

Welcome !



www.pife.ca

Life Lessons from Sports

Helping Parents Navigate Through The World of Athletics



Pat Macken

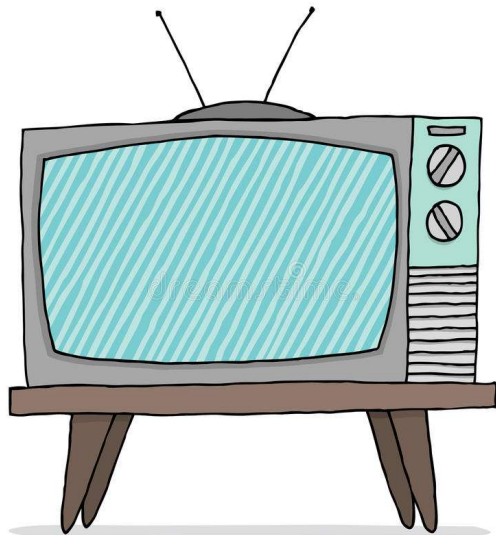
Outline

- Introduction
- Participation in sports in Canada
- When to start, what to start, when to end
- Positives of getting into sports at a recreational level
- High performance (HP) positives
- High performance (HP) negatives
- Finding a good coach/ academy
- Recommendations



Introduction

- My background
- Significance of sport in society
 - Memorabilia, ticket prices, time watching, betting

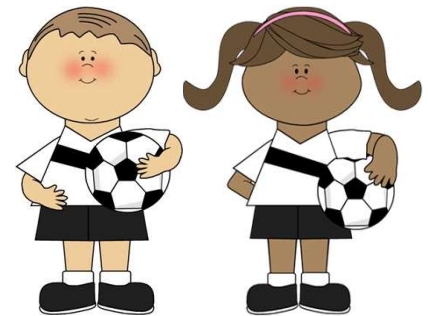


Youth participation in sports in Canada

- Over 6 million 3-17 years old participate (Today's Parent)
- 77% between the ages of 5-19
- Less than 30% with severe developmental disabilities
- \$1666 hockey vs. \$225 track
- Basketball and volleyball are lower
- 5.7 billion dollar industry in Canada annually
- Soccer biggest team (750K)
- Swimming biggest individual (1.1 million), hockey (531K)

When to start

- At 1-4, LTAD would suggest that parents should have them learn basic running, jumping, and throwing skills before putting them in organized sports
- At 5-8, the focus should be on non-competitive physical activity, having fun, learning skills, and groundwork for sportsmanship
- At 9 years, you could start putting them gradually into more competitive situations
- At 12 years, if the situation fits, they could start to join an academy and train more
- There are exceptions to these



What to start

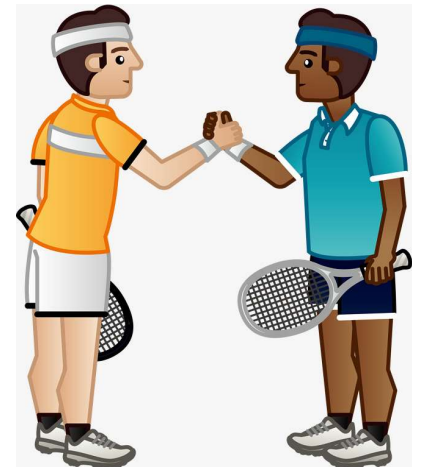
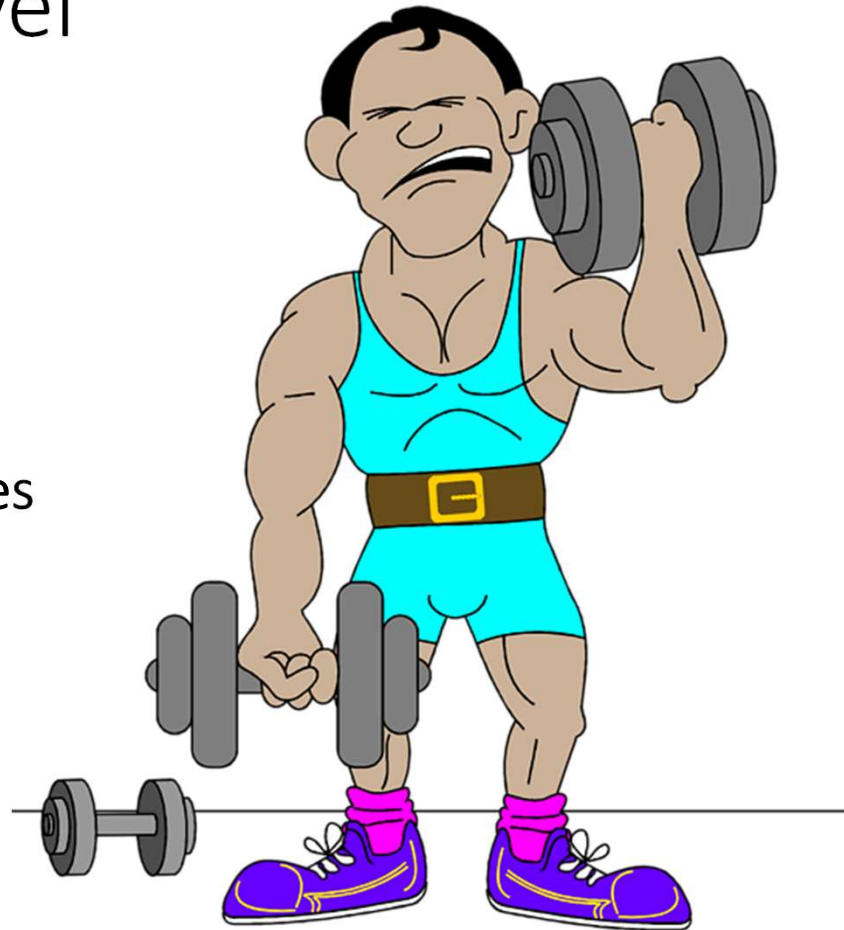
- An activity that the family do together
- An activity that they really have shown a passion for
- An activity that fits their personality
- Team vs. individual
- Parent's role in the choice

