



"Uncoachable kids
become
unemployable
adults.

Let your kids get
used to someone
being tough on them.
It's life, get over it."

-Patrick Murphy
Alabama Softball

WHY KIDS PLAY
SPORT

AGE

- An adult is a person older than 19 years of age unless national law defines a person as being an adult at an earlier age.
- An adolescent is a person aged 10 to 19 years inclusive.
- A child is a person 19 years or younger unless national law defines a person to be an adult at an earlier age. However, in these guidelines when a person falls into the 10 to 19 age category they are referred to as an adolescent
- 4-10 child
- Toddler 1-3
- An infant is a child younger than one year of age.

PSYCHOLOGICAL BENEFITS

- Self esteem and self confidence
- Teamwork
- Dedication
- Resilience
- Patience
- Respecting authority
- Emotional control
- Social interaction
- Honesty

MENTAL BENEFITS

- Concentration
- Mood
- Decreases stress and depression
- Improved sleep habits

LONG-TERM INVOLVEMENT IN PHYSICAL ACTIVITY

- Physical education and sport also build health activity habits that encourage life-long participation in physical activity.
- Highlights the potential impact of physical education on public health.
- sports programmes must focus on the development of the individual and not only on the development of technical sports skills.
- Can be used to recruit children and young people to health and education programmes.
- Additionally, some programmes aim to promote and develop other aspects of education such as school attendance and leadership.
- The United Nations High Commissioner for Refugees (UNHCR), for example, are using sport and play programmes to encourage young people, particularly girls and young women, to attend school within refugee camps across the world. In addition, UNICEF has a strong focus on using sport to campaign for girls' education, promoting education through events and awareness campaigns.

HEALTH BENEFITS

- Strong bones muscles and joints
- Decreased childhood obesity
- Increased cardiovascular fitness

SWIMMING

- Competitive swimming is an ideal activity for young people as it meets the goals for children's organized sports cited by many experts:
- Learning motor skills.
- Increasing physical activity levels.
- Learning social skills.
- Learning good sportsmanship
- Having fun.

SWIMMING AS PHYSICAL ACTIVITY

- low impact activity and reduces stress on the joints – it is the most injury-free sport for children.
- Develops coordination by requiring complex muscle movement involving all parts of the body.
- Improves cardiac and respiratory fitness and develops aerobic endurance.
- Promotes muscle development and burns calories, a particular concern with increasing rates of childhood obesity.
- Swimming can be continued for a lifetime.
- Swimming is a sport that children with disabilities can participate in

PARTICIPATION

- Sports participation is a significant predictor of young adults' participation in sports and physical fitness activities.
- Adolescents who play sports are eight times as likely to be active at age 24 as adolescents who do not play sports (Sports Participation as Predictors of Participation in Sports and Physical Fitness Activities in Young Adulthood, Perkins, 2004).
- Three-in-four (77%) of adults aged 30+ who play sports today played sports as school-aged children. Only 3% of adults who play sports currently did not play when they were young (Robert Wood Johnson Foundation/Harvard University/NPR, 2015).

Swim Coaching



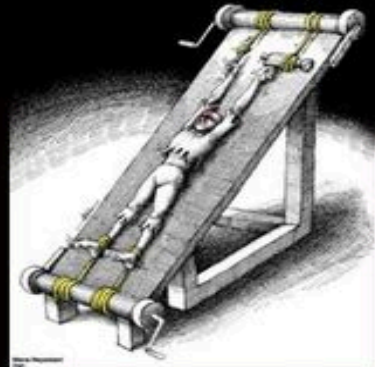
What my friends think I do.



What my mom thinks I do.



What society thinks I do.



What my swimmers think I do.



What I think I do.



What I actually do.

