

Students and Sports

How can we help?

I) Where did they go?

**70 percent of kids quit
organized sports by age 13**

— the National Alliance for Youth Sports poll

**The average kid spends less than
three years playing a sport
... and quits by age 11**

— Aspen Project's Project Play study with Utah State

**High school sports participation
went down for the first time in 30
years in 2018-19, by more than 43,000**

— National Federation of State High School Association

“You see, it's simple as this: Just when they think they got the answers, I change the questions.”



— Rowdy Roddy Piper

II) Why did they go?

The fun is disappearing...



Derek Heyswiver, age 9, announces retirement from sports

"The pressure it takes to play is too much."

<https://www.youtube.com/watch?v=TInFe337gZQ>

Horror Story Time



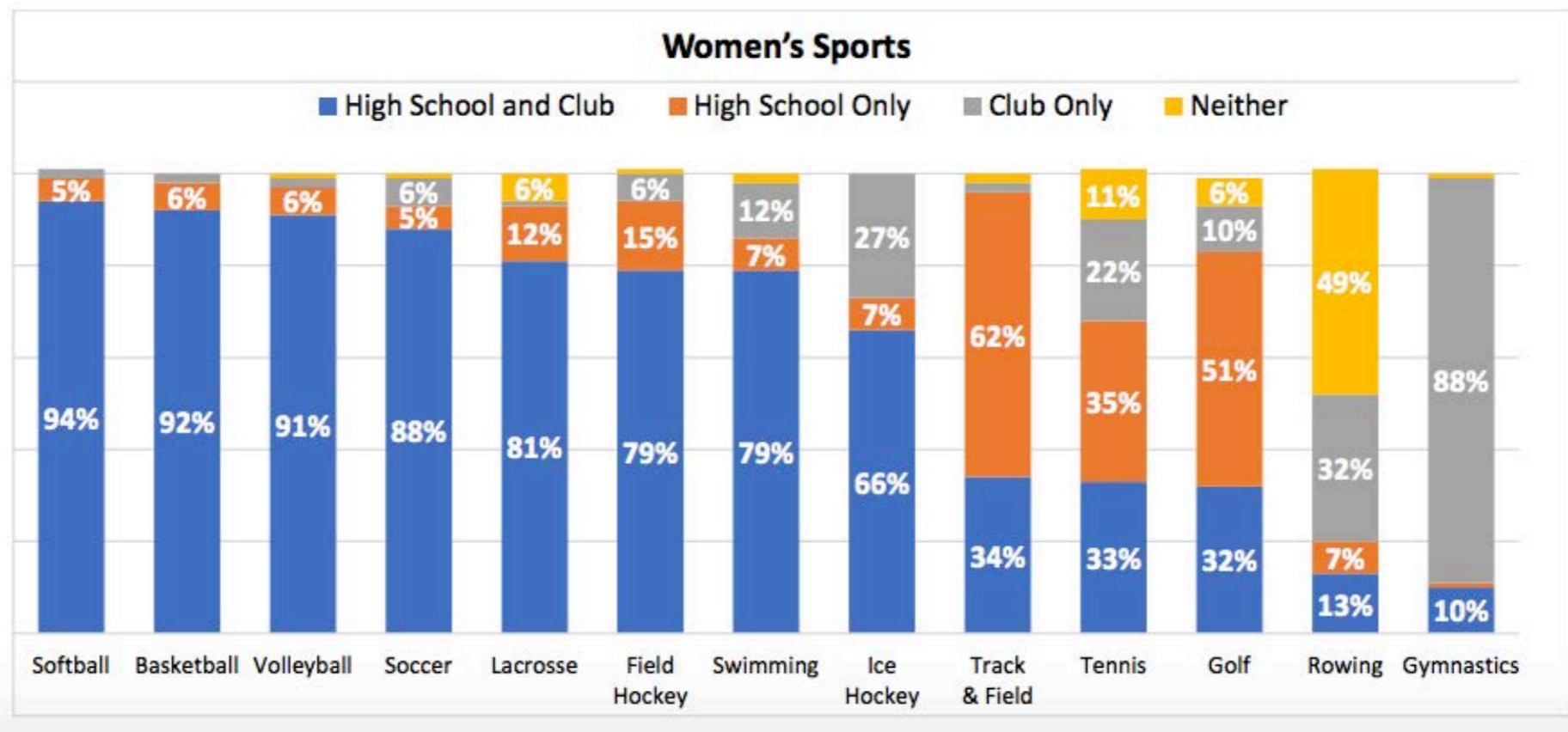
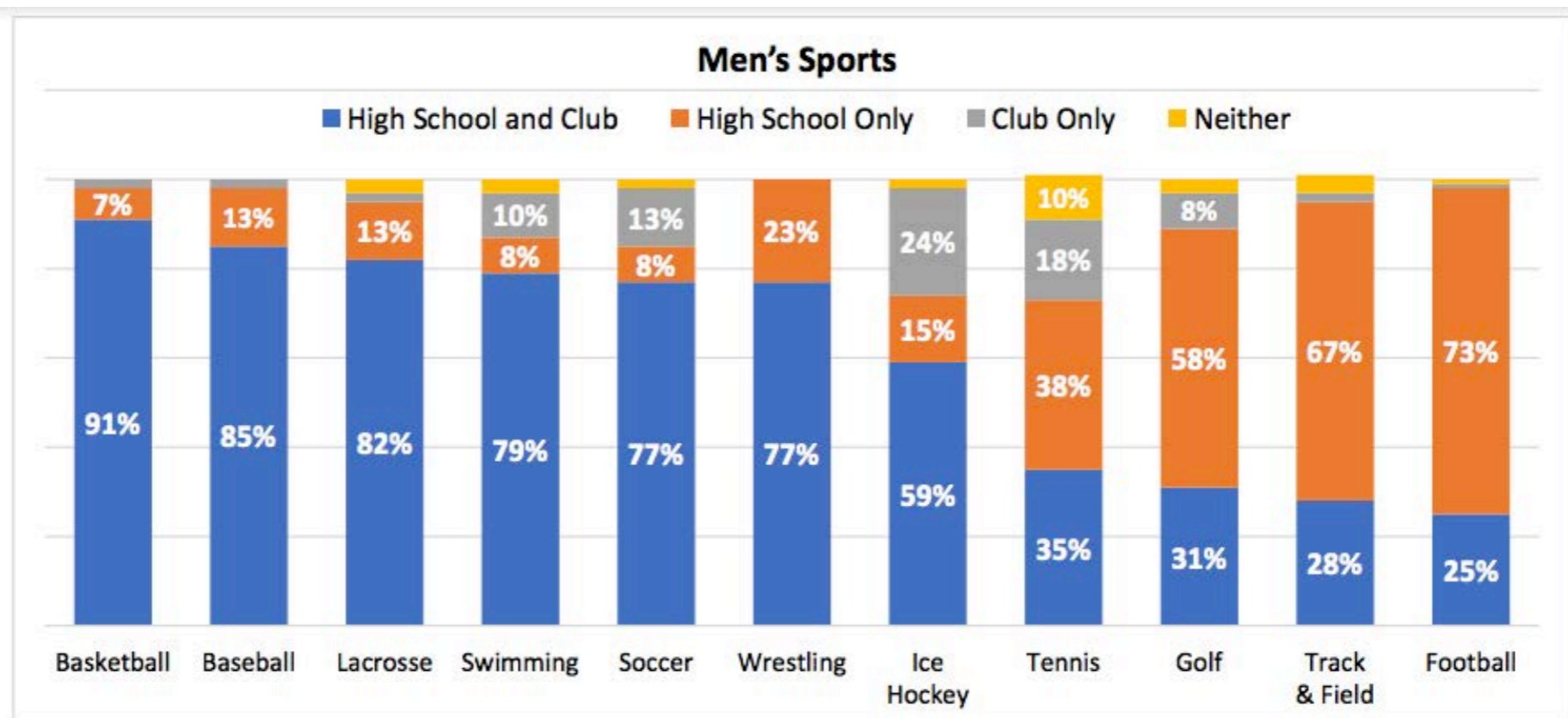
<https://www.youtube.com/watch?v=httZCL1YUG4>

