The Importance of Athletics for Children, by Steven M. Ziegler  
  
[Sports](http://en.wikipedia.org/wiki/Sport) can be a fun activity for children, but they also play a major role in the mental, physical, and social development of children as well. All sports are designed to encourage achievement by participants while teaching that achievement comes after hard work and diligent practice. These are ideas and skills that children can apply in all areas of life and that will help them accomplish greater things in school and their professional careers. Additionally, through seeing the benefits of practice and perseverance, children gain confidence and believe they can accomplish anything if they work hard enough. Children also get exposure to successful adults who coach their teams.   
  
Socially, playing team sports is a great way for children to learn how to interact with others and how to work in a team, skills that come in handy throughout life. They also learn how to adapt to different environments and how to make friends. Of course, children who play sports also tend to have a higher physical health and lower risk of obesity.   
  
About the author: Steven M. Ziegler, an attorney formerly in private practice at the Law Offices of Steven M. Ziegler, P.A., understands the importance of childhood athletics. He is the founder and current President of Weston Sports Alliance, a Florida-based institution that organizes league athletics for children and adults.