

The Value of Student Activities



**WASHINGTON INTERSCHOLASTIC
ACTIVITIES ASSOCIATION**

PREPARING YOUTH FOR LIFE... FROM ONE GENERATION TO THE NEXT.

Value of Student Activities

Studies show that students who participate in interscholastic activities have better grades and higher attendance rates than students who do not.



Value of Student Activities

Since 1993, more than 4.5 million students have participated in interscholastic sports and fine arts in the state of Washington, an average of over a quarter million students each year.



Value of Student Activities

Interscholastic participation leads to later success – in college, a career, and in becoming a contributing member of society.



Value of Student Activities

250,000 student participants

400 member schools

83 state championships

19 sports & activities

1 ASSOCIATION

Providing opportunities for students to gain valuable skills in time management, communication, sportsmanship and teamwork through sports and activities.



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Preparing youth for life, from one generation to the next.

www.wiaa.com



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Value of Student Activities

“At a cost of only one to three percent (or less in many cases) of an overall school’s budget, high school activity programs are one of the best bargains around. It is in these vital programs – sports, music, speech, drama, debate – where young people learn lifelong lessons that compliment the academic lessons taught in the classroom.”
– National Federation of High Schools



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The National Federation of High Schools has researched various school districts' budget information across the country that activity programs make up only one to three percent of the overall education budget in a school... Finally, in the northwestern part of the country, in the Seattle Public School system, their Board of Education has a 2008 overall budget of \$339.7 million dollars, while setting aside \$3.2 million dollars for activity programs for a scant one-ninth of one percent (.00942).



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According to the National Governors Association Center for Best Practices, students who participate in the arts nine hours or more each week for at least a year are four times more likely to: be recognized for academic achievement, win a school attendance award, participate in a science and math fair and win an award for writing. They are also three times more likely to be elected to class office.



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In a 2006 research project published by the Center for Information & Research on Civic Learning & Engagement (CIRCLE), it was found that 18-25 years old who participate in sports activities while in high school were more likely than non-participants to be engaged in volunteering, regular volunteering, registering to vote, voting in the 2000 election, feeling comfortable speaking in a public setting, and watching news (especially sport news) more closely than non-participants.



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Through participation in activity programs, students learn self-discipline, build self-confidence and develop skills to handle competitive situations. These are qualities the public expects schools to produce in students so that they become responsible adults and productive citizens. – National Federation of High Schools



Value of Student Activities

<http://sportsillustrated.cnn.com/vault/article/magazine/MAG1157051/1/index.htm>

The Way It Should Be

THOMAS LAKE

The gift moved by wire and satellite, leaving a saltwater trail. It came from a field on the edge of the Cascade Mountains and traveled around the world. The gift was a story. It began with a hanging curveball and ended with a strange, slow procession. It gave gooseflesh to a phys-ed teacher in Pennsylvania, made a market researcher in Texas weak in the knees, put a lump in the throat of a crusty old man in Minnesota. It convinced a cynic in Connecticut that all was not lost.

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“In one match, [the student] was able to give our wrestler, his parents, our school and our community something to have and cherish for the rest of our lives...It seems in today’s society we teach our younger generation to “go for the win”, “don’t give up”, “winning is the most important thing”, “don’t give an inch”, but last night we saw what is good about school athletics and the promise of tomorrow’s leaders.” - Michael Denny, Wrestling Coach at Housel Middle School



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“The value of activities in our small schools is very evident with our students and all the activities they are involved in. You see them in the athletic arena on “game” nights, on the stage for the drama production and in the chairs for the music concert. With all of these activities, you will see the community out in full support and then hear them talk about the performances again the next day around town. The support for the games is tremendous as they line the field or the court, supporting the kids throughout the contest.” - Ken Lindgren, WIAA Executive Board member and Athletic Director at Oakesdale High School



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"It was a great experience to see opposing teams come together with a common goal of helping others." – Makenna Hamre, 2009 Juanita High School graduate and member of the LEAP committee regarding the student-planned Coins for a Cause fundraiser during state basketball



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“Being around activities has taught me life lessons such as responsibility, accountability, and teamwork. Responsibility has been shown in never missing a practice. Accountability shows in my contributions to the team on the field, in the classroom and out in the community. Being a member of a successful team is highlighted by knowing when to lead and when to be a contributor.” – Macalister Clark, student at Cascade (Leavenworth) High School and a member of the LEAP committee



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For more information about the WIAA, please visit the Web site at www.wiaa.com

For more information about the NFHS statistics, please visit their Web site at www.nfhs.org