Illinois Youth Sport Summit Reinventing the Sport Experience



Hosted by

Department of Recreation, Sport and Tourism Office of Recreation and Park Resources

at the University of Illinois at Urbana-Champaign

September 23-24, 2014 | Chicago, Illinois

Illinois Youth Sport Summit Partners







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ORPR Office of Recreation and Park Resources

Special thanks to Navy Pier for providing our meeting space.

Welcome



Pat Quinn GOVERNOR

September 23-24, 2014

Illinois Youth Sport Summit

Greetings!

As Governor of the State of Illinois, I am pleased to welcome everyone gathered for the Illinois Youth Sport Summit.

There is a critical need to make programmatic changes in youth sports that will increase participation rates and maximize the benefits of participation for both individuals and society. The Illinois Youth Sport Summit plays a vital role in achieving this objective. You were all asked to be involved in this Illinois Youth Sport Summit because of your leadership and commitment to improving the quality of youth sports activities in the state of Illinois. I appreciate the work being done by everyone here to ensure that our youth are given every opportunity to participate in sports programs and have positive athletic experiences.

I would like to thank the Department of Recreation, Sport, and Tourism and the Office of Recreation and Park Resources at the University of Illinois for planning and hosting the Summit. Additionally, I would like to thank the Illinois Association of Park Districts and the Illinois Parks and Recreation Association for their continual support and commitment to these efforts. The State of Illinois is a leader in the effort to reform and enhance youth sports and is appreciative of the hard work, time, and commitment of the individuals here today. Thank you for your continued effort, leadership, and desire for excellence.

On behalf of the people of Illinois, I offer my best wishes for an enjoyable and productive Summit.

Sincerely, Pat Quinn

Pat Quinn Governor

UNIVERSITY OF ILLINOIS AT URBANA-CHAMPAIGN

College of Applied Health Sciences Office of the Dean 110 Huff Hall, MC-586 1206 South Fourth Street Champaign, IL 61820



September 23 – 24, 2014

Illinois Youth Sport Summit

Welcome to the Illinois Youth Sport Summit. This summit has been organized and is being hosted by the Department of Recreation, Sport and Tourism and the Office of Recreation and Park Resources, units of the College of Applied Health Sciences at the University of Illinois at Urbana-Champaign. As Dean of the college I am proud of the role we have played in helping to bring you together to work on this critical agenda.

We know that the foundation for an active lifestyle is established in childhood and adolescence and that sport plays a vital role in building that foundation. Unfortunately, however, participation in sports among young people continues to trend downward while obesity and associated health problems trend upwards. Unless this can be reversed the health of our youth will be at increasing risk. In an effort to reverse these trends it is important that youth sport programs and systems contribute to the development of physically active lifestyles that last a lifetime.

Youth sport programs are integral to meeting this challenge. Issues that need to be addressed in these programs are the increasing emphasis on winning over the enjoyment of participation in play, on sport programming that requires expensive travel, and on an emphasis on athletic ability in order to "make the team" that marginalizes rather than encourages the participation of all children. Each of these issues needs to be examined in light of the need to increase the positive connections between physical activity and health for children.

There is much work to do. Thank you for your commitment to youth sport for the state of Illinois. This summit and the work that will follow are vitally important to the lives of Illinois youth. We look forward to partnering with you and we wish you every success.

Sincerely,

Tanya Gallagher, Ph.D. Dean

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Office of Recreation and Park Resources Department of Recreation, Sport and Tourism University of Illinois Extension 104 Huff Hall 1206 South Fourth Street Champaign, IL 61820



September 23-24, 2014

Welcome to the Illinois Youth Sport Summit!

Remember when you were young? What are your fondest memories? How many of those have something to do with play?

Not long ago, I found myself reminiscing with a group of friends who had all been athletes. Some of them had competed to quite elite levels. At one point, we each took turns remembering our happiest sports engagements. For me, it was touch football in the streets of my neighborhood. For others, it was pick-up basketball at a local playground, volleyball with friends at a local park, surfing challenging point breaks, sandlot softball, or bocce at picnics. What was surprising is that not one of us rated participation on our childhood or our elite sports teams among our most joyful sports memories. Our participation in intensive organized sport was important to each of us, and we could each recount why that was so. But when it came to sheer joy, playing merely for the sake of playing was always the most gratifying experience.

