Developing the Healthy Youth Athlete:
The Public Health Challenge and Opportunity

Change the Game!
A Post Conference Summary

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A CSM, in partnership with a large and extraordinary array of partner organizations, including ESPN Wide World of Sports; the Aspen Institute; the President’s Council on Fitness, Sports & Nutrition; the National Youth Sports Health & Safety Institute; the National Council of Youth Sports; and many more — hosted a thought-leading and action-focused summit on “Developing the Healthy Youth Athlete: the Public Health Challenge and Opportunity,” Feb. 11-12, 2014 at Lake Buena Vista, Fl. The conference blended research and science with real-life examples and community best practices to provide innovative insights and understanding of the hot topics in youth athletics.

Youth sports are powerfully important at all levels of society with a vast array of lifelong, complementary benefits for individuals, communities, and countries, but need fundamental change to make them safer, healthier and more enjoyable.

A robust agenda of nationally and internationally prominent speakers and panels called for new approaches to youth sports, and came with solutions and a collective call to action. The summit allowed for innovative thinking about youth sports, an exercise in reimagining and taking the current best along with pressing needs and key opportunities for progress.

So, for a moment, let’s imagine a new world where every kid between the ages of 6 and 17 has the opportunity to play organized sports — a world where:

- Coaches are trained on the mechanics of the sport AND the fundamentals of youth development.
- Sport competition is a vehicle for building character — for raising kids who are morally, ethically and physically strong.
- The primary reason kids (and their parents) are drawn to sports is first and foremost the FUN factor. Where winning and losing — while a reality — isn’t the ultimate measure.
- Every child has the opportunity to play regardless of skills and abilities.
- Kids’ early positive experience with sports leads to a lifetime of healthy physical activity.
- The full range of co-benefits of youth sports, benefits in addition to health, are not only gained but are intentionally pursued by all, from individuals to national governments.

Within this imagining, of course, it was recognized and applauded that there are well-trained coaches; participation awards freely given to every child, and parents and coaches who espouse the concept of fun above competition. But society is disparate. And, according to the assembly of conference thought-leaders, the culture of youth sports needs major, targeted change in order to create more early positive experiences for children.

While there are many important areas that need to be addressed, these experts suggested that special emphasis should be on coaches, the community and parents.

In addition, and depending on the community, attention should be given to providing safe and accessible facilities; creating more opportunities for free play; expanding access to organized sports; engaging youth in multiple sports—less of a focus on early specialization; and ensuring kids are safely engaged in age-appropriate activities.

The experts and thought leaders in Developing the Healthy Youth Athlete: The Public Health Challenge and Opportunity explored issues and creative solutions related to the state of youth sports in the U.S., North America, and globally. It was abundantly clear that the issues are complex, many with no easy answers; that one size doesn’t fit all, and that making transformative progress will require multidisciplinary, multi-organizational and multi-sector collaboration.

The 2014 Summit on Developing the Healthy Youth Athlete: The Public Health Challenge and Opportunity was a key step in a vital journey, but not the conclusion. Changing the culture of youth sports is going to be a long journey. While it’s no small task, the desire of the group to collaborate, communicate and innovate was immense. Momentum is building and change will happen one child, one program, one community at a time.

Youth sports have an even more important and beneficial role to play in the lives of individuals, families, communities, nations and the entire world. ACSM would be pleased and honored to partner with YOU in making this vision a reality.
DEVELOPING A HEALTHY YOUTH ATHLETE

ACTIVE KIDS ARE HEALTHIER KIDS
Overall research has shown youth sport participants have higher levels of physical activity that positively influences their physical & psychological health in adolescence & beyond.

TIME TO GET KIDS UP AND MOVING
STUDIES TELL US THAT
ONLY 40% OF KIDS GET THE
RECOMMENDED 60 MIN OF
MODERATE TO INTENSE PHYSICAL
ACTIVITY DAILY

YOUTH SPORTS PROMOTE LIFE-LONG BENEFITS LIKE:

1. ACADEMIC ACHIEVEMENT
2. EMOTIONAL DEVELOPMENT
3. Social Well Being
4. Positive Health Behaviors
5. Psychological Well-Being

Improved Physical Health, Strength & Fitness
The Public health challenge and opportunity

It's time to get kids up and moving! Studies tell us that only 40 percent of kids achieve the recommended levels of physical activity—national physical activity guidelines call for children to have at least 60 minutes of moderate to intense physical activity daily.