The Price of Sport\$

- * In households earning less than \$25,000, 22 percent of kids 6-12 play sports regularly.**
- * In households earning more than \$100,000, 43 percent play regularly —about twice as many.**

— The Aspen Institute

Specialization



Story Time

“I just think that the cross-training, the different types of coaching, the different types of locker rooms, the different environments that you practice in, the different challenges — I think it develops a much more competitive, well-rounded type person.”

— Dabo Sweeney, 2016, New York Times



<https://www.youtube.com/watch?v=FhVrzi-U4Cw>

Recommendations for adolescent and young athletes

- 1) **Delay specializing in one sport as long as possible:** Participate in, or sample, a variety of sports. It supports fitness and athleticism and reduces injury risk.
- 2) **One team at a time:** Focus on one organized sport per season, and don't train on another at the same time.
- 3) **Less than eight months per year:** Don't play a single sport more than eight months per year.
- 4) **No more hours/week than age in years:** For instance, a 12-year-old should not participate in more than 12 hours per week of organized team sport competition/training.
- 5) **Two days of rest per week from organized training and competition:** At least.
- 6) **Schedule rest and recovery time from organized sport/activity after each competitive season.** This allows for both physical and mental recovery, promotes health and well-being and minimizes injury risk and burnout/dropout.

The Coaches





<https://www.youtube.com/watch?v=DuaV6UKtP0s>



https://www.youtube.com/watch?v=ptA9APfN61A&feature=emb_logo

The poster features two identical images of Lindsay Lohan as Annie Walker, one on the left and one on the right. She is smiling, with her hands resting on her cheeks. The background is a light, textured yellow. The text is centered in the white space between the two images.

