse, violence, and cheating in high schools and youth leagues. School officials, league administrators, and even states and local municipalities have enacted laws banning abuse, violence and misbehavior at sporting events.

In **Reclaiming The Timeless Value of Sport and Play**, Regis Tremblay, the founder and director of The Center For Kids FIRST In Sports, Health, & Education clearly explains how youth sports

have changed over the past century, but especially the last ten years. Presenting the latest research and scientific findings in a convincing and compelling way, Mr. Tremblay shows how adults, by imposing their own needs upon children's sports and play, have contaminated this basic and vital childhood experience.

**Reclaiming The Timeless Value of Sport and Play** presents a compelling case for urgent reform that is based on undeniable facts and scientific studies. When 70% of all children playing youth sports organized by adults quit or are forced from the system before age 15, something is clearly wrong. When interscholastic sports serve fewer than 20% of high school students, leaving the rest without an opportunity to remain physically active through sports, a vigorous and challenging public debate must occur. When PE has been nearly eliminated from the K-12 educational process because of budget cuts and/or political considerations, it is clear that the majority of our children have been forced into an unhealthy state of involuntary inactivity.

Mr. Tremblay shows how the systemic exclusion of so many children from physical activity, sports, and exercise, combined with an unhealthy "food chain," are the main causes of a nation-wide epidemic of overweight and obesity. 64% of American adults are inactive and overweight or obese. 15% of children ages 11-18 are obese. Weight-related deaths will surpass smoking-related deaths within one or two years. In 2001, smoking was responsible for 418,000 deaths in the U.S. while weight-related illnesses took 400,000 lives.

**Reclaiming The Timeless Value of Sport and Play** looks at the mythology of sport and how it has influenced our culture. It examines the organized systems of sports, the coaches, the exploitation of children, and the psychological pressures of rushing children to grow up and to perform. Mr. Tremblay reflects upon 50 years of participation and 30 years of coaching high school and youth sports and presents a basic formula for reform. Using "Inside Out Thinking," he shows how to keep kids in the game by changing the "starting points" of how sports and play are structured.

Through personal stories, and a reflection upon the timeless and biological value of sport and play, Mr. Tremblay argues that rediscovering fun by replacing performance with play as a starting point is an important first step. Returning the games to the kids and placing their needs and wants FIRST is the way to Reclaim The Timeless Value of Sport and Play.

**Reclaiming The Timeless Value of Sport and Play** is available for \$25 from [regis@thecenterforkidsfirst.org](mailto:regis@thecenterforkidsfirst.org) 16 Hillcrest Drive – Cape Elizabeth, Maine 04107

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