The problem: More than one-third of children in the U.S. are overweight or obese; and the number of kids suffering from chronic diseases like asthma, heart problems, diabetes, and behavior and learning problems, has more than doubled from 12.8 percent in 1994 to more than 25 percent today.

A solution: focus on the millions of kids around the world who are involved in organized sports. Youth sports are one solution to get kids up and moving—this includes kids everywhere of all ages, skill levels and socio-economic classifications.

Participants acknowledged that a child’s ability to fully realize his or her personal and athletic potential is multi-faceted and complex. But, a good place to start is with community programs, schools, clubs and leagues. The challenge: widespread societal changes that address the issues and ultimately improve the experiences for participants.

Approximately 150 multi-disciplinary, industry experts and thought-leaders convened in Orlando, Florida February 11-12, 2014 to discuss the challenges [related to youth sports and physical activity] and identify actionable solutions. At the conclusion of the conference, one participant notably stated: “We’ve left with more questions than what we’ve started with!” However, top priorities in youth sports and pressing issues that should be addressed by youth sports organizations over the next year were identified and include:

Priorities:
1. Involving youth in sports through non-competitive, low-cost programs
2. Offering physical education programming in schools
3. Acquiring a renewed focus on a primary goal for youth sports—FUN
4. Understanding youth development, growth and maturation of youth athletes
5. Striving for optimal health & safety of young athletes
6. Coaching education
7. Providing adequate opportunities for physical activity

Pressing Issues:
8. Access to sport programs
9. Physical fitness and skills of participants
10. Character AND moral development

Active kids are healthier kids

The conference opened with a panel discussion focused on how much physical activity are youth sports delivering and how can sport contribute to the physical activity needs of kids?

Overall research has shown youth sport participants have higher levels of physical activity that positively influence their physical and psychological health in adolescence and beyond. Information provided by the Datalys Center and U.S. Department of Health and Human Services Physical Activity Guidelines for Americans conveys that Youth sports promote the following benefits:

- Improved physical health, strength and fitness
- Social well-being
- Positive health behaviors
- Psychological well-being
- Emotional development
- Academic achievement

Participants explored and attempted to define a healthy youth athlete, but acknowledged that there isn’t one universal definition. Tenets of healthy youth athlete were identified and include: physical, mental, emotional
and spiritual health. It is the balance of these facets that results in a healthy athlete.

Lorenzo Beltrame of the Human Performance Institute defined health as multidimensional, and believes that health ignites performance. At the Institute, their focus is on “…helping players develop healthy thoughts, healthy emotion [that promotes performance], and [that is] fueled by healthy motivation. Healthy motivation is geared toward self growth, connection to others and something bigger than themselves,” he said.

For as much benefit sports offers for overall health and wellness, there are just as many barriers and challenges to involvement for youth in our communities. Common participation barriers identified include:

- Lack of programs for adolescents and high school-aged youth
- Safe and accessible facilities
- A lack of focus on sport for all
- Increased prevalence of travel sports teams—conversely the decline in intramural and recreational leagues
- Competition for youth's time and parental resources
- Physical education classes in school
- Funding

Participants agreed that youth sports need major, targeted change in order to create more early positive experiences for children. Nearly 150 participants presented and discussed top priorities and pressing issues plaguing the industry and concluded that the solution is multi-faceted and requires collaboration across multiple stakeholders.

Presentations and panel discussions touched on several topics; but, as Tom Farrey, director of Aspen Institute’s Sport and Society Program, who delivered the keynote: “Reimagining Youth Sports in America,” pointed out, the current model leaves many kids and adolescents without sport activity. He suggests “sport for all”—inclusivity in order to deliver real societal impact: “building a square around the pyramid”. And, the way to get there? Convene and connect key stakeholders:
During the panel presentation featuring Lake Nona Institute, representatives focused discussion around integrating the community through recreation, health and wellness, education and technology. The YMCA, represented by Kelly Prather, is a key component of the Lake Nona community. Prather noted that the she sees positive changes as a result of their strategy—locating the YMCA adjacent to the school. This brings people together in a natural way in the places they are.

While communities offer programs of many types, conference participants were concerned about levels of participation, readiness for sport, access to sport regardless of ability, geographic location and income level.

Participants called for a redesign of youth sports—designing programs that are focused less on winning and losing and more on:

- **Early positive experiences** – kids are primarily motivated by fun and they are naturally programmed to compete. It is when adults impose “grown up” values and priorities in youth activities that something goes awry and the focus shifts from playing for fun to playing to win. As noted in the DESIGNED TO MOVE Physical Activity Action Agenda, a generation that enjoys positive experience in physical education, sports and physical activity early in life has the chance to shape the new future.

