

**Write Down an Activity
You Have Done Regularly
for the Last 5+ Years.**

The 3 Pillars of Long-term Youth Sport Participation

Coach Reed Maltbie



Find an Activity Match

WHY do you still do it?

WHAT motivates you?

WHO keeps you going?

Enjoyment
(Play)

Engagement
(Intrinsic Motivation)

Empowerment
(Autonomy)

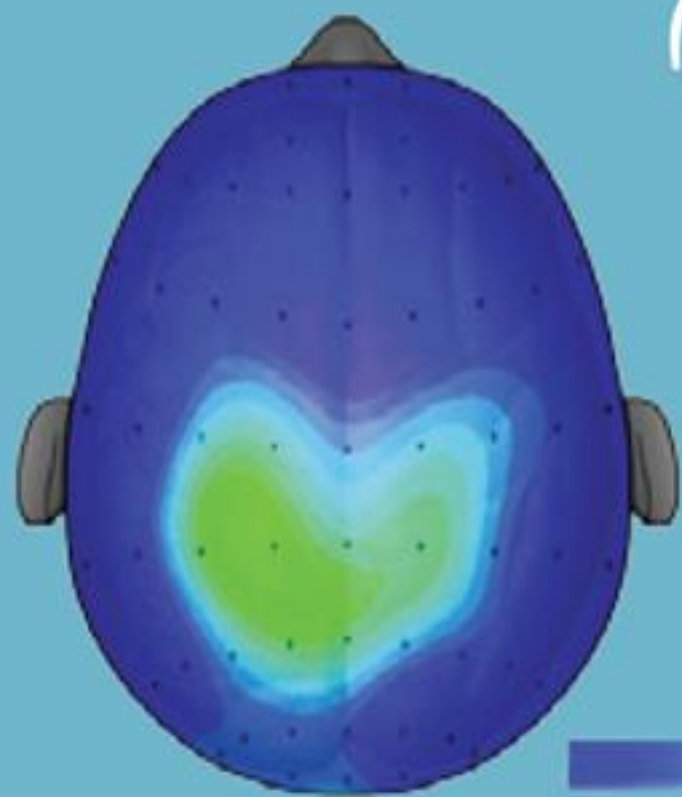
Enjoyment

Play

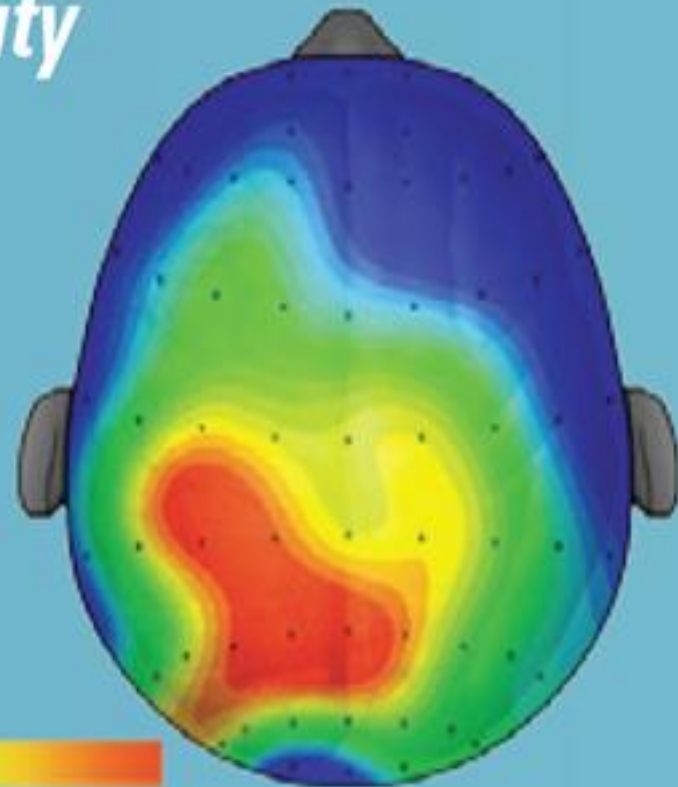
**Higher Brain Activity
Proper Learning Pathway
State-Dependent Learning**

Let Them Play

*Student Physical Activity
Increases Neuroelectric
(or Brain) Activity*



After 20 minutes of
SITTING QUIETLY



After 20 minutes of
WALKING



Let Them Play Messy

A background image showing several sailboats with large white sails on a choppy blue sea under a clear sky. The text is overlaid on this image.

**Failure Is A Road Sign,
Not a Stop Sign.**

Let Them Play for Something

A grayscale photograph of a sailboat with a large white sail, sailing on the ocean. The sail is the central focus, with the boat's hull and rigging visible. The ocean is in the foreground, and the sky is in the background. The text is overlaid on the image.

Play Is The Highest Form of Research

Albert Einstein

Engagement

Intrinsic Motivation

Brain Synching

Belonging through Striving

Neural Triggers



Connection Before Correction

A close-up photograph of a sailboat's deck. In the foreground, a white rope with blue and red geometric patterns is coiled around a shiny, metallic pulley. The rope extends towards the background, where it passes over another pulley. The background shows the blue sea and the white sails of the boat, slightly out of focus. The overall lighting is bright and sunny.

