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## The Simple Guide to Savings on Kids' Athletics

Participation in athletics among children today can carry high expenses. Yet, the value gained from these activities far outweighs the costs. With this investment, your kid reaps social skills, friendships, teamwork, and discipline that may carry on to adulthood and lifetime success. Participation costs can be expensive, yet there are ways to save money to help ensure your child's inclusion. Today, we would like to share some suggestions for getting your kids involved in sports without breaking the bank.

### What Makes Youth Sports Expensive?

The costs of team participation vary based on the sport. Of course, you can expect to pay for registration fees and equipment. But there may also be expenses from travel, specialized camps, or private lessons. If your child decides hockey is their niche, costs can rise above \$2,000. On the other hand, [Little League could cost under \\$200](#). Most children will participate in their chosen sport for an [average of three years](#) according to the Aspen Institute, and growth spurts often cause the need for new equipment each year.

If you don't have health insurance, that can be another big expense connected to youth sports. Older kids generally need to have a physical before getting into teams and there is always the

risk of injury during play. Look into insurance options in your state to ensure that you and your kids are covered should anything happen.

### Check Reviews First

Also, find sports gear and equipment at the best prices in order to save money. You can use review websites like [Safe Smart Family](#) to comparison shop so you can find the best deals on highly-rated products. If you need to buy new equipment, do it at end-of-season sales or discount stores. Instead of brand names, buy house/off brands to save money. For elite players, it might be possible to receive free equipment from a manufacturer, and a coach may be able to advocate for the players.

### Bring in Extra Income

When faced with expensive sports fees for your child, there are various strategies to bring in extra income. One effective method is leveraging your skills or experience to find part-time or freelance work. Once you have your resume and cover letter updated, it's a good idea to save a digital copy. You can [use this to scan a document](#) and save it on your devices for easier access and editing. Also, it's a good idea to try and anticipate some possible interview questions and practice your responses, so that you'll be more comfortable and prepared.

It's also possible to involve your child in earning money for their sports activities, which can instill a sense of responsibility and value in them. They could participate in neighborhood services like watering plants or collecting recyclable items. Fundraising activities, such as bake sales or car washes, can also help offset costs.

### Travel is the Leading Cost of Youth Sports

Travel is the most expensive aspect of kids' sports. Parents can gather their resources and carpool to games to save money. When a game [occurs out of town](#), organize and negotiate group discounts. You can use your credit card and pay it off regularly, to rack up reward points for these expenses.

One of the best ways to save on travel is to register with school or local community leagues instead of private ones. Traveling or not, avoid picking up fast food or shopping for snacks at a convenience store. Instead, pack healthy snacks that will give your kid more energy over processed foods.

### Foster Healthy Competition

One good reason to enroll your kid in sports is to foster a sense of healthy competition by teaching that winning isn't everything. Asking your child to envision how they would feel if their team loses helps them build empathy for teammates and competitors. Teach your child that not

every game can be a victory and that the primary goal of a game is to have fun. This can take unnecessary pressure off them.

### Focus on Healthy Activity

Not every child is destined to be a professional athlete, so it's important that you motivate your child but also encourage them to have fun. If nothing else, being involved in a sport can help your child foster a [healthy relationship with physical activity](#) and exercise, which can benefit them throughout their lives.

Build on that as a family by doing physical activities together, like riding bikes or taking [walks through the neighborhood](#). If you live walking distance from shops and restaurants, talk about the benefits of walking there instead of driving, and make it a point to do so throughout the week.

### Show Your Love and Support

Group participation can build teamwork, improve health, and foster friendships. Your kids' activities do not have to cost an arm and leg if you know how and where to save. Find a sport that your child enjoys and that you can manage with both time and money. Then, support them as best you can!

Article provided by Michael Longsdon of [Elder Freedom](#).

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