

# WAYNE HIGHLANDS STINGERS

Wayne Highlands Youth Football Organization



WHYFO is a non-profit organization that encourages the development of young athletes interested in cheerleading or football. By working cooperatively with parents and the community WHYFO is committed to fostering an engaging environment where children can experience success as individuals and as part of a team. Our coaches strive to make our participants experiences as fun as they are educational and developmental. We're proud to be a part of Wayne County PA's youth football programs for more than 50 years.



**LOOK FOR 2023 REGISTRATION IN THE SPRING!**

## Benefits of Youth Football

**Health Benefits:** Football improves speed, agility, strength, hand-eye coordination and overall cardiovascular endurance.

**Camaraderie:** Unlike other sports football has a high volume of teammates. With dozens of friends working toward one common goal bonds are built that last a life time.

**Discipline:** Football is a game of inches that requires players to pay close attention to detail and their actions. They become aware that their choices and actions effect each play of the game. They learn the importance of being disciplined with everything they do. **Work Ethic:**

Football instills an understanding that teamwork, commitment, and dedication on the practice field pays off over time. A lesson that players can carry throughout their lives.

**Teamwork:** There is a tremendous amount of accountability required from each player to do a specific job on every play. All 11 players must work together to meet their goal.

**Physical and Mental Toughness:** Football is an extremely physical sport. Players learn early on to push through.

## Myths about Youth Football

### **Myth:**

The risk of injury with youth football is greater than any other youth sport.

### **Fact:**

The concussion rate in youth tackle football is similar to other youth sports such as soccer, ice hockey, lacrosse and even flag football.

### **Myth:**

There are long term mental health and cognitive function effects of playing tackle football.

### **Fact:**

There are no differences in cognitive function or depression when comparing football athletes to noncontact sport athletes or nonathletes.

### **Myth:**

Football players don't do well in school.

### **Fact:**

NCAA statistics show that football student athletes perform better in the classroom and have higher graduation percentages than the general population.

\*Source: <https://operations.nfl.com/the-game/youthfootball/myth-vs-fact/>

## Benefits of Cheerleading

**Channels Energy:** Cheerleading is one of the highest energy sports there is.

It offers a marvelous way for children to express every ounce of their energy, stay in shape, and improve their overall sense of well-being. Teaching children to channel their energy in positive ways creates behavioral patterns that support their well-being into adulthood.

**Communication Skills:** In cheerleading, learning to communicate is critical. Youth cheerleading helps young kids develop direct speaking skills and the ability to interpret body language through their peers. The better the child learns to communicate, the better they're able to perform alongside their peers and the more socially capable they become outside of the cheer world.

**Community Building:** Cheerleaders begin to understand the importance of being connected to a larger community. They also discover that they contribute to something larger than themselves. They are part of a team that represents a school and an athletic community. This sense of belonging is so important for the emotional development of children.

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