- **Age-appropriate & free play** – frequently conversation focused on the lack of free-play by youth. Fewer are the days when kids play pick up games in the neighborhood—either the neighborhoods aren’t safe; there aren’t places to play; or, schedules are so organized that there just isn’t time to play. The benefits of free-play, however, are far-reaching and include physical, mental, social and emotional aspects of youth development. Equally important is designing programs and practices that are appropriate for the children’s ages and skill levels.

- **Youth development** – if coaches and parents are trained to focus on youth development through sports, then youth sports will realize fundamental change. Kids should be at the focus of these activities. They should have a voice in what they are doing, and the programs should be designed with kids in mind. Participants believe that youth programs should be designed for kids, ensuring that they are fun; foster feelings of success; provide autonomy and invite the opportunity to do something bigger than oneself.

**Designed to Move: A Global Physical Activity Campaign**

In response to the growing trend of sedentary lifestyles, Nike has collaborated with ACSM, the International Council of Sport Science and Physical Education (ICSPPE) and other partners to increase the world’s commitment to physical activity.

The strategy of Designed to Move, grounded in research by ACSM and others, is to help all children develop a love of physical activity in the first ten years of life—lifelong habits they will instill in succeeding generations.

For more information, visit designedtomove.org
Recommendations

- Encourage active participation by all youth in fun and healthy physical activities according to their age, interests and abilities.
- Youth sports are the conduit through which children learn important life lessons, values, compassion and good ethics. The relationship between sports skills and life skills provide our young athletes with the fundamentals they need to succeed both on and off the playing field.
- Instill confidence in young athletes to be part of a team and to make new friends in a safe environment. Keep it fun so kids want to continue to play sports!
- Prepare young athletes for sports by evaluating their developmental stage and teaching the fundamentals of movement before teaching sport-specific skills.
- Promote a culture in youth and high school sports of a “Development Zone” in which the goal is to develop Better Athletes, Better People.
- Design and implement youth sports experiences to meet kids “where they are”, especially for vulnerable populations and the most underserved.
- Conduct more research demonstrating the long-term impact of youth sports participation on academic performance, economics (i.e. wages and career), and health.
- Invite multi-disciplinary stakeholders to the discussion, including school administrators, policy makers, coaches, parents, athletic directors and trainers, researchers, program administrators, and more.
- Encourage wide use of PrivIT e-PPE data forms and information by physicians, athletic trainers and researchers to assess health risks, monitor trends, prevent injury, and care for injured athletes.
- Offer more youth sports experiences to teenagers who cannot compete on the limited number of elite level teams in and out of school.

Injury risk factors – sport environment

*Source: Robert M. Malina presentation: Growth & Maturation of Young Athletes: Implications for Parents and Coaches*

- Training errors
- Poor technique and mechanics
- Excessive repetition
- Improper / inappropriate equipment, playing, training conditions
- Mismatched age groups—size, maturity and experience differences
- Inadequate rehabilitation from prior injury
- Coaching behaviors—inappropriate techniques & drills, poor instruction, forced participation after injury
- Parent behaviors – having child “play up”, unrealistic expectations
- Numerous competitions

Injury risk factors – young athletes

- Injury history
- Physique, structural alignment
- Lack of flexibility
- Strength deficiency and imbalance
- Marginal / poor skill development
- Behaviors – risk taking, stress management
- Adolescent growth spurts
- Late maturation (boys)

Nationwide, concussions have garnered much time, attention, resources, and research. Because of the timeliness of the issue and in the context of healthy athletes, concussions were an important aspect of discussion. The most important consideration is the health and safety of our children; and, the most important and non-negotiable aspect of concussion management is removal from participation; and, no two athletes should be managed identically.

Are Kids Ready for Sport?

Speakers, in many contexts, conveyed the importance of physical education and free-play. It’s these activities, they say, that are the foundation for sports. Participation in physical education classes through school and free-play activities are critical to motor skill development and building strength, and, ultimately prepare kids for sporting activities. It’s when P.E. and free-play don’t happen that kids are at higher risk of injury during sport.
Conference sessions featured an in-depth review of injury-free performance, concussions, and growth and maturation. While cause and affect were explored, ultimately, the speakers conveyed the importance of injury prevention—reducing the number and severity of injuries; rehabilitating and returning kids to play when they do get injured; and, enabling kids to become athletes for life.

