

Recommended Resources

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

Middle Childhood Ages 6-9	<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)
Late Childhood Ages 10-12	<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)
Early Adolescence Ages 13-15	<ul style="list-style-type: none">• Triple Play Daily Challenges• Triple Play Healthy Habits• Triple Play Social Recreation• ALL STARS• Play Ball
Teen Ages 16-18	<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.