

YOUTH SPORTS

HELP MILITARY KIDS ADJUST AND CONNECT

Permanent change of station moves can be tough – but youth sports programs help kids find their footing fast and strengthen their Marine Corps Total Fitness.

SOCIAL FITNESS

TEAM UP. MAKE FRIENDS. BELONG.

Joining a sports team helps children connect with others who share similar interests, build lasting friendships, and feel part of a new community.

SPIRITUAL FITNESS

CONFIDENCE. IDENTITY. PURPOSE.

Sports give children a sense of pride and connection, helping them feel grounded in unfamiliar environments.

MENTAL FITNESS

MOVE MORE. STRESS LESS. FEEL BETTER.

Physical activity is a natural stress-reliever. Sports give children a healthy, energizing outlet that boosts their mood and emotional well-being.

PHYSICAL FITNESS

STRONG BODY. STRONG FUTURE.

From muscle development to healthy habits, sports fuel a child's growth and resilience during key development years.

For more resources and information, contact your local **MCCS YOUTH SPORTS OFFICE.**