## 7TH ANNUAL

- 10K Run - 2 Mile Fitness Walk **SUNDAY, JULY 23, 1989** 

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Name	·		
Address			
City/State/Zip.	<del></del>	·	
Phone		Age 5	lox
🗆 10K Run	2 Mile Fun Run	🗀 2 Mile Walk	Corporate Run

Sairt Size: Small Medium Large XL Child Entry Fee: \$9. Make checks payable to "Birmingham Run". \$10 after July 14.

Sand entries to: Back to Birmingham Run/Walk c/o Birmingham Chiropraetic Clinic 1173 S. Adams, Birmingham, Mi 48009

For race information, contact Birmingham Chiropractic Clinic at 644-9495

WANER: In consideration of your excepting this entry form, I henryly, for myssif, my heirs, a secund and administrations, whole all rights and classifies for damages I may have against the Officency and Control I may from a gainst the Officency and Control I may from the Control of the Cont

Parent/Guardian's Signature (if under 18) Shietur & Ettentric Meuntauers

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a succession woodness. SEMINAR LEADER, Ed King, MBA, CPA, author with over 20 years of small business consulting experience. This stimulating and profitable 2 hours could change your life!

oura could change your life!

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...Barbara Doering

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## Spano speaks out on sports

Joey Spano, West Bloomfield Parks and Recreation Director, re-cettly was a program speaker at the American Alliance for Health, Phys-ical Education, Recreation and Dance conference in Boston. Called "Strength Through Diversi-ty," the amual symposium brought together education, recreation and dance professionals and researchers to discuss human development is-sues.

to auceus auman development isspecial special and ministrator on the topic of "Wanted Youth Sport Coaches."
She focused on volunteer recruitment, interest and training and challenged her colleagues with insuring
a healthy, wholesome and enjoyable
experience for young athletes. Welltrained and interested coaches,
coaches who feel good about themsolves and coaches who know their
sport, provide the best experience.

solves and coaches who know their sport, provide the best experience, she zaid.

The key, Spano said, is to connect with women who have or can learn these skills and then let them know how important they are to the over-all success of the program.

In all, a tank simpler said than done.

Following are excerpts from Spano's address.

"WITH TILE increased number of youth sports opportunities and the increased participation of guits in youth sports programs, the demand for volutiere women coaches poses a significant problem to youth sports program coordinators. That problem is simply that the number of women coaches is indequate. Lack of sports education know-how, general feel-



ligs of inadequacy when compared to their male counterparts and a women's own limited sports participation can be labeled as the causes. "Many women feel they lack adequate knowledge for a particular sport or just sports in general. Even if they know the basic rules of a sport, they do not feel that they possess cough knowledge to be able to instruct others properly. They feel interior to men in the same role, often intimidated by male officials and believe coaching leaves them vulnerable to overwhelming criticism. "Many of these same women generally were not sports participants in their youth. So, as adults, they have accepted the secondary roles of score keeper or team mother and fear their ability to command attention and respect from young attention and respect from young attention and respect from young

tion and respect from young ath-

tion and respect from young ath-lettes.

"As a result, recruiting volunteer women coaches is difficult. Howev-er, once a woman gets involved, she sticks to it, attends instructional clinics, spends more time with the players and becomes a source of en-couragement, to other women who couragement to other women who might be hesitant to coach.

"TO RECRUIT more women vol-unteer coaches, potential candidates need to know they are wanted. Get the word out is a trite expression, but people need to know that this is women's business too! Personsal women's business too: Personsan telephone calls are great encourage-ment and persuasion also.

"Once the volunteer is enger, training is the next challenge. Coach-



ing clinics, coaches manuals, instructional videos and sports injury care workshops help. But, just as important, is knowing that the sponsoring organization will be there to assist and offer support when necessary. That support can be as little as answering a question or as significant as encouraging a women to serve on a youth sports advisory board that develops philosophy and league rules.

"High school girl athletes are another resource for recruiting young coaches. They make excellent role models and relate well with more youthful athletes. A positive coaching experience will encourage the high school athlete to continue coaching youth sports as a college student and an adult.

"But, resolving the issue of too few volunteer women coaches does

not lie only in recruitment. Adminis-trative policies and procedures must continue to focus on providing this need and alleviating inequities.

need and alleviating inequives.

"AND FINALLY, no volunteer program is successful without a commitment to volunteer recognition. This is the reward for which volunteers work. Certificates of appreciation and public recognition for the volunteer's time and energy is an absolute essential. This recognition promotes the feeling good about yourself attitude that sports programs aim towards and which creates eagerness in the volunteers to return the following season.

"Volunteer coaches play an im-portant role in a young athlete's life. Successful programs cannot exist without them. Successful programs thrive because of them."



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