



# Dynamic Coaches, Youth Athletes, & Powerful Programming

*Exploring Sport-Based Youth Development*

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# Who is in the room? And who am I?



# What is Sports-Based Youth Development?

*Sports-based youth development is a methodology that uses sports to provide the supports and opportunities youth need to be healthy contributing citizens now and as adults. A sports-based youth development program offers youth an experience in which they learn and master sports skills along with life and leadership skills in a safe, fun, supportive, and challenging environment. This experience involves caring relationships; facilitated learning, experiential learning, and vigorous physical activity.*

*(Perkins & Noam, 2007)*

**UP.2US**

# SPORTS-BASED YOUTH DEVELOPMENT

Only SBYD has all of the following:



## COACHES

Highly trained coaches  
who build meaningful  
relationships



## SKILL BUILDING

Intentional skill  
building activities



## SAFETY

Physical and  
emotional safety



## PHYSICAL ACTIVITY

Moderate to vigorous physical  
activity (which promotes healthy  
bodies and brain development)



## FUN

Kids WANT to do it!

# SBYD: Multiple Definitions?

- **Up2Us**

- Coaches, Skill-Building, Safety, Physical Activity, Fun

- **Perkins (2007)**

- Physical & psychological safety, Appropriate structure, Supportive relationships, Opportunities to belong, Positive social norms, Support for efficacy and mattering, Opportunities for skill building, Opportunities to foster cultural competence, Active learning, Opportunities for recognition, Strength-based focus, Ecological & holistic programs, and integration of family, school, and community efforts

# Sports (and SBYD) as a solution!

- There are some pretty serious issues out there:
  - 1 in 3 children between the ages of 2-19 are overweight/obese
  - 71% of youth don't get the recommended amount of physical activity to live a healthy life
  - \$3.5 billion of funding was cut from public high school athletic programs between 2009-2011
    - By 2020, it's likely that over 25% of public high schools will be without any athletic programs
  - Graduation rates in urban schools districts is only 58% nationwide
  - 1 in 4 middle/high school students report being the victim of violence or abuse



# When we get SBYD “right”...

- Sports as a solution! Kids in positive sport experiences:
  - Improve their grades and stay in school
  - Work as a team and set personal goals
  - Are physically active
  - Make smart choices about drugs & alcohol
  - Make smart decisions about their sexual activity
  - Learn conflict resolution, resulting in less violence



# Our SBYD Role as Coaches & Educators

- Utilize intentional methodology in order to fulfill the promise of sport.
  - These outcomes just don't happen.
- Sports can be the hook and vehicle to engage (even hard to reach) youth.
- Caring adults (coaches, teachers, parents) are the linchpin!
- Development of quality relationships that have meaning and matter.



# Golden Nugget of the Day

- Quality relationships trump all!