As we thought about our lives in organized and informal sports, we found ourselves wondering about the kinds of youth sport to which young people are now directed. We each had stories about relatives or friends' children who had been priced out of sport because they could not afford to remain on a traveling team, or who had been cut from a team because someone a little better was ahead of them, or who had quit because the pressure to win had crushed their enjoyment, or who simply wanted to get out from under demanding adult control. Our conversation echoed many of the concerns and criticisms we have all heard about the commodification and professionalization of youth sport today.

We can stand by and let the trends continue, with the inevitable result that youth sport will turn off increasing numbers of young people. We can allow youth sport to become an ever more expensive pursuit for the few young athletes who are willing to tough it out in the few sports that are offered. Or we can reinvent youth sport so that it provides quality experiences to every youngster who wants to participate – experiences that will lay a foundation for a lifetime of playful physical activity.

It is not that we ask too much of sport; rather, we ask too little, and we expect even less. This summit is an opportunity to re-envision what sport can do, and how sport can do it. We will think in new ways about the programs and policies by which we will create a youth sport that attracts and retains young people for the sheer joy that our programs provide. We will devise means by which sport can add value to their lives regardless of win/loss records. This is the beginning of a transformation – one that is long overdue.

Sincerely,

Laurence Chalip, Ph.D. Brightbill/Sapora Professor Head of Department

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Agenda: Day 1

Tuesday, September 23

8:00 - 8:30	Registration and Breakfast	
8:30 - 8:40	Introduction, Dr. Laurence Chalip	
8:40 – 9:10	State of Youth Sports Tom Farrey, Aspen Institute Sports & Society Program	
Topic 1: How to Design Sport for the Outcomes We Want		
9:10 – 10:00	Panel Discussion with Q&A Dave McCann, Sport Development Concepts: Long Term Athlete Development Dr. Matt Bowers, University of Texas: Program Design Dr. Chris Green, University of Illinois: Range, Play, and Modified Programs	
10:00 - 10:10	Break	
10:10 - 12:00	Table Workshops: Diversifying ProgrammingReporting and moderated feedback from panelists.	
12:00 - 1:00	Lunch	
Topic 2: Resourcing Challenges		
1:00 – 1:20	Speaker: Jamie Gower, Decatur Park District	
1:20 – 1:40	Q&A Session	
Topic 3: Linkages and Pathways Across Sectors: Enhancing the Sport Ecosystem		
1:40 – 1:55	Speaker: Scott Myers, Executive Director, World Sport Chicago	
1:55 – 3:05	Table Workshops: Challenges and Opportunities for Collaboration	
3:05 - 3:15	Break	
3:15 – 4:15	Table Workshops Continue	
4:15 - 4:40	Moderated Group Discussion	
Conclusion 4:40 - 5:00	Summary and Preview of Day 2, Dr. Laurence Chalip	

Agenda: Day 2

Wednesday, September 24

- 8:00 8:15 Arrival and Breakfast
- 8:15 8:25 Recap and Introduction, Raquel Hutchinson

Topic 4: Extending the Benefits of Sport beyond the Field: Positive Youth Development

8:25 – 8:45	Coaching as Mentoring Jason Sacks, Positive Coaching Alliance
8:45 – 9:05	Sport as an Intervention Dr. Laurence Chalip, University of Illinois
9:05 – 9:25	Sport and Intergroup Relations Dr. Jon Welty-Peachey, University of Illinois

9:25 – 10:00 Q&A/Conversation with panelists

10:00 - 10:15 Break

Topic 5: Creating Change: How Can We Improve Youth Sport at the Grassroots?

