

YOUTH IN COMPETITIVE SPORTS

PRACTICE
PROBLEM 1



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TOPIC DESCRIPTOR

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Millions of children around the world participate in competitive youth sports every year. Involvement in organized sports teaches many essential life skills – teamwork, confidence, the value of hard work, and discipline. While some competitive sports promote activity and a healthy lifestyle, others build skills such as mental agility. The hyper-competitiveness of youth sports raises concerns that children are pushed too hard to win and succeed. The sports options for youth are also evolving, as competitive e-sports emerge.

GUEST

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Competitive sports can heighten aggression, pressure to win, and put children – who are still growing and developing – at risk for injuries. In many places, increasing costs of club sport-memberships and insurance exclude those who need social interaction and fitness the most. The costs of maintaining and running facilities can also limit the accessibility for youth.

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How much should we push young people to participate in competitive sports? Do the benefits of structured competition outweigh the costs of over-competitive behavior and possible injury? How does participation in sports impact the wellbeing of youth and their families?

CENTRAL THEME 1:

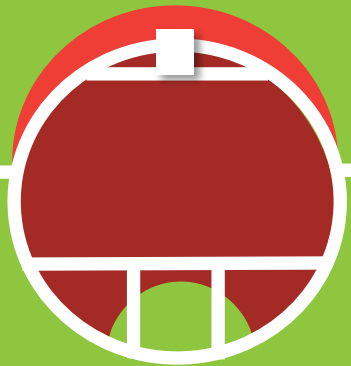
THREE KEY PLAYERS: ATHLETES, COACHES, AND PARENTS

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Youth Sports Suffering from Dropping
Participation, etc. - Washington Post

Pressure and Youth Sports
(Infographic)



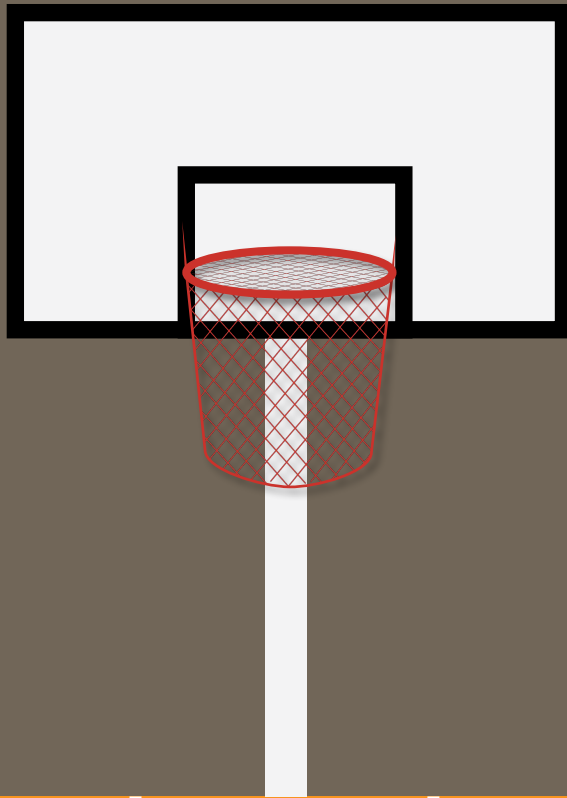
CENTRAL THEME 2: SPECIALIZATION, OVERUSE, AND INJURIES

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[The threat of youth basketball - ESPN](#)

[Sports Safety 101 - Safe Kids Worldwide](#)



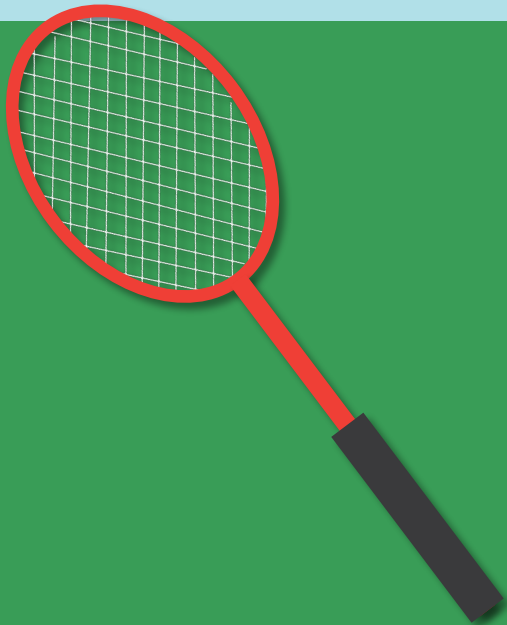
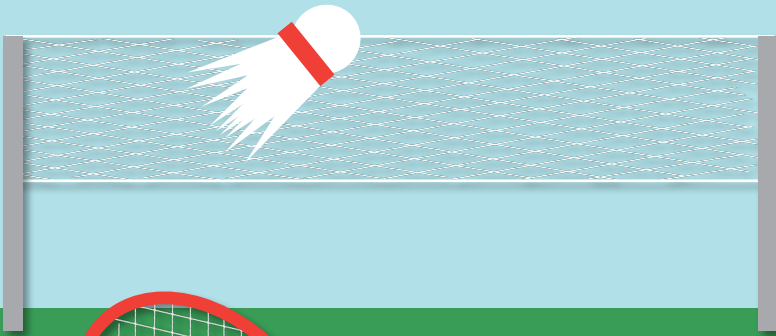
CENTRAL THEME 3: DEFINITIONS OF "SPORT" AND "ATHLETE" ARE EVOLVING

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The Future of Sports

Is Spelling a Sport? - Medium



CENTRAL THEME 4: YOUTH SPORTS IS AN INDUSTRY – AND IT'S NOT GOOD FOR EVERYONE

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[How Kids' Sports Became a \\$15 Billion Industry - Time](#)

[The High Cost of Youth Sports is Causing Some Families to Go Into Debt - ABC Tucson](#)

