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

Hillman et al. (2009). Neuroscience, 159, 1044-1054
Let Them Play Messy
Failure Is A **Road Sign**, Not a **Stop Sign**.
Let Them Play for Something
Play is the Highest Form of Research

Albert Einstein
Engagement
Intrinsic Motivation

Brain Synching
Belonging through Striving
Neural Triggers
Connection Before Correction
High Fives Change Lives
Compete Don’t Compare
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
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?