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## Winter sports

1 message

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**MATTHEW ELLIS** <matthew\_ellis@msd.k12.wi.us>  
To: JAMIE KRISTA <JAMIE\_KRISTA@msd.k12.wi.us>

Mon, Nov 9, 2020 at 10:43 AM

Good Morning Jamie,

I wanted to just comment on the importance sports has on the mental stability of our student athletes. If these kids have to do virtual learning again they will need an outlet. The depression and suicide rates are through the roof because of the lack of social interaction. We played in 5 tournaments over the spring and summer with over 1000 kids and had 0 cases.

MYHA has been running hockey at the rink for over a month and has had 0 cases. Our mitigation has been very good and strict. The county and KT have been very happy with what we're doing. This will be followed by all user groups.

**(Sports can** help improve **your** concentration and keep you **mentally** sharp as you age.

Participating in a mix of aerobic and muscle-strengthening exercise for 30 minutes or longer at least three times a week **can** improve **mental** abilities, including critical thinking, learning and using good judgment )

Here are some huge benefits that team sport can have on your mental health:

The social aspect that comes with being part of a team is fantastic for your wellbeing. Even if you join a team not knowing a soul, sport has a funny way of fast-tracking friendships. Human connection is such an important factor in maintaining good mental health. Being part of a team adds a support network that you wouldn't otherwise have.

Sport is a proven de-stressor. It forces you to apply yourself fully to the task at hand, leaving behind thoughts and worries you may have had beforehand. In their place, sport stimulates the release of endorphins, which are your body's natural happy chemicals.

Playing a sport alongside others teaches us the value of teamwork. Instead of reading about it or being lectured about it, sport forces you to put it into practice. It also helps develop leadership skills that can be applied in all areas of life.

Team sports teaches you how to deal with setbacks. No team wins all the time. Dealing with a

loss or a poor performance, learning from it and trying again is all part of the journey. Setbacks build resilience and this can be carried over into everyday life, helping you to navigate the tough times and find a way through them.

Playing sports helps you get a better night's sleep. We all know how important sleep is to our overall well being – after training or competing, mind and body are ready for a good night's rest.

Thanks for taking the time to read this and hope this helps.

Thanks,

Matt Ellis

MHS Boys Hockey Coach