

Lost and Found (1:00)

There are no words to describe it...the isolation, the boredom, the loneliness. If you're wondering where your teenage son or daughter spirit went, you're hardly alone. The past year has been devastating, especially for them. But here's the good news, they might just find it again, playing high school sports.

Workouts that stimulate, teammates and coaches that care, the sense of belonging so many of us have been missing lately. That's what school sports are all about. The sense of achievement is real and the camaraderie is hard to beat. Coping with uncertainty is difficult, but school sports can help the teenagers in your family start feeling like themselves again. Encourage them to give it a try. High school sports...it's so much more than a game.

This message presented by the South Dakota High School Activities Association and the South Dakota Interscholastic Athletic Administrators Association.