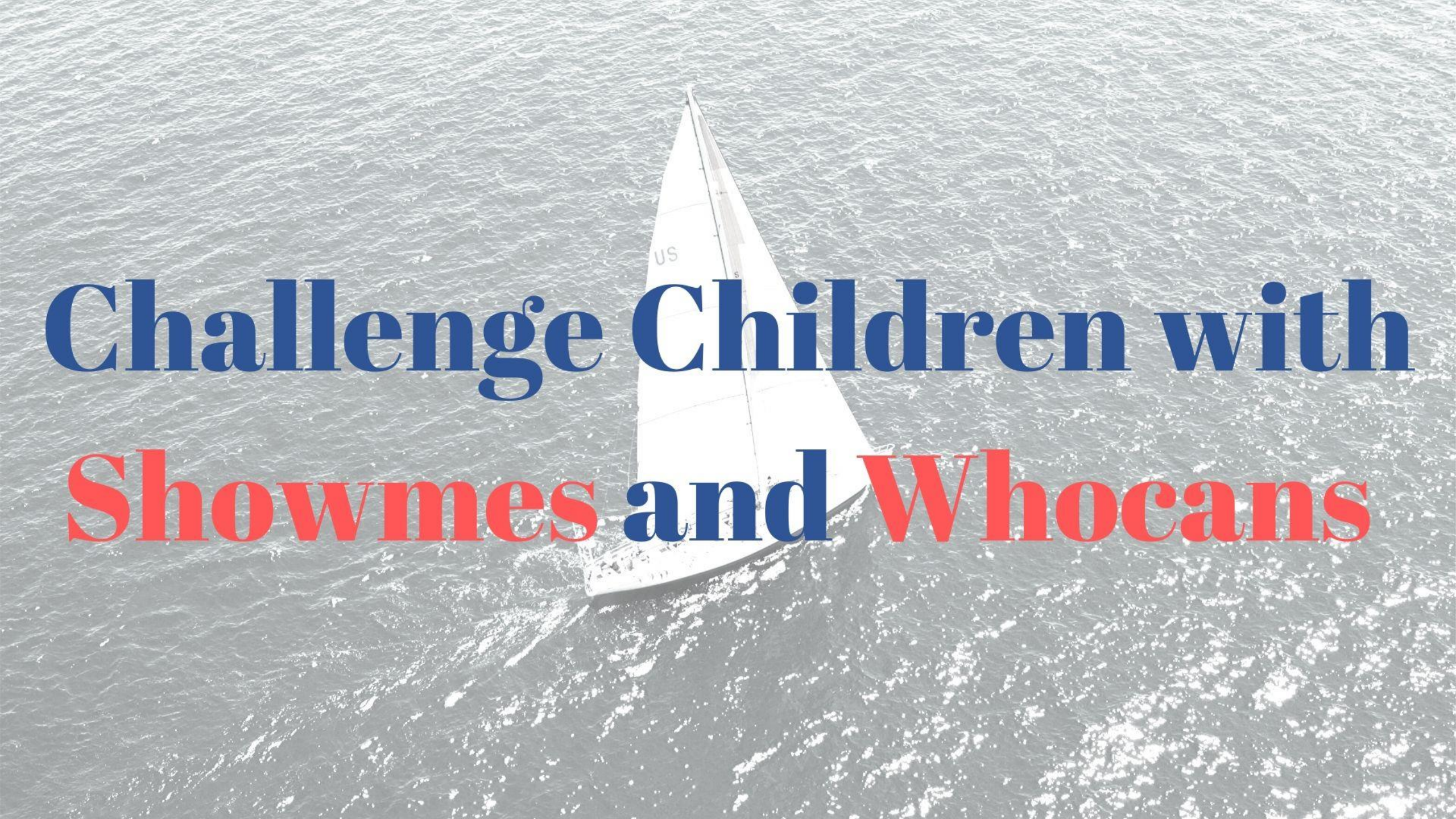
High Fives
Change Lives

Compete Don't Compare

A sailboat with a white hull and a tall, white mast is sailing on a greenish-blue ocean. The boat is tilted slightly to the left. The background is a clear, light blue sky. The text "Compete At All Times" is written in red, and "Not Win At All Costs" is written in blue, both in a serif font, overlaid on the image.

Compete At All Times
Not Win At All Costs

Children Love Challenges



Challenge Children with Showmes and Whocans

Empowerment

Autonomy

The Dinner Party Effect
Internal Locus of Control
Educare – To Draw Forth

More Voice



**When You Talk, You Are Only
Repeating What You Know.
If You Listen, You May
Learn Something New.**

Dalai Lama

More Choice



**The Greatest Power a
Person Possesses is the
Power to Choose.**

Martin J. Kohe

More Questions

A large sailboat with a black and white striped sail is sailing on a dark, choppy sea. The sky is a uniform grey. In the background, there are faint silhouettes of mountains and a small, distant sailboat on the horizon. The text 'Ask Don't Tell' is overlaid in the center-right of the image.

Ask Don't Tell

IT IS TIME FOR THE **SOCIAL MEDIA MINUTE**

Please take 60-seconds and post one takeaway, picture or thought from this session on a social media platform of your choice and tag

@USSailing

@Coach_Reed

#SailingLeadership



Your Opinion Matters

Please open the **Sailing Leadership Forum app**
and complete the **session survey** found in the
menu bar.

Thank you for attending this session



Why do children ~~play~~ sports?