

## TALKING POINTS

Talking points to be communicated when speaking about Every Kid Sports.

1. **Every Kid Sports, a national nonprofit provides recreational youth sports grants to income restricted families, so more kids can experience the joy and positive benefits of playing.**
2. **Cost is the #1 barrier keeping kids from playing youth sports. Every Kid Sports removes the financial barriers to youth sports participation through the Every Kid Sports Pass.**
3. **The Every Kid Sports Pass provides grants to kids, 4-18 who qualify for Medicaid, SNAP or WIC to help cover their recreational youth sports registration fees. Applicants who qualify are eligible for support for each kid in their family for three seasons of sport - Fall, Winter and Spring.**
4. **By providing income-restricted families with youth sports grants up to 3 times per year, kids have the opportunity to play year-round and try new sports.**
  - a. **Playing multiple sports exposes kids to greater physical literacy, better socialization, and greater enjoyment in being physically and emotionally active through sports. It prepares them for a lifetime of activity, connection, and positive experiences.**
  - b. **Studies show improved overall cognitive and academic performance in kids who play sports for 3 or more days per week for at least 20 minutes.**
5. **With so many other challenges facing families today, playing is as important as ever. The experience of playing is a catalyst for better mental health, motivation for strengthening physical health, and an active ingredient in a kid's social-emotional development. When kids get to play, commonality is increased. A sense of esprit de corps is created, for the child *and* their family.**
6. **More athletic adolescents appear better adjusted, feel less nervous and anxious, and are more often full of energy and happy about life. Athletes also feel sad, depressed, or desperate less often than those less involved in sports.**

**(Sourced from a 2019 clinical report from The American Academy of Pediatrics:**  
<https://publications.aap.org/pediatrics/article/143/6/e20190997/37135/Organized-Sports-for-Children-Preadolescents-and?autologincheck=redirected>)
7. **If you want to learn more about Every kid Sports and the great work they're doing check them out on social media @everykidsports or visit their website: everykidsports.org**