



**NAUSET  
YOUTH  
ALLIANCE**

Positively Guiding Today's Youth  
Into Tomorrow's World

# NEWSLETTER

February 2022



## Watching the Olympics As A Family

Just six months after the Summer Olympics in Tokyo, Japan the Winter Olympics are beginning in Beijing, China. As we did this past summer, NYA will celebrate with our own Olympiad! The Games are always a wonderful opportunity for families to enjoy a wide variety of sports played at the very highest level (yes, our NYA Olympiad will be featuring a version of Curling – a sport that grips my attention every four years) but aside from this, they can also teach children some very valuable life lessons.

“If at first you don’t succeed try, try, try again” is a mantra many of us use with children on a daily basis and it can be so clearly seen in the example of the Olympic athlete. The games are the result of hours, days, and years of hard work, training, and discipline. Children can be inspired by the examples set at the Games. Through perseverance and determination, anything is possible.

Following your dreams is another lesson that children learn when watching the games – it takes dedication, drive, and pure focus to compete at such a level and this is so often based on a simple dream. Find something that you love and follow your passion.

The most valuable lessons, however, are those of the three values of the Olympics. The first is EXCELLENCE – striving to be the very best that you can be and encouraging others to do the same be it in sport or in life. In a winner-take-all culture it is great to be reminded that there is as much value in striving for a personal best as there is in winning. Eddie the Eagle had no expectation of winning but he was undoubtedly the star of the 1988 Calgary Olympics. He followed his dream and passion and became the first ski jumper to represent Great Britain since 1928. The aim shouldn’t be just to win but, importantly, to improve. Excellence is about trying to reach your

**David Rost, Executive Director • 508-896-7900 • [drost@nausetyouthalliance.org](mailto:drost@nausetyouthalliance.org)  
Website: [nausetyouthalliance.org](http://nausetyouthalliance.org) • Federal Tax ID: 04-3101427**



### Important Dates

**School closes for  
February Break on  
February 18th  
and reopens on  
February 28<sup>th</sup>  
There is no NYA  
Feb. 21-25.**

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**Early Release Wed.  
Feb. 9th**

NYA begins at 11 AM following early dismissal. If your child is attending NYA on that day, please be sure to send a lunch as food services will be closed



personal goals by putting in your best effort, making sure you don't measure yourself against others, and participating.

The second value envisioned by the founder of the modern Olympic Games, Pierre de Coubertin, was FRIENDSHIP. The Games are unique in uniting people around the world. The Olympics are an opportunity for participants and spectators to understand others and to build a better world through harmonious relationships. While people might have different views on topics, such as politics or religion, they can still make good friends and form lifelong bonds in spite of these differences.



RESPECT is the third Olympic value — for the rules, yourself, and most importantly your opponent. This value recognizes that all people are equal, and everyone is entitled to respect. But this value isn't only about respecting yourself and your body but also respecting rules and the environment.

Along with the three values, FAIR PLAY is a very important part of the Olympics. Playing fair means you accept the rules, don't cheat, respect your opponents, and accept defeat. Examples of fair play abound in Olympic history. In the 1932 Los Angeles Olympics the gold medal had been awarded to Britain's Judy Guinness, but she informed the judges they had forgotten to count two of her opponents' points. She lost the gold medal but was greatly admired for doing the right thing.

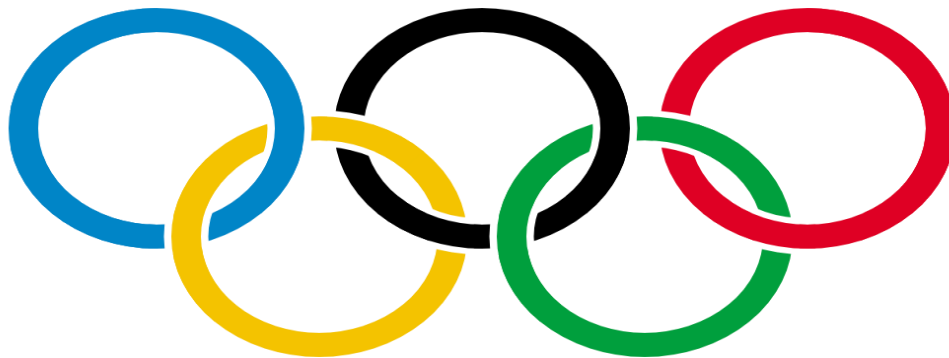
In another example, during the Tokyo 1964 Olympics, the Kall brothers of Sweden were in the lead in a sailing competition and on their way to victory. The weather worsened and their Australian competitors' boat capsized behind them. The brothers went back to help the stranded pair of sailors, pulling them into their boat to safety. While their actions resulted in their not winning the race, their actions led to the creation of a fair play award, which they won.

A more contemporary example can be found at this Olympiad. American speedskater Brittany Bowe gave up her spot on the 500-meter team to Erin Jackson, the current world champion and record holder, who stumbled in the qualifying race. Had Jackson not continued after the stumble and had simply sat down there would have been a reskate. Having already qualified for the 1000- and 1500-meter skates Bowe relinquished her spot to her friend since age 10, not only an example of fair play by Bowe but of Jackson's friendship as well.

de Coubertin believed that not only could sport demonstrate physical excellence. It also has the power to unite people, allowing them to better understand each other irrespective of their differences. On the values page of the official website, the Olympic Governing Committee states "there is more that unites us than divides us" and the Olympic movement seeks to "contribute to building a peaceful and better

world by educating youth through sport practiced without discrimination of any kind and in the Olympic spirit, which requires mutual understanding with a spirit of friendship, solidarity, and fair play.”

Such a powerful message to teach our children so perfectly demonstrated through the actions of sporting heroes and role models at the Games. So, when you sit down to enjoy the Games this February, do so in the knowledge that they are more than just a sporting event. They are a lesson to us all in human values, values which we endeavor to teach each day at NYA.



Please put your child’s name in clothing they might remove while at NYA, i.e., coats, sweatshirts, mittens, gloves, hats, scarves, winter boots, etc. If there is a name in them, we can reunite the clothing with your child. Use a marker to write their name on a label, get preprinted labels and iron them in, etc. It would be a shame if a child were to lose a holiday gift from Santa, parents, grandparents... We also request that you put their name on water bottles. We would love to have a completely empty lost and found basket. Thank you!