

J38 Keeping Kids in Sports

September 2009

Intro: In many high schools across the country there's a growing concern about kids dropping out of sports. Some say it's because pressure to win is just too much. Others say kids are simply burning out. A psychologist at Mayo Clinic has some tips on how to keep kids enjoying and thriving in sports.

Video

Total running time 1:48

CG :10 to :13

**Lee Brandrup
Soccer player**

CG :22 to :31

Max Trenerry, Ph.D.

Audio

“ONE, TWO, THREE, UNITED!”

MAX TRENERRY IS A

PSYCHOLOGIST AND SOCCER

COACH. HE'S SEEN MANY KIDS

LIKE LEE BRANDRUP SUCCEED

AND ENJOY THE SPORT.

“IT'S FUN. I LEARN NEW MOVES,

MEET NEW PEOPLE.”

BUT HE'S ALSO WATCHED OTHER

KIDS DROP OUT. HATING

PRACTICE. STRESSED ABOUT THE

GAME. FEELING TOO MUCH

PRESSURE TO SCORE THAT GOAL

FROM COACHES AND PARENTS.

“THAT PRESSURE MAY TAKE THE

FUN OUT OF THE SPORT AND KIDS

Standup
CG :41 to :47
Vivien Williams
Reporting

MIGHT PLAY BECAUSE OF THAT PRESSURE, NOT BECAUSE OF THEIR OWN INTEREST.”

DR. TRENERRY SAYS WHEN KIDS PLAY TO PLEASE OTHERS, OR THE SAKE OF A REWARD, THEY’RE AT INCREASED RISK OF DROPPING OUT. SO HOW DO YOU KEEP KIDS IN THE GAME?

DR. TRENERRY SAYS THERE ARE THREE THINGS YOU NEED TO HAVE TO KEEP KIDS INTERESTED IN SPORTS. CHOICES, COMPETENCE AND CARING.”

“THESE ARE BASIC HUMAN NEEDS. IF WE DON’T HAVE THEM WE DON’T KEEP DOING WHATEVER IT IS.”

WE’LL START WITH CHOICES. KIDS NEED TO BE ABLE TO CHOOSE THE SPORTS THEY WANT TO PLAY.

NEXT IS COMPETENCE. KIDS NEED TO FEEL A SENSE OF SUCCESS.

THEIR SELF-BELIEF NEEDS TO

COME FROM A SENSE OF EFFORT
AND IMPROVING ATHLETIC SKILL
REGARDLESS OF WINNING OR
LOSING.. AND YOUNG ATHLETES
NEED TO FEEL CARED FOR – THAT
PARENTS AND COACHES CARE
ABOUT THEIR THOUGHTS AND
FEELINGS AND WILL TAKE THEM
SERIOUSLY. REGARDLESS OF
WHETHER THEY WIN OR LOSE THE
GAME. AND THEY NEED TO FEEL
THEY BELONG TO A GROUP.

“WHAT ELSE DO WE NEED TO DO?”
ONE WAY TO COMMUNICATE
CARING IS TO ASK CONSTRUCTIVE
QUESTIONS AFTER PRACTICE OR A
GAME. NOT DID YOU WIN OR
SCORE A GOAL, BUT.

“DID YOU HAVE FUN? WHAT DID
YOU LEARN IN PRACTICE? HOW
DID THE TEAM PLAY? HOW WERE
THE GUYS?”

CARING, COMPETENCE AND

CHOICES. THE KEYS TO KEEPING
KIDS IN THE GAME. FOR MEDICAL
EDGE, I'M VIVIEN WILLIAMS

Anchor tag:

Dr. Trenerry says if you notice that your child is losing interest in a sport or if he or she is stressed, talk about it and try to find out why. It could be too much pressure or it could be something else such as an incident that happened on the field. And admire your child's skill development and effort regardless of winning or losing a game. For more information, visit our Website at...**[STATIONS: Per the licensing agreement, please provide a link from your station's website to <http://www.mayoclinic.org> or voice tag "mayoclinic.org" for more information.]**