As keynote speaker Robert Malina pointed out, “injuries are a fact of life in sport” and when considering how to manage sporting activities that are safe, one should consider the sporting environment, which is manageable, and the youth themselves, who are individuals who change as they grow and mature.

According to Tim Sell, who presented the Hot Topic session: “The Pathway to Injury-Free Performance: Joint Stability, Function & Movement, “successful injury prevention focuses on age-appropriate activities, getting enough rest, proper nutrition, correct protective and sporting gear, and appropriate training, which includes:

- proper movement
- strength conditioning
- flexibility / agility training
- anaerobic and aerobic conditioning

Conference attendees talked about sports science trends and applications, which looked at the top trends impacting player health, safety and performance; and, what can to done collectively and individually to ensure youth are safe on and off the playing field.

Experts shared that there is a significant amount of misinformation in the marketplace about nutrition, dietary supplements, technology, and self-monitoring exercise applications. The key take-away: education and critical evaluation is needed to help consumers understand the options and make better choices.

When participants presented solutions in the context of managing trends, often times the solution included improved communication and careful messaging aimed at athletes, parents, and coaches regarding wellness, which includes:

- Diet and nutrition
- Sleep habits
- Emotional & mental preparedness

All 50 states have laws governing concussion in youth sports concussion legislation, and according to Todd Maugans, Nemours Children’s Hospital®, the most common elements of these state statutes include:

- Education & consent
- Removal from play
- Mandatory referral to a “qualified healthcare provider”
- Written release for return to play
- Protection from liability if each party acts in good faith

“I think there’s so much need out there; there’s so many great thoughts and thinking, the most important thing we can do is put the stake in the ground. We have to establish a reason – a purpose first and foremost for why young kids play sports. And everyone has to get on board. It takes away all the problems. And, it is NOT winning. It’s development; it’s ultimately and most importantly becoming better human beings of extraordinary character.”

– Jim Loehr
Lake Nona Panelist Chip Lynn, Rostr, sees technology as a solution to providing relevant, accurate, and consistent information. As a result, he is developing a mobile app that will feature drills, workouts, and nutrition that is age-appropriate for young athletes, parents and coaches.

It’s documented that youth are experiencing injuries previously seen only in older athletes. Overuse and specialization are one reason. Poor nutrition is also a culprit. Food choices are critical and choices should include eating more fruits and vegetables.

**Recommendations**

- Focus on educating those individuals who surround our young athletes (coaches, parents, teachers, trainers).
- Educate on playing for the right reasons. Build character through sport. A small number of athletes will make it to the collegiate and/or professional level. Focus on how sport can impact careers, and/or life. FUN is where it all begins.
- Educators… Stay busy! Educators should make an effort to constantly “counter” or create “balance” between the messages young athletes are receiving— for every negative message a young athlete receives— create a positive message.
- Reduce risk of overtraining and overuse injuries through proper nutrition.
- Improve diets through well-designed nutrition education programs and consistent messaging for athletes, parents and coaches.
- Develop age-appropriate, evidence-based, clear, and entertaining messaging that is available when the athlete, parent and coach want and need to access the information.
- Expand the concept of “team” in sports and to herald the importance of the health care team as an integral part of the coaching team
- Establish minimum standards for coaches in health and wellness and required education on basics and when to refer to a member of the healthcare team.

Conference attendees were asked if they believe early specialization in youth sports is friend or foe? Overwhelmingly the response was FOE. It is generally believed that more kids are specializing in one sport these days. There are many reasons for this trend – but the question on the table is whether or not it’s a good idea. Avery Faigenbaum, a professor at the College of New Jersey, asked participants when deciding the appropriateness of specialization to consider age, volume of participation, the particular sport, and the individual athlete. He also made the points that:

- The key to success in most sports is not early specialization
- Deliberate “FUNdamental” preparation is important
- Consider the quality of the sport experience for the individual child

Perhaps Faigenbaum’s more significant point was: are kids even ready for sport? Research tells us that kids aren’t getting the recommended levels of physical activity and he suggests that kids today aren’t really strong enough to run, hop, skip and jump. And, challenges that they even have the strength and motor skills to withstand practice. He, like several other participants, believes that until physical education becomes a core standard in schools, the nation’s youth are in trouble.

So, what are the barriers to physical activity and physical education? The most common stated barriers are environment, access, and motivation; and, in this day and age— technology.

