



McMASTER

SPORT FITNESS  
SCHOOL

## Finding the Best Fit for your Child: A Parent's Guide to Choosing a Sport

**Each athlete chooses 3 out of 25+ SFS sport offerings each session!** *That's a lot of sports!* If your child has not participated in a sports camp or other form of organized sport activity before, it may be difficult to know what the right fit is based on their individual strengths and areas of difficulty. This guide is meant to assist you in picking sports at SFS that your child will enjoy and reach their full potential in.

**But please know:** *It is just a guide!* Our SFS coaches are committed to making this the best possible experience for every athlete regardless of sport choice and will continue to consider their individual interests and abilities while at camp.

### First, you may want to consider the following questions:

- What are your child's goals for SFS? Do you want them to have exposure to camp and social interactions, or do they want to gain specific sport skills?
- Does your child have any preference for specific movements (i.e. running, spinning, jumping and throwing)? Think about which sport might allow for these movements to be performed.
- Are there specific skills you would like your child to work on (i.e. balance, coordination, endurance, social interactions)?
- Does your child have good or poor coordination and muscle tone? Certain sports require more coordination than others.
- Does your child have any sensory issues such as sensitivity to loud noises or busy environments? Do they have trouble focusing in noisy and busy environments? Some sports are much louder and busier than others!
- Is your child more comfortable in a smaller group setting?
- Does your child have difficulty interacting with peers? Some sports are more focused on teamwork and cooperating with other athletes, whereas other sports focus more on individual skills and goals but in a group setting.
- Is your child generally very mobile and high energy? Think about sports that involve a lot of running and moving around.

**SFS Sport Schedule:** The complete sport list with descriptions and session availability is available at [www.marauders.ca/SFSSports](http://www.marauders.ca/SFSSports).

## Sport Categories

Team	Individual on a Team	Individual in a Group
<ul style="list-style-type: none"> <li>- Ball hockey</li> <li>- Baseball</li> <li>- Basketball</li> <li>- Football</li> <li>- Lacrosse</li> <li>- Senior ParaSport</li> <li>- Senior Sport</li> <li>- Sledge Hockey</li> <li>- Soccer</li> <li>- Volleyball</li> <li>- Water Polo</li> <li>- Wheelchair Basketball</li> </ul>	<ul style="list-style-type: none"> <li>- Adventure Based Challenge</li> <li>- Golf</li> <li>- Racquet sports</li> <li>- Synchronized Swim</li> <li>- Track and field</li> <li>- Wrestling</li> </ul>	<ul style="list-style-type: none"> <li>- Adventure running</li> <li>- Instructional Swim &amp; Aquatic games</li> <li>- Break Dancing</li> <li>- Dance</li> <li>- In-line skating</li> <li>- Instructional Swim</li> <li>- Karate</li> <li>- Kid Sport</li> <li>- Outdoor adventure</li> <li>- Skateboarding</li> <li>- Strength &amp; Conditioning</li> </ul>

### Consider these sports:

**Instructional Swim & Aquatic Games:** the symmetry and the swim stroke improve body awareness. Propelling through the water is among the most soothing activities from the standpoint of sound and tactile sensation.

**Basketball:** the repetitive act of shooting baskets is an activity with immediate gratification. Caution: it may not be appropriate if your child is sensitive to loud noises and busy environments.

**Dance/Breakdance:** tends to be more slowly paced and a bit quieter than some other sports. It does require more attention than some sports and involves a choreographed dance that will be performed in a dance show.

**Golf:** another individual sport in a group setting; for individuals who don't have as high energy and enjoy quieter and more focused activities.

**Karate:** it's a great way to improve balance and coordination and promotes parallel play. It also allows athletes to learn skills gradually and at a slower pace.

**Track and Field:** running, jumping, and throwing are very basic activities that require little verbal skills.

**Soccer:** for children who prefer to be in constant motion, it allows for lots of running and moving around in an open space. Also builds on coordination and teamwork skills.

**Strength and Conditioning:** for the senior athlete, this sport focuses on educating athletes on health and nutrition and involves enhancing overall fitness.

# Sport Selection Decision Aid:

## Finding a good fit