# Relationship-Building in the Classroom

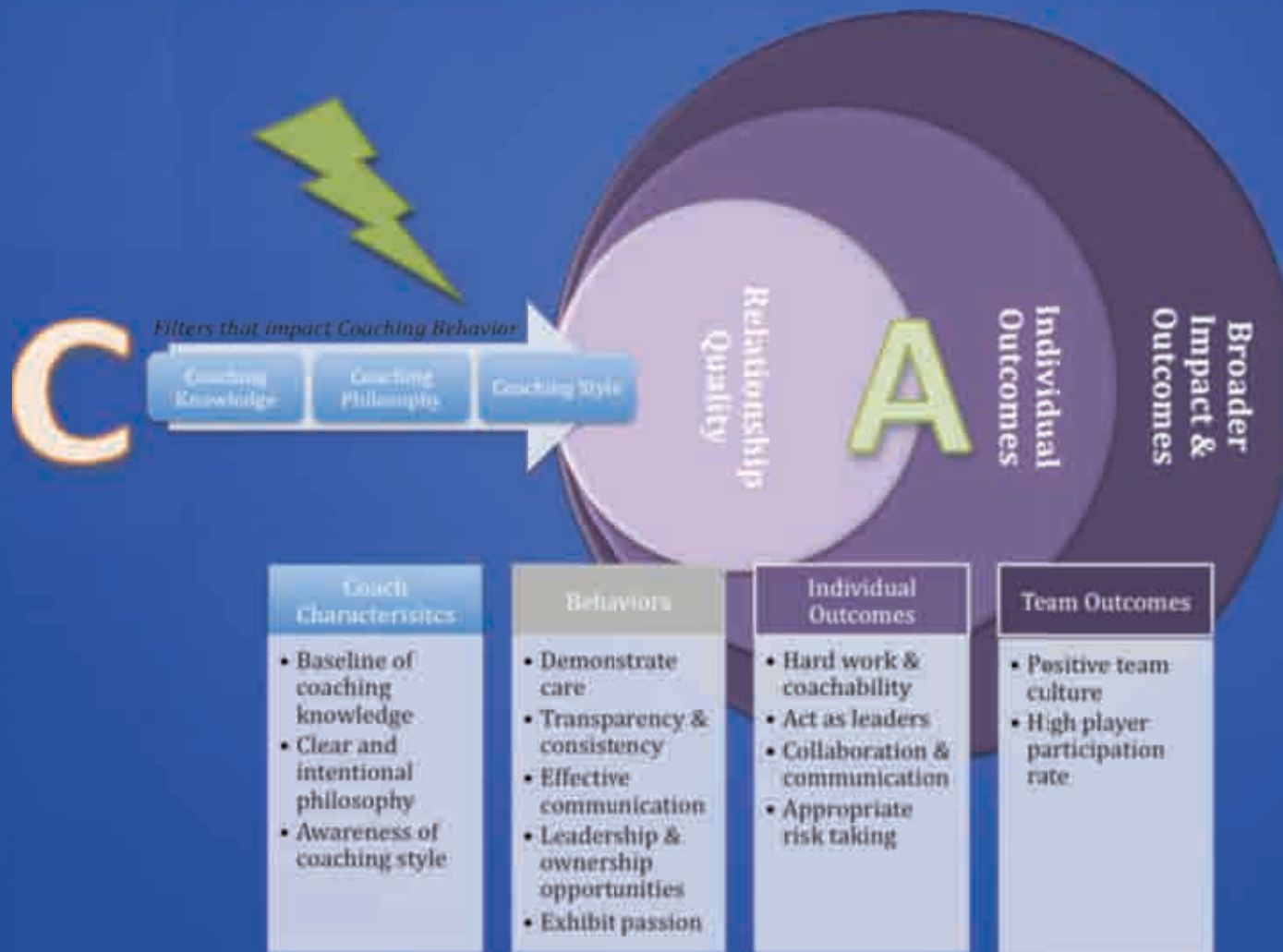
- “...the most powerful weapon available to teachers who want to foster a favorable climate” (Thompson, 1999).
- Research tells us that teachers build positive relationships through:
  - Demonstrating care, effectively communicating, showing respect, providing encouragement, building trust, collaborating, and setting high expectations.

# Relationship-Building in Sport Settings

- Research is primarily from the past decade; limited in scope.
- “Athletes seek a level of closeness in order to explore their sporting environment & thrive” (Davis & Jowett, 2010).
  - Motivation
  - Self-concept
  - Team cohesion
  - Performance



# Strategies for Successful Relationship-Building



# Thinking with an SBYD Hat

- Four days of tryouts for a high school baseball team
- Introductory karate class for ages 6 – 8
- Hiking club for middle school students with various learning disabilities
- Circuit training class for overweight high school students
- Sport “sampler” course for toddlers, ages 3 – 5
- Month of PE classes for grade school students, focused on “international sports”

# Takeaway #1: SBYD Spectrum

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# Takeaway #2:

- We can positively affect participant experience by thinking and planning with an SBYD framework in mind.



# THANK YOU!

- Kudos to you for being here today and for the work that you do!
- Any questions I can answer for you?