- 10:15 10:30 Summary and Instructions
- 10:30 11:15 Table Workshops: Making Change a Reality
- 11:15 11:45 Responses and Group Discussion

Conclusion

- 11:45 11:50 Reaction from Tom Farrey
- 11:50 12:00 Next Steps, Dr. Laurence Chalip
- 12:00 1:30 Lunch and Networking

Featured Speakers

Dr. Matt Bowers is a Clinical Assistant Professor of Sport Management at the University of Texas and a founder of Hook & Ladder, a research-based sports consulting firm. His research examines the management of systems for athlete and coach development, particularly in regards to the potential benefits that non-organized sport settings, such as pick-up sports or video games, may have on these development systems. A major goal of his work is to influence the design and implementation of sport programs and policies that promote both elite performance and mass participation throughout the lifespan. As a consultant he works with sport organizations around the world to help them create sport experiences for youth that produce better athletes and better people.

Dr. Laurence Chalip is the Brightbill-Sapora Professor at the University of Illinois, where he serves as Head of the Department of Recreation, Sport and Tourism. His research focuses on the theoretical and practical issues related to the use of sport for policy purposes, as well as policy issues specific to the sport industry. The goal of this work is to elaborate a model that enables optimal design and delivery of sport programs and events in order to maximize economic and social development benefits for communities. He has worked with organizations at all levels of sport, from recreation programs to club teams to the Olympic Movement, and has won awards for his work from the North American Society for Sport Management and the Sport Management Association of Australia and New Zealand. He is on the advisory board for Project Play, the Aspen Institute's youth sport policy initiative – an experience which prompted the genesis of the Illinois Youth Sport Summit.

Tom Farrey is an award-winning journalist, author, and director of the Aspen Institute Sports & Society Program. A veteran reporter for ESPN, his work on youth football safety for Outside the Lines in 2014 earned ESPN its very first Alfred I. duPont Award, the most prestigious award in broadcast journalism. He is the author of *Game On: The All-American Race to Make Champions of Our Children*, an investigation into the culture of modern youth sports. Following the publication of this book he founded the Aspen Institute Sports & Society Program with the goal of addressing contemporary issues in youth sport and identifying solutions. In line with this mission he launched the program's current initiative, Project Play, which brings together leaders and experts on a variety of topics in an effort to reimagine youth sports in America and explore how sport can serve the public interest by developing healthy children and communities.

Jamie Gower, MS, CPRP is the Director of Recreation and Facilities for the Decatur Park District, where he is responsible for the overall operation of recreation, fitness, and sports facilities, including the Decatur Indoor Sports Center, Overlook Adventure Mini Golf, Decatur Soccer Complex, Rotary Park Softball Complex, Fairview Park Tennis Facility, Fairview Aquatics Facility, Johns Hill Senior Center and Scovill Zoo. Jamie also supervises a team of professionals who provide cultural arts, sports lessons and leagues, camps, fitness, special events, aquatics, senior, and therapeutic recreation programming for the greater Decatur area. Prior to this he served as Risk Manager for Decatur Park District, and was previously the manager of the Decatur Indoor Sports Center, athletics supervisor at Decatur Park District, and recreation supervisor at Wood Dale Park District. Jamie is a member of IPRA, NRPA, Central Illinois Council for Leisure Experiences, and sits on the EIU Recreation Administration Advisory Council, EIU Recreation Alumni Association Committee, and is part of the "Grow Decatur" initiative.

Dr. Christine Green is a professor of Recreation, Sport and Tourism at the University of Illinois, the director of the Sport+Development Lab at UIUC, and the President of the North American Society for Sport Management. Her work examines the growth and development of sport programs and systems and their relationship to the development of individuals, groups, communities, and organizations. A major challenge she encounters in her work is cultural resistance to change within a model of sport that is highly competitive rather than cooperative, and which values achievement rather than growth. A major goal of her research is to help sport organizations understand that they can broaden what they offer without hurting their elite programs, and that by doing so they will attract new participants and maintain participation over a longer period of time. The practical objective of her work is to enhance the effectiveness of governance, administration, marketing, and policymaking for sport programs and systems.

