

YMCA of the Treasure Coast Youth Sports Get Boost from AmeriHealth Caritas Florida

While participation in youth sports has both physical and health-related benefits, recent studies suggest that participation in team sports is associated with fewer mental health difficulties.¹ Youth sports benefit all, and [AmeriHealth Caritas Florida](#) is making it easier for these sports to be accessible to local children.

Teaming up with the [YMCA of the Treasure Coast](#), the Medicaid managed care plan recently donated \$7,500 to the nonprofit's Youth Sports Program.

The contribution will provide 10 youth sport scholarships and help cover the related expenses for the YMCA's NFL Flag, basketball, soccer, and volleyball programs, for one year.

"AmeriHealth Caritas Florida's contribution to our Youth Sports Program is very important as it allows the YMCA to provide more sports scholarships to the families who need them, and award medals and trophies to all the participants involved in youth sports," said Fred Longar, Association Sports Director for the YMCA of the Treasure Coast.



Fred Longar (**left**), Association Sports Director at the YMCA of the Treasure Coast was on hand to receive a donation in the amount of \$7,500 from AmeriHealth Caritas Florida to support their Youth Sports Program.

AmeriHealth Caritas Florida's contribution will also ensure program participants throughout the year receive special YMCA youth sports program shirts.

¹ Hoffmann MD, et al., *Associations between organized sport participation and mental health difficulties: Data from over 11,000 US children and adolescents.*, PLoS One, 2022, Retrieved at <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC9159603/>.