City of Bellevue
Parks & Community Services Department

MEMORANDUM

Date: February 1, 2013

To: Parks & Community Services Board

From: Ted Mittelstaedt, Parks & Community Services Supervisor

Subject: Youth Sports, Skatepark and TRACKS Programs
(No Board action requested)

The City of Bellevue has offered youth sports programs since the Recreation Division was established in 1965. Youth Sports & Fitness (YSF) consists of Youth Sports, Skatepark and TRACKS programs, and introduces active and healthy lifestyles to children and youth. YSF contributes to the building of Bellevue's healthy community and stronger families by encouraging participants to improve their fitness and athletic skills which will provide lifelong benefits.

On February 12, Youth Sports & Fitness staff will present information about a variety of children and Youth Sports' classes, Skatepark activities, TRACKS programs and family-related events. YSF programs provide diverse opportunities for children, youth and teens to improve their health, reduce risk of obesity/disease and develop athletic and social skills through participation in a wide variety of indoor and outdoor activities. YSF assists youth in developing the qualities of character, discipline, teamwork and physical well-being. Programs are held year-round, in over 28 locations city-wide, for youth and teens, ages 3 years and up. These introductory non-competitive, accessible, affordable, programs are offered through a full spectrum of camps, clinics, leagues and drop-in activities with service to 12,500 participants annually. Bellevue's Youth Sports & Fitness programs are a trusted resource and are well coordinated with other recreation services and agencies to fill sports and athletic gaps in the community. These programs promote the value and importance of sports and physical activities in the emotional, physical, social and mental development of children and youth. Revenues from program fees cover the majority of costs associated with providing the services.

The Centers for Disease Control and the National Association for Sport and Physical Education recommends that children 8-18 receive, at minimum, one hour per day of physical activity. YSF helps fill this recommendation. Obesity prevention and participation in sports is part of a nationally-accepted strategic plan for obesity prevention. For many participants, YSF is the first point of interaction with sports and physically-active programs. YSF focuses on providing introductory, non-competitive activities to a wide variety of children and youth from diverse ethnicities and cultures. Our presentation will discuss the City's efforts to reduce childhood obesity and provide access to sport activities, especially to communities that have limited opportunity to access fitness and sports into children's and youths' lives.