

Recommended Resources

BGCA offers a range of developmentally appropriate Sports and Recreation programs to serve youth of all age groups:

<p>Middle Childhood Ages 6-9</p>	<ul style="list-style-type: none"> • Triple Play Daily Challenges • Triple Play Healthy Habits • Triple Play Social Recreation • ALL STARS • Play Ball • T.R.A.I.L. Diabetes Prevention (designed for Native youth)
<p>Late Childhood Ages 10-12</p>	<ul style="list-style-type: none"> • Triple Play Daily Challenges • Triple Play Healthy Habits • Triple Play Social Recreation • ALL STARS • Play Ball • T.R.A.I.L. Diabetes Prevention (designed for Native youth)
<p>Early Adolescence Ages 13-15</p>	<ul style="list-style-type: none"> • Triple Play Daily Challenges • Triple Play Healthy Habits • Triple Play Social Recreation • ALL STARS • Play Ball
<p>Teen Ages 16-18</p>	<ul style="list-style-type: none"> • Triple Play Daily Challenges • Triple Play Healthy Habits • Triple Play Social Recreation • ALL STARS • Play Ball

Other resources include Taking a Club-wide Approach to Healthy Eating: A Resource Guide for Staff and Leadership. Find these titles using the search bar on [BGCA.net](https://www.bgca.net).