WALT DISNEY
PICTURES PRESENTS

DENNIS
QUAID

NATASHA
RICHARDSON

And Introducing
LINDSAY
LOHAN

THE PARENT TRAP

SPECIAL
DOUBLE TROUBLE
EDITION



The Ride Home



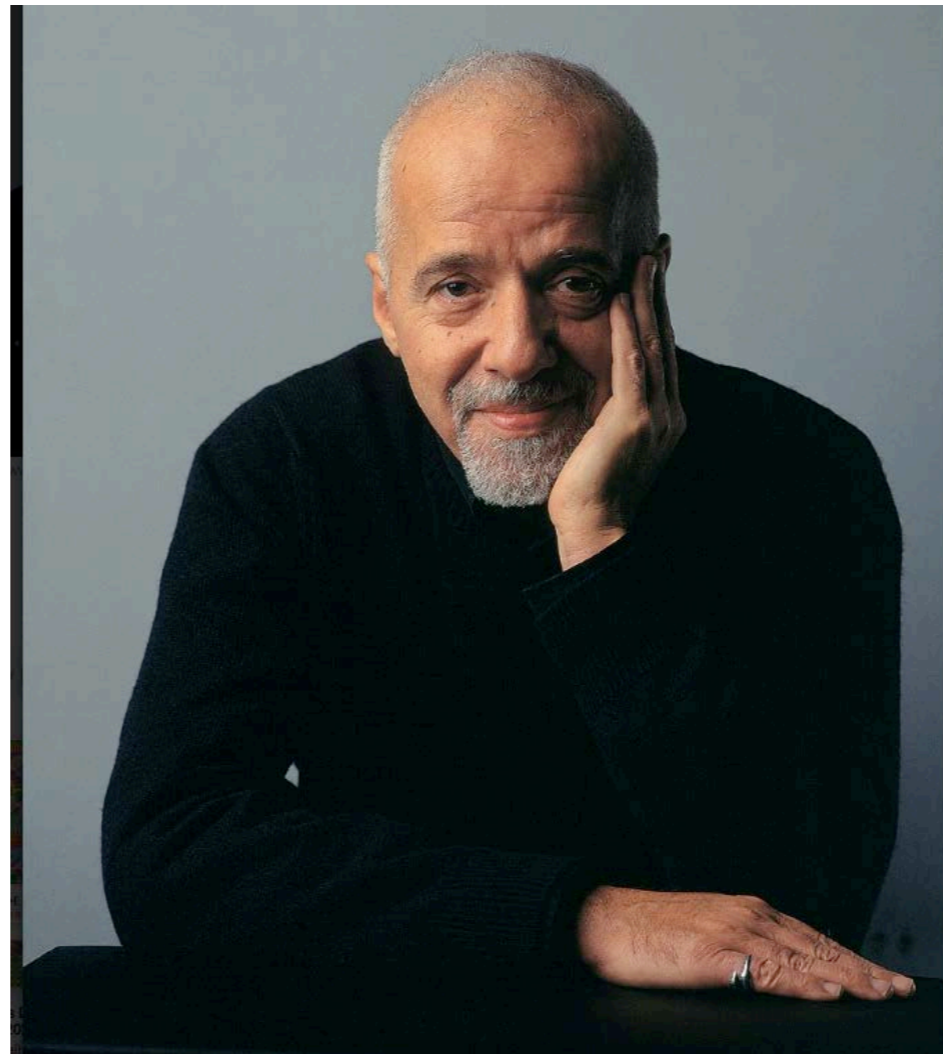
<https://truesportpur.ca/theridehome>

“One of the saddest things I had to do as a Director of Coaching for numerous soccer clubs was conduct exit interviews, meetings with players who had decided to leave the club. Children quit sports for a litany of reasons, and my job was always to see what we could learn, so we could improve the experience for other children. When I got these players alone, and asked them, “What was your least favorite moment in sports?” I often got a very similar and sad answer: *the ride home after the game.*

— John O’Sullivan, Changing the Game Project

**“When I had all the answers,
the questions changed.”**

— Paulo Coelho



IV) How to Help

Check the mirror



“The thing I found out about our young people is, making sure they believe in themselves. You would be surprised how many youth lack confidence in all areas of their lives. If they know someone believes in them, then they will start to believe in themselves.”

— Mike Martin, former Cincinnati Taft High School football coach and ex-Bengal

Story Time

“With the pandemic going on, young athletes cannot use these times as an excuse to stop getting better. If being the best is important, they should never bow down to excuses. Always figure out a way to get it done. If they don't know how to do it on their own then ask for help.”