Dave McCann is the CEO of Sport Development Concepts, which provides consulting on all matters having to do with the development of sport, including recruitment, retention, and advancement of athletes. He is the nation's leading expert on Long Term Athlete Development (LTAD). Previously he served as Director of Rugby Development and Director of Coaching for USA Rugby, Manager of Coaching Education for the US Olympic Committee, and Director of the Institute for Sport Coaching. In 2011 he created the National Coaching Conference, which brings together coaches, coach educators, and program administrators to discuss and develop solutions to improve our national sports development, education, and performance system. In 2007 he was elected President of the National Council for Accreditation of Coaching Education. Throughout his career he has trained over 3,000 sport coaches and instructors in clinics across the nation.

Scott Myers is the Executive Director of World Sport Chicago (WSC), a nonprofit organization that promotes the development of sustainable sports programming that improves the quality of life for under-served youth in Chicago and atrisk communities. WSC partners with community-based organizations such as schools, parks, and sport clubs, as well as the state and regional affiliates of various National Governing Bodies to support programs and events that provide youth with opportunities to develop positive values and leadership skills through sport experiences. He is on the Board of Directors of Youth Guidance, a leading provider of outcomes-driven, school-based programs and capacity-building initiatives that serve at-risk youth in Chicago. He is also a member of the Advisory Council for the Chicago Sports Commission. Jason Sacks is the Executive Director for the Positive Coaching Alliance (PCA) Chicago Chapter. PCA is a national nonprofit with the mission of providing all youth and high school athletes with a positive, character-building youth sport experience. PCA helps create "Better Athletes, Better People" by partnering with local schools and sport organizations, conducting workshops, and providing education, tools, and resources for coaches, administrators, parents, and studentathletes. In his role Jason oversees the day-to-day operations of the Chicago chapter, including fundraising, board management, marketing, and partnership development. He has spoken about the value of coaching at numerous youth sports conferences across the country. In addition, he is currently the Varsity Assistant Basketball Coach at Perspectives (MSA) Charter High School in Chicago.

Dr. Jon Welty-Peachey is a professor of Recreation, Sport and Tourism at the University of Illinois focusing on how to leverage sport for development and social change. His research examines how to most effectively design and structure sport-for-development organizations to have optimal individual, community, and economic impact, as well as how to leverage these organizations and events for positive social outcomes. He works with community-based and non-governmental organizations that use sport for development purposes to help determine effective leadership strategies and programmatic and structural design features that are sensitive to cultural contexts and the individuals served by the programs. Organizations that have benefitted from his assistance include Street Soccer USA and the World Scholar-Athlete Games. Prior to joining the academic community, he served as Vice President of International Operations and Program Development for the Institute for International Sport, a world-wide non-profit organization using sport to effect positive social change.



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About the Illinois Youth Sport Summit

The Illinois Youth Sport Summit was developed as a complement to the work being done by the Aspen Institute's Project Play, a national effort to reform youth sports. The National Summit on Youth Sports demonstrated that although it is widely agreed that policy action is needed, the solutions must be designed and implemented at local, regional, and state levels. This reality demands that state and local leaders in sport design and delivery be included in the conversation on how best to create the change that is needed. Sport programs for youth are offered by an array of organizations and agencies, often with conflicting policies and systems. The IYSS is designed to overcome these challenges by fostering discussions and exercises in which organizations begin to collaborate across sectors and recognize their place in a broader sport ecosystem that contributes to the quality of life for all Illinois youth. The Summit is a necessary first step towards concentrated policy reform, but it is not a solution in and of itself; this is the foundation for what comes next.

rst.illinois.edu/youthsport

About the Office of Recreation and Park Resources

The Office of Recreation and Park Resources is the industry outreach and community engagement arm of the Department of Recreation, Sport and Tourism at the University of Illinois. Its primary goals are to provide on-site consultations, conduct evaluations and applied research, and offer education and training for park, sport, and recreation providers. ORPR works with organizations and communities of all sizes to increase knowledge, improve programs and services, and help build happier and healthier communities.

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