When to end

- Loss of passion
- Time restraints
- Not reinforcing values
- Female drop out 22%
- Don't stop due to losing
- Constant communication with your child

Positives of getting into sports at a recreational level

- Positive self-image
- Fitness
- Social/ friendship
- Sportsmanship
- Development of virtues
- Problem solving
- Analytical thinking



Positives of getting into sports at a recreational level

- Preparation
- Ability to handle criticism
- School grades
- Experiencing success
- Teamwork
- Leadership
- Learn to compete
- Learn to handle pressure



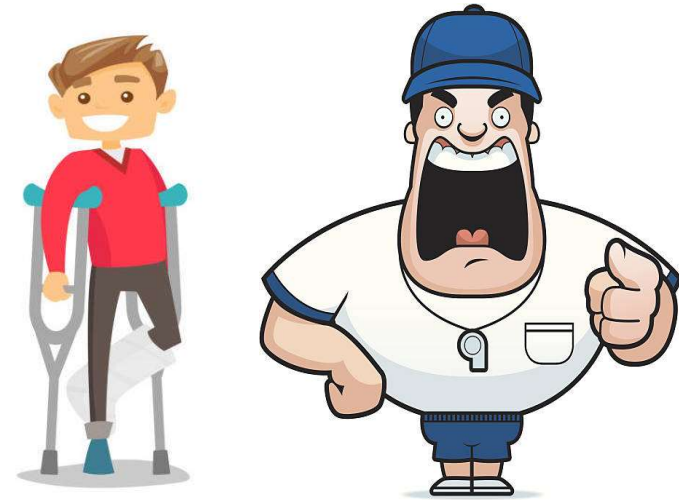
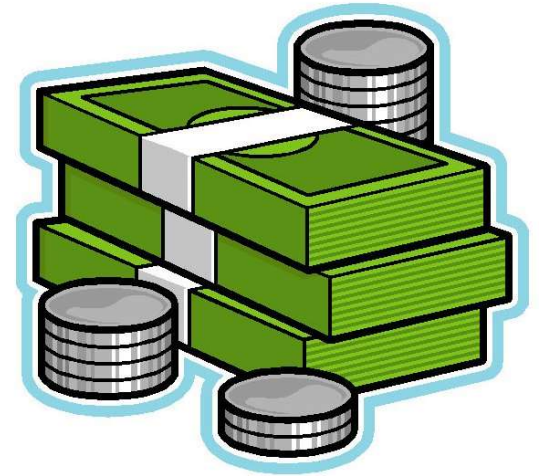
High performance positives

- Definition: "Elite" sport at the highest level of competition
- Emphasis on winning competitions vs. recreational where participation and fundamental development are key
- Career opportunities
- Scholarship (be realistic)
- Travel
- Mentoring
- Commitment



High performance negatives

- Cost
- Repetitive use injuries
- Potentially less time with family
- Potential to develop attitude of superiority and arrogance
- Negative, abusive coaches
- Excessive pressure at young age
- Lack of reality re scholarship and playing pro
- Loss of confidence
- Loss of downtime



Finding a good coach and academy

- Personality
- Competitiveness/ balance
- Ask around
- Coaching qualification experience and training methods
- Cost per hour
- Time and tournament expectations
- Ability to get involved

Final recommendations

- Enroll your children in recreational play based sports at least once
 - Try an individual and a team sport
- Be involved
- Make sure your child wants HP before enrolling- listen to their needs
- Don't feel pressured into HP before 12
- Don't break the bank with HP
- Don't allow them to sacrifice character and sportsmanship for HP
- Save and schedule time for family, school work, down time, faith
- Don't do multiple HP sports at one time
- Choose an academy/ coach that understands, practices, and supports your values
- Enjoy the games

Questions and Answers

- Hand outs
- Contact me if you have any questions



Thank you!



www.pife.ca