



SCOTTISH RITE FOR CHILDREN GIFTS YMCA OF METROPOLITAN DALLAS NEW YOUTH SPORTSWEAR AS PART OF EXPANDED PARTNERSHIP

Players will receive custom jerseys ahead of spring season

DALLAS (March 2024) The YMCA of Metropolitan Dallas is once again partnering with Scottish Rite for Children to support Y youth sports through education and exclusive, branded sports apparel. Previously, the collaboration focused on basketball teams only, but the YMCA and Scottish Rite are excited to grow this program by including soccer teams for the 2024-2025 seasons, expanding the partnership's impact and reach.

The partnership provides players with new, custom jerseys at 12 YMCA branches across North Texas and Scottish Rite will share critical information with families on ways to protect their health through hydration, stretching and nutrition. The content will also help educate young athletes on how to avoid sport-related injuries while on the court or fields.

"We're grateful to work with Scottish Rite for Children to enrich our sports programs," said **Curt Hazelbaker, President and CEO of the YMCA of Metropolitan Dallas**. "In the last year, Y sports participation has significantly increased, so it's important that our partners understand the unique needs of our youth and can deliver targeted education to help young athletes stay in the game safely."

The Y's youth basketball and soccer leagues do not have tryouts, and everyone is welcome to play. Athletes participate in every game and receive equal play time regardless of skill level.

"At Scottish Rite, we believe in the health of the whole child. When a child participates in sports and team activities, they're expanding their ability to learn, grow and adapt," said **Robert L. Walker, President and CEO of Scottish Rite for Children**. "We're thrilled to continue to support the YMCA of Metropolitan Dallas's mission to promote healthy engagement and development in our youth."

According to the President's Council on Sports' Fitness and Nutrition Science Board, 73% of parents believe that sports benefit their child's mental health. Studies show that participating in sports is linked to lower rates of anxiety, depression and stress, and that it increases self-esteem and cognitive performance. In addition, the study found that adolescents who play sports are eight times more likely to be physically active at age 24 than those who do not participate in sports.

YMCA youth sports encourage healthy communities by placing a priority on family involvement, healthy competition and team building, leading to a more mutual respect for others.

Participating YMCA locations include:

- White Rock YMCA
- Plano Family YMCA
- Frisco Family YMCA
- McKinney Family YMCA
- Moorland Family YMCA at Oak Cliff
- Semones Family YMCA
- Coppell Family YMCA
- Cross Timbers Family YMCA
- Grand Prairie Family YMCA
- Lake Highlands Family YMCA
- Park South Family YMCA
- Waxahachie Family YMCA

To learn more about sign ups and schedules, visit the Y's [youth sports page](#).

ABOUT THE YMCA OF METROPOLITAN DALLAS

The Y is one of the nation's leading nonprofits strengthening communities through youth development, healthy living and social responsibility. The YMCA of Metropolitan Dallas serves thousands of men, women and children each year, regardless of age, income or background. Anchored in 21 North Texas communities, the Dallas Y has the long-standing relationships and physical presence not just to promise, but to deliver lasting personal and social change. The Y ensures all people have equitable access to the essentials needed to become thriving members of the community. Daily, the Y bridges and fills individual and community needs as a catalyst for impactful change. The YMCA makes accessible the support and opportunities that empower people and communities to learn, grow and thrive, with three areas of focus: Youth Development, Healthy Living and Social Responsibility. To learn more or get involved in improving our local communities, have opportunities to make an impact and support your neighbors, please visit us at www.ymcadallas.org

ABOUT SCOTTISH RITE FOR CHILDREN

Scottish Rite for Children has been dedicated to giving children back their childhood for more than a century. The institution is a world-renowned leader in the treatment of pediatric orthopedic conditions, such as scoliosis, clubfoot, hand differences, hip disorders, limb lengthening and reconstruction, sports injuries and fractures, as well as certain related arthritic and neurological disorders and learning disorders, such as dyslexia. The organization conducts innovative research and provides high-level education opportunities for medical professionals around the world. Scottish Rite operates two campuses, including a hospital in Dallas and an ambulatory surgery center in Frisco, Texas, and is known for being a bright, child-friendly place that does not look, feel or smell like a health care institution. Patients receive treatment regardless of their family's ability to pay. For more information about services available at the Dallas or Frisco campuses, volunteering or donating, visit scottishriteforchildren.org.

