

# Northern Virginia Athletic Conference

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## Mission and Values

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### Mission

The Northern Virginia Athletic Conference (NoVAC) is a non-profit organization created provide safe and positive age and gender appropriate developmental environment for regional athletes to enjoy their sport.

### Values

The Conference strives to promote several values as foundational pillars to create a positive atmosphere for all our participants:

**FUN** – “The Fun Integration Theory”, a study done by the Journal of Physical Activity and Health, shows that the top reason why kids play sports is for enjoyment. Additionally, the number one reason kids drop out of sports is because it ceases to be fun to participate. Our driving value is to ensure we provide an environment for our athletes to enjoy playing recreational sports with their friends.

**SPORTSMANSHIP** - *"The conduct and attitude of participants in sports, especially when considered commendable as in fair play, courtesy, and grace in losing."*

Sportsmanship includes all participant interactions within our organization, from director, to coach, to player, to parent, with each other. In the study referenced above, by grouping athlete's answers into topics, the three most important aspects to a child's enjoyment of sport were: being a good sport, trying hard, and positive coaching. It is our job, as combined partners in this organization at every level, to create an environment where how we treat each other, mentally and physically, is far more important than if we beat each other.

**TEAMWORK** - *Our* organization values the collaboration of players, coaches, parents/caretakers, referees, and staff to uphold our mission. A healthy sporting environment relies on the emphasis of working together, acting together, and troubleshooting together. We cannot control the outcomes, but we can control how we interact with one another.

**CELEBRATION** - Athletes choose to participate in sport for a variety of reasons: fun, friendship, learning, challenge, etc. Our organization values the coming together and celebration of players from different backgrounds, goals, and walks of life to create moments of joy that last a lifetime.