Paradigm Shifts in Youth Sports

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What is a PARADIGM?

A paradigm is defined as:
- An assumption
- A pattern
- An example
- Something worthy of imitation

In youth sports, we can define paradigms as:
- The overall framework of basic assumptions used by youth sports administrators as they analyze and interpret their data.

PARADIGM SHIFT - a change in assumptions, approaches and in general the way we do things! Youth sports has undergone radical changes over the last decade or two!
Let’s talk paradigm shifts!

- Who runs the leagues?
- League (program and sport specific) Rules
  - Who decides?
    - Is there a prioritization system for determining rules?
    - What if there is more than one game in town?
- Who monitors?
- Carte Blanc or with adaptations?

- League Monitoring
  - Process?
    - Who does it?
    - How is it done?
    - Ramifications?
Paradigms Shift

- What else?
- What do you worry about?
- What keeps you up at night?
The PAST...

- Title IX
- Inclusion
- Screening
- Violence
The PRESENT

- Youth Sports 24/7, 365
- Focus: recreational VS. travel, elite, all-star
- Co-ed leagues, girls sports
- Screening and training for volunteers is the norm
- Concussion/injury prevention - heading in soccer, flag football instead of tackle
The FUTURE

- Burnout
- Injury at all levels particularly concussion safety laws, bully prevention, overuse.
- Specific sports i.e. Football talk of banning the helmet and or face masks at various levels. Gymnastics over coming one on one coaching amid sex abuse scandals at all levels. Soccer dynamic rules changes over heading and tackling.
- Changing the youth sport paradigm "It's about education not performance"
- Age vs weight determinations in youth sports. Relabeling age group determinations.
GROUP DISCUSSION #1

As a recreation professional/CYSA, what do you feel is your role in the process of creating or changing youth sports policy in your community?
Who in your community should be involved in the process of making changes in youth sports policy? In what capacity?
GROUP DISCUSSION #3

- Describe a process that occurred a successful policy creation or change (youth sports or not) has happened in your community in the past.
GROUP DISCUSSION #4

- Discuss tools and tactics that would assist in making changes in youth sports policy.
Once we move!

- How do you defend this process?
  - To the participants and their parents?
  - To yourself
- What about the “but we have always done it this way” mentality?
  - How do you get buy-in?
    - Do you ask for background information from the national or regional sports groups?