

GOOD SPORTS SPINE

The Good Sports Spine is a sense making tool to help understand how adults impact children's sport experiences. The two different 'climates' should be seen as opposite ends of a continuum. Good Sports aims to encourage adults to move towards the Climate of Development.

Climate of PERFORMANCE

Examples

You got me driving back and forth for you to go out and do absolutely nothing."
Kevin, Trophy Kids

Attitudes & Behaviours

Winning & Losing
Focus on results
Mistakes to be avoided
Recognise ability

"I'm really proud of my daughter ... but I can't let her know that kind of thing until we get to where we're trying to go."
Andre, Trophy Kids

Only the Best Matter
Playing favourites
Selective support
Encouraging gossip & rumour

"I think it bothered people that I would set out to create a super athlete"
Rob Marinovic, Father of Todd Marinovic

Strict Adult Control
Adults make all decisions
Mistakes immediately corrected
Dismiss children's ideas

"I'm trying to get that whole training mentality. At 10, 11, 12, 13, 14, he was taking 20-25 pills a day."
Steve, Trophy Kids

Performance Training
Repetitive drills
Direct instruction
Punishment & reward

"Our goal, as a family, is quite simply to get her to the LPG Tour."
Andre, Trophy Kids

Early Specialisation
Single sport focus
Year-round training
Pressure to select one sport

CHILDREN'S NEEDS

INSPIRATION

Growth Mindset
Process focus
Coping skills

CONNECTION

Support
Sense of belonging
Trust & fairness

EMPOWERMENT

Ownership
Self-direction

PLAY

Opportunity
Imagination
Fundamental movement skills

VARIETY

Sampling
Appropriate structure

Climate of DEVELOPMENT

Attitudes & Behaviours

Effort & Improvement
Focus on getting better
Mistakes necessary for growth
Recognise effort and trying

Everyone Matters
Including everyone
Unconditional support
Encourage friendship & care

Kids Share Control
Children involved in decisions
Time to correct own mistakes
Recognise children's ideas

Learning Through Play
Modified games
Discovery approach
Smart questioning

Late Specialisation
Trying out multiple sports
Balance with school & friends
Waiting to select one sport

Examples

"If we put in as much preparation as we have in the past ... then if we get beaten by a crew that's better than us, you've just got to take that on the chin"
Eric Murray, NZ Rowing

"Going to races with her is probably what helped her in her youth. Being there with her...enjoying it with her..."
Jan Scott, Mother of Olympic Champion Beanie

He didn't have to follow in his dad's footsteps. He could do whatever sport he wanted as long as he gave it 100%"
Dell Curry, father of Steph

"Out here I just feel really free. Just hiking around the rocks is really fun to explore. The rock here is so cool!"
Ashima Shirashi, World Champion Climber

Gold Medal winning kayaker *Lisa Carrington* first participated in surf life saving and netball, did not start kayak until 14 and did not focus year round on kayak until 17.

Climate of **PERFORMANCE**

More likely to be
EXTRINSIC

Greater risk of
BURNOUT

Greater chance for
DROP OUT

Less likely due to
ISOLATED SKILL FOCUS

GREATER RISK

BENEFITS & CONSEQUENCES

for children's development

MOTIVATION

WELL-BEING

**LONG TERM
PARTICIPATION**

SKILL TRANSFER

OVERUSE INJURY

Climate of **DEVELOPMENT**

More likely to be
INTRINSIC

Greater chance of
ENJOYMENT

Greater chance of
LONG TERM PARTICIPATION

More likely to develop
BREADTH OF MOVEMENT & SKILLS

REDUCED RISK