



CISM
INTERNATIONAL SYMPOSIUM
ON THE DEVELOPMENT OF SPORT
IN THE MILITARY
SPORT FOR ALL
ATHLETIC OPPORTUNITIES FOR
MILITARY FAMILY MEMBERS

ATHLETIC OPPORTUNITIES FOR MILITARY FAMILY MEMBERS

- IMPORTANCE OF ATHLETICS FOR MILITARY MEMBER
 - DEVELOP ESPRIT DE CORPS
 - DEVELOP PHYSICAL FITNESS
 - DEVELOP LEADERSHIP SKILLS
 - DEVELOP TEAMWORK
 - DEVELOP MENTAL FITNESS
 - STRESS RELIEF*

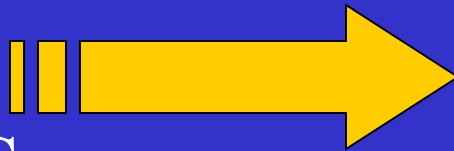
ATHLETIC OPPORTUNITIES FOR MILITARY FAMILY MEMBERS

- STRESS DETRACTS FROM A MILITARY MEMBER'S ABILITY TO PERFORM THEIR DUTIES
- MINIMIZING THE STRESS ENABLES THE MILITARY MEMBER TO PERFORM BETTER

ATHLETIC OPPORTUNITIES FOR MILITARY FAMILY MEMBERS

- STRESS
CONTRIBUTORS

- WORK
- FAMILY
- FINANCES



- FAMILY

- SOCIAL FITNESS
- MENTAL FITNESS
- PHYSICAL FITNESS
- FINANCIAL FITNESS

ATHLETIC OPPORTUNITIES FOR MILITARY FAMILY MEMBERS

- FAMILY PHYSICAL FITNESS
 - Physical/Athletic Development
 - Organized Leagues for Youth
 - Soccer, Baseball, Basketball, Football
 - Coaches and officials are parents who volunteer
 - Parents pay a fee for their child to participate
 - Organized Leagues for Women
 - Volleyball, Softball, Basketball
 - Coaches are volunteers
 - Participants pay an entry fee

ATHLETIC OPPORTUNITIES FOR MILITARY FAMILY MEMBERS

- FAMILY PHYSICAL FITNESS (continued)
 - Physical/Athletic Development
 - Individual Events for All
 - Triathlons, 5K & 10K races (entry fees for all participants)
 - Athletic Facilities on each Base (open to all base residents)
 - Playing fields
 - Gymnasiums
 - Fitness Centers
 - Funded and maintained by taxpayer dollars

ATHLETIC OPPORTUNITIES FOR MILITARY FAMILY MEMBERS

- BENEFITS
 - Family Members are Physically Active
 - Health Benefits
 - Family Members Have a Way to Relieve Stress
 - Potentially Fewer Problems in the Home
 - Potentially Lower Stress Level for the Military Member as a result of less stress within the family