Sports:

* Fathers, sons and daughters and other family members and Jewish perspectives
* Rebuilding our spirits, bodies naturally without enhancing drugs
* Building character to promote teamwork and maintain healthy lifestyles
* Parents can learn from their children and vice versa
* Respect for winners, losers and all participants
* Maintain optimal health with diet and exercise
* Teamwork to show respect for others, including special needs, and differences in age, gender, lifestyle
* Setting rules and regulations to follow and disqualifying those who do not
* Play fairly
* Building community and friendships beyond the sport itself
* Pride for winning and participating
* Sports activities for fund raising for community programs and individuals with special needs
* Physicians, healthcare providers educate about the prevention of injuries,

Treatment of injuries and risk factors for injuries

* Clergy educates about Jewish values of community building through sports
* And following the rules of fair play
* The Men’s Club is a model of leadership to encourage a caring inclusive community through sports participation