— Mike Martin

V) Example

Robert DeNiro

Ben Stiller

Meet the Parents



**"Hilarious!
Impossible Not To Laugh!"**

—Peter Dinklage, *ROLLING STONE*

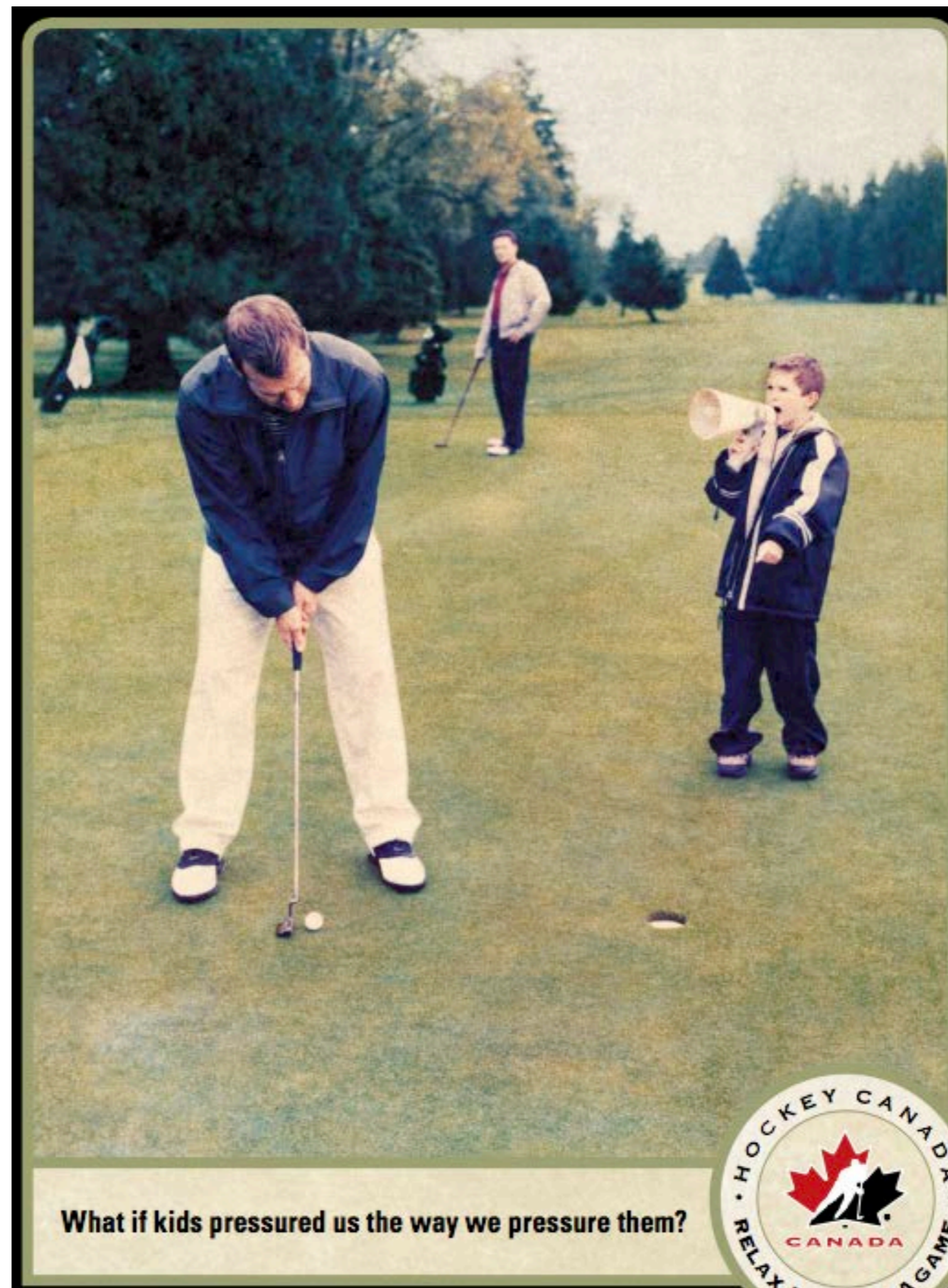
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www.meettheparents.com  Internet Keyword: Meet the Parents

NOW AVAILABLE ON VIDEO & DVD!

“At a certain age, I recommend a parents/fans Code of Conduct. This will include refraining from profanity and official criticism. As one high school coach told me years ago, ‘There is only room for one (a - - - - -) here.’ ”

— Rick Parker, longtime Cincinnati official and supervisor



What if kids pressured us the way we pressure them?



<https://www.hockeycanada.ca/en-ca/hockey-programs/parents/relax>

We asked kids to tell us
how they feel
when their parents watch
their sporting events



<https://www.youtube.com/watch?v=u2LR4c3JsmU>

VI) Questions?