Research supports the recommendation that children should be involved in multiple sports and engage in diverse physical experiences for ideal growth and development of the whole child—physical, mental, emotional, spiritual. However, when specialization is a reality, it should be supplemented with preparatory conditioning to prevent and minimize the risk of injury.
Sport is a gift

The physical aspects of sports are just one part of the health and safety discussion. Research also tells us that kids benefit mentally and emotionally by playing sports. Sporting teams are a strong vehicle for positive peer influence and a context for healthy youth development.

Conference speaker, Jim Loehr, shared this analogy to convey the importance of sport on character development: “Strengths and weaknesses of character are analogous to muscle strengths and weaknesses.”

Just as muscles must be exercised to improve strength, children should also exercise their character in order to become the best person they can be. Strong character enables athletes to withstand the challenges presented through life and through competition. Playing the games isn’t all about winning!

Loehr passionately stated: “We first have to put the stake in the ground and establish a reason for why kids play sports – and it’s not winning!”

Why does it matter?

Character development in our nations youth matters—its character that helps us deal with life’s challenges. And, it helps us define our purpose in life. Character—ethical and moral strength—can be developed and strengthened through sport. Loehr contends that sports are values based and involvement deepens ones personal connections. And, he says, sports can help one become a better person—making a contribution to society that is larger than oneself.

Represented at the conference were several non-profits who serve the nation’s youth through recreational sporting activities. Overwhelmingly, their efforts focus on character development and life skills as taught through sports. These life lessons include:

- Persistence
- Teamwork
- Sportsmanship
- Problem-solving
- Goal setting
- Communication
- Decision-making
- Self-confidence
- Self efficacy
- Self advocacy
- Achieving personal best

Pressing Issue: Educating Coaches

The panel discussion on youth athletics: a force for social change or just skills and drills, explored several topics; but of particular interest was talk around the key attributes of a good coach: fundamentals of coaching from a youth development framework followed by specific sport training—youth development is at the core.

Coaches are, without question, the most important people in youth sports; and, their levels of coaching experience are wide ranging. Consistently throughout the conference conversation focused on the roles, responsibilities, influence of, and training for, coaches at all levels for both boys and girls. Panelist Marjorie
Snyder, Women’s Sports Foundation, noted that girls are distinctly different from boys and have special considerations regarding involvement in sporting activities. It is important for coaches and program administrators to understand the differences.

Challenges related to coaching
- Finding quality coaches
- Training
- What could coaches do better?
  - Setting goals – team and individual
  - Structure practices to maximize opportunities for physical activity

**Recommendations Focused on Coaching Education**

- Investigate the possibility of a nationally recognized coaching education/certification program
- Coaching education resources mentioned include:
  - National Center for Safety Initiatives (NCSI) background screening.
- Coaches and parents need to be aware of the benefit of developing general athleticism, in addition to sport-specific skill, in young athletes.
- Train coaches to be “Double-Goal Coaches,” who 1) strive to win while 2) teaching life lessons through sports.

**Acquiring A Renewed Focus On A Primary Goal for Youth Sports – Fun**

In regard to program development, keeping kids at the center is really the key—kids need to be allowed to play. And, their voices need to be heard! Too often, the adults designing the programs impose adult perceptions and goals on youth programs. While panelists acknowledged parents and coaches are doing the best they can, there is much work to be done.

Panelists from the NCAA, NFHS, & Designed to Move, from their perspective, identified the top priorities for youth sport organizations that seek to best serve young athletes:

- Youth sport organizations to decide how they are going to work together on all challenges, including age-appropriate, and multi-sport play.
- Agreed upon standards with the coach training at the center. The focus should be on creating a positive nurturing experience and speaking with one voice to parents.
- Keep it simple. Complexity will bog it down. Collaboration and resources are important to creating a shared vision.

**Recommendations**

- All non-governmental organizations, community-based organizations and youth sports organizations adopt the seven Design Filters and/or American Development Model in their program. We could envisage a series of workshops or capacity building sessions to facilitate this adoption.
- Invest in coach education as the key point of delivery, with a focus on the parent volunteer coach for youth aged 6–12 years.

**Graphic courtesy of Designed to Move**

**The 7 Design Filters: Designing for early positive experiences.**

Experts say there are seven factors that play into a great experience for kids.
**Athlete Spotlight**

**Kristin Duquette**

An elite swimmer with muscular dystrophy, Kristin shared her story about training for the 2012 London Paralympic Trials and the key benefits she gained from the sport. Kristin also shared how she copes with the changes in her body; how her muscles continue to benefit from swimming; and, the impact her progressive neuromuscular condition has on her training regimen. **Ultimately, Kristin’s story was about the human spirit, determination and the power to succeed.**

“Being physically active proved to be an important part of my life. I learned how to manage and deal with my condition through physical activity.”

**Athlete Spotlight**

**Gary Hall**

Gary Hall, Jr. (10 Olympic medals and Olympic Hall of Fame) shared his story as a successful swimmer across multiple games, contending with Type I Diabetes. He addressed a resource deficiency that athletes face related to training and competing with a chronic condition and how that can change through “sport for all” initiatives. Gary shared his views on developing a healthy youth athlete, from an athlete’s perspective. Through hard work, knowledge, healthcare and medical team support, aggressive management and persistence, Gary has demonstrated that a person living with a chronic disease can compete against and beat the best “not sick” athletes in the world today.

“…I remember sitting in the room that day at the age of 24 after hearing the news of my diagnosis of Type I Diabetes the first question I was able to muster was: How is this going to affect my swimming career?”
Youth Sports Parent Pledge

The responsibility for encouraging and implementing a healthier and sustainable pathway to athletic success falls on the shoulders of all stakeholders in youth sports – especially PARENTS. Commit to fulfilling these 10 elements of support to help ensure your child has the best youth sports experience possible.

1. I let my child PLAY and have FUN.

2. I let my child choose the sport(s) he or she wants to play.

3. I discourage my child from playing multiple sports in the same season.

4. I let my child have at least one day off each week, and have some weeks off each year.

5. I listen if my child says he or she is hurt.

6. I am a fan of my child — not his or her manager.

7. I encourage fair, honorable, safe and sportsman-like behavior in practice, competition and play.

8. I ensure that the car ride home after a game is a good one for my child.

9. I do not live my athletic dream through my child.

10. I say “I love to watch you play!” to my child and ask “Did you have fun?”

☐ YES, I commit to making my child’s sports experience Healthy and Enjoyable!

Name ________________________________________________________________

Signature __________________________________________________________

The National Youth Sports Health & Safety Institute will be the recognized leader and advocate for advancing and disseminating the latest research and evidence-based education, recommendations and policy to enhance the experience, development, health and safety of our youth in sports.

www.nyshsi.org

Making Youth Sports a Public Health SOLUTION™

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**Resources**

**Training for coaches**
- National Alliance for Youth Sports  
  www.nays.org/coaches
- Positive Coaching Alliance  
  www.positivecoach.org
- US Youth Soccer  
  www.usyouthsoccer.org/coaches
- National Athletic Trainers’ Association  
  www.nata.org/sports-safety-for-youth-coaches-course
- USA Football  
  usafootball.com/coach
- USA Hockey  
  www.usahockey.com
- Centers for Disease Control and Prevention  
  http://www.cdc.gov/concussion/headsup/training/
- Human Kinetics Coach Education Center  
  www.asep.com
- YMCA Youth Sports eLearning  
  training.ymca.net
- National Federation of State High School Associations  
  www.nfhslearn.com
- National Association for Sport and Physical Education  
  www.aahperd.org/naspe
  [“National Standards for Sport Coaches”]
- National Center for Safety Initiatives

**National Youth Sports Health and Safety Institute**  
nyshsi.org/

Dedicated to advancing and disseminating the latest research and evidence-based education, recommendations and policy for the health and safety of youth in sports.

Download the NYSHSI Healthy Youth Sports mobile app. Designed to help parents, coaches and youth athletes navigate a healthy journey through sports.  
nyshsi.org/healthy-youth-sports-app/

**USA Hockey American Development Model (ADM)**  
www.admkids.com

A nationwide initiative that provides local associations with a blueprint for optimal athlete development that focuses on age-appropriate training utilizing long-term athlete development principles.

**Designed to Move**

**A Physical Activity Action Agenda**  
www.designedtomove.org

**Sport for Hope Programme**  
www.olympic.org

Initiative by the International Olympic Committee to provide athletes, young people and communities in developing countries with better opportunities to practice sport and be exposed to the Olympic values. Ensuring that every individual has access to sport is one of the fundamental principles of Olympism.

**National Center for Safety Initiatives**  
www.ncsisafe.com

The leading resource for risk management programs designed for youth and vulnerable population-serving organizations nationwide.

- AAHPERD (Now SHