Prof. Dr. Ilka Seidel

Youth Sport – Bridging Sport for All and Elite Sport
Mutual Benefits of Sport for All and Elite Sport

German – Chinese Symposium

13th December 2016, Berlin
Youth Sport...

1. Sport in School and Sports Clubs – Children and Adolescents

2. Young Elite Sport – long-term development

3. Long-Term-Athlete-Development – Gap or Mutual Benefit?
Development in Childhood & Adolescence

Personal Characteristics
- Genetics
- Resilience and commitment
- Task orientation and motivation
- Self-efficacy/belief systems

Abilities/Dispositions
- Physical
- Cognitive
- Interpersonal
- Intrapersonal
- Creativity

Access and Opportunity

Identification
- Practice
- Provision

Access and Opportunity

Environmental Characteristics
- Teachers/coaches
- Peer socialisation
- Family support
- Social values

Outcomes
- Lifelong physical activity
- Rewarding physical education experience
- Elite sport performance
- Sport leadership

(Bailey & Morley, 2006; Bailey et al., 2010)
Sport in School and Sports Clubs – Sport for All

- Sport in Schools including Physical Education (PE) is responsible for the physical, social-emotional and cognitive education processes of all children and adolescents (Memorandum zum Schulsport von DSLV, dvs, DOSB, 2009)

- In addition, organized sport in Sports Clubs offers a broad network of partners for sporting activities of children and young people - both in Sport for All and (Youth) Elite Sport
Sport in School and Sports Clubs – Sport for All

Co-operation

Sports Club
- Swimming
- Judo
- Track & Field

Schools
- Swimming
- Judo
- Track & Field
- Swimming
Sport in School and Sports Clubs – Sport for All

- ~ 91,000 Sports Clubs
- > 27 Mio. affiliated individual members
- 8,6 Mio. volunteers working in sports
- 290 Mio. hours of voluntary work per year

General concept and structure:
- Self-government of sports – non governmental structure
- Co-operation of sports organisations and public authorities

(DOSB, 2016)
Young Elite Sport – Long-term Development

Stages of TI & TD

TALENT IDENTIFICATION (TI)
- Screening/Detection
- Selection
- Prediction

TALENT DEVELOPMENT (TD)
- Beginning of Training
- Training/Practice
- Perfection/Career

INITIAL PERFORMANCE
- JUVENILE PERFORMANCE
- FINAL PERFORMANCE

(Hohmann & Seidel, 2003)
Young Elite Sport – Long-term Development

- **Institutions for TI/TD**
  - Sport Schools
  - TSP/LSP
  - State Sports Federations
  - Olympic Sports Federations
  - BSP, OSP, BW, BP
  - University; Professional Education
  - Sports clubs

- **Years of training**
  - Beginning of training
  - 1, 2, 3, 4, 5, 6, 7, 8, 9, 10
  - 11, 12, 13, 14, 15, 16

- **Stage of training cadre**
  - AGA, GLT, ABT, AST, HLT
  - D, C, A/B

- **TI/TD**
  - TI
  - TD

- **Junior-Comp.**
  - Talent / Young Elite Athletes Training

- **Indiv. peak performance**
  - Top Level Training

*(According to Pechtl, Ostrowski & Klose, 1993)*
Life long Sports Participation – Gap or mutual benefits?

- **Sampling Years**: High amount of deliberate play, low amount of deliberate practice, involvement in several sports.
- **Recreational years**: High amount of deliberate play, low amount of deliberate practice.
- **Investment years**: High amount of deliberate practice, low amount of deliberate play, focus on one sport.
- **Specializing years**: Deliberate play and practice balanced; reduced involvement in several sports.
- **Performance**: Reduced fun, reduced health, dropout.

(From Côté, 1999; Côté, Baker & Abernethy, 2007; Côté & Fraser-Thomas, 2007; Baker et al., 2009)
Long-Term-Athlete-Development
Bridging Sport for All and Young Elite Sport

Youth Sport: Sport for All AND Young Elite Sport

(Balyi, Way & Higgs, 2013; Canadian Sport for life 2.0)
Youth Sport –
Bridging Sport for All and Young Elite Sport – Examples

Youth Sport:
Sport for All
AND
Young Elite Sport
Youth Sport – Example:
Federal Program „Youth trains for Olympia/Paralympics“

16 Ministries of Education and Cultural Affairs

16 Olympic Sports Organizations

(JtfO, 2016)
Youth Sport – Example:
Federal Program „Youth trains for Olympia/Paralympics“

- Competition Program for Schools
- since 1969 in 19 Olympic Sports + supplementary program
- About 800,000 participants annually → World's biggest School Sports Contest
- Provides experiences of fairness, team spirit, fun in competitions
- Spring board from sports in school to training and competition in clubs
- Creates encounters between talents with world champions and Olympic athletes

(JtfO, 2016)
High relevance for Schools and Sports Organizations

→ new declaration between Standing Conference of the Ministers of Education and Cultural Affairs (KMK) and German Olympic Sports Confederation (DOSB)
Youth Sport –
Bridging Sport for All and Young Elite Sport – Examples

Youth Sport: Sport for All AND Young Elite Sport
Youth Sport – Example:
State Program „Talent Search – Talent Promotion“

- TI & TD Program for Schools in the State of Hesse
- since the 1990th
- 27 + 43 School Sport Centers with Talent Building (375) and Talent Development Groups (237) from class 4 to 10
- Special Teachers for Training and Education in Schools
- 3 Promotion Stages

(Hessisches Kultusministerium, 2006)
Youth Sport – Example:
State Program „Talent Search – Talent Promotion“

Identification of Interests and motoric profiles

Search for sports-oriented kids

Registration and Promotion of a broad base of sportive children and adolescents

all registered and promoted children and adolescents

(© Hessisches Kultusministerium, 2006)
Youth Sport – Example:
State Program „Talent Search – Talent Promotion“

Identification of talented kids

Talent Development Groups (237 TDG)

Sport semi specific training (GLT)
2 sessions/week

Sport specific profiles

Talent Building Groups (TBG)
2h/w

Class 4

Class 5

Class 6

PE – School Teams – Competition Programs

School Sport

(Hessisches Kultusministerium, 2006)
Youth Sport – Example:
State Program „Talent Search – Talent Promotion“

School Sport
PE – School Teams – Competition Programs in School

- Class 10
- Class 9
- Class 8
- Class 7

Performance Groups in School (69 PG); Special training

D-Cadre
ABT
3/4+ training sessions/week

E-Cadre & Training Centers (122 Groups)
GLT
3+ training sessions/week

Sport specific promotion of talented adolescents

(Hessisches Kultusministerium, 2006)
Young Sport – Summary

- Sports Clubs as basis for every sport - also for Elite Sport in GER
- 80% of offers from Sports Clubs for children and youth are competition or performance related
- Aims and content of Training Stages (AGA, GLT, ABT) are relevant both in Sport for All and Youth Elite Sport
- Benefit from young elite athletes, for instance in Sport Schools: classroom climate, performance orientation, ...
- Talent Identification needs a broad basis
Thank you for your attention
Different ages for the beginning of training in different sports

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(Seidel & Weise, 2016)
Development in Childhood & Adolescence

- psychological, emotional aspects
  - e.g. self confidence, stress resistance, motivation, volition

- social aspects
  - e.g. social success, peer relationships, personality, discipline, civic engagement

- intellectual, cognitive aspects
  - e.g. success in school, cognitive development

- physical aspects
  - e.g. physical fitness, motor abilities and skills, condition, strength, musculoskeletal development, health, physiological resistance

(e.g. Baranowski et al., 1992; Brettschneider, 2003; Fraser-Thomas & Coté, 2004; Larson, 2000; Lüsebrink, 1997; Oerter & Dreher, 2002; Oerter & Montada, 2002; Pinquart & Silbereisen, 2000)
Life long Sports Participation –
Gap or mutual benefits?

- Stage Model of Expertise
  (Bloom, 1985; Krampe, 1994)
  (A) early years – entrance into the domain,
  (B) middle years – transition phase,
  (C) later years - Expertise

- Stages of Sports Participation
  (Côté, 1999; Côté & Hay, 2002; Côté et al., 2003; Baker et al., 2003; 2009)
  Sampling Years (6-12 J.)
  Specializing Years (13-15 J.)
  Recreational Years (>13 J.)
  Investment Years (> 16 J.)
Life long Sports Participation – Gap or mutual benefits?

(Côté, 1999; Côté, Baker & Abernethy, 2007; Côté & Fraser-Thomas, 2007; Baker et al., 2009)
Youth Sport
Bridging Sport for All and Elite Sport

Top Elite Athletes
Performance & Perf. Prerequis.  Performance commitment  Development conditions

Sports-oriented children
Performance & Perf. Prerequis.  Performance commitment  Development conditions

Young Elite Athletes
Performance & Perf. Prerequis.  Performance commitment  Development conditions

Youth Sport
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