

# **DS/USA Youth Mentoring Sports Program**

by *Skye Danzer* – [www.disaboom.com](http://www.disaboom.com)

There are many youth that enjoy sports of all kinds. At times, the idea of sports can seem a little overwhelming to anyone. The good news is that, through the DS/USA Youth Mentoring Sports Program, you can make a difference in the lives of youth with a disability. It is through the DS/USA Youth Mentoring Sports Program that youth with a disability are paired with mentors in the area of sports. You should consider becoming a part of this organization.

## **Advantages to Youths with Disabilities**

There are numerous advantages to youth with disabilities through the DS/USA Youth Mentoring Sports Program. This organization is more than just a group of people getting together to do a few simple sports. The DS/USA Youth Mentoring Sports Program enables youth to feel empowered.

Children of all ages and even adults benefit from sports. There is the advantage of exercise and the benefits to the body in general. It is important to be active in your life to reduce certain health risk potentials. Through the DS/USA Youth Mentoring Sports Program, youth with a disability are able to participate in exercise through active sports.

Participating in this organization allows youth to feel a sense of accomplishment. In fact, the group's motto is: "If I can do this! I can do anything." This attitude toward accomplishment and attempting sports is carried over into other areas of our lives. Stop and think about how much better the world would be as a whole if everyone lived by the motto that is part of the DS/USA Youth Mentoring Sports Program.

Socialization and connecting with others on a deep emotional level should not be limited to only youth without disabilities. The DS/USA Youth Mentoring Sports Program enables adolescences and kids to really connect with their mentors. This is an excellent way to meet other kids, adolescents and adults.

## **Advantages of the Program to Mentors**

Not only does the DS/USA Youth Mentoring Sports Program provide advantages to the youth involved in the program, but it affords wonderful opportunities to the mentors. Being a mentor is a commitment of time and compassion. Children with disabilities do not want pity but seek to connect with the world just as other children their ages. Mentors of the DS/USA Youth Mentoring Sports Program have the opportunity to connect with a youth who has a disability on very personal and deep emotional level.

Part of being a mentor for the DS/USA Youth Mentoring Sports Program means that you help to train the youth in particular sports. You are with the adolescent or child the entire process. You get a chance to be an active part of the entire program and to help mentor and encourage. Everyone in life needs a chance to have a true friend. You not only become a friend to the youth but you have a chance for them to befriend you as well.

There is plenty of training for mentors and help to be in local chapters. You can participate in Wounded Warriors, Paralympic Athletes and even Other Elite Athletes. Being a mentor to the DS/USA Youth Mentoring Sports Program gives adults the chance to give back to the community and to help where there is a need. It is a huge sense of personal accomplishment being part of the DS/USA Youth Mentoring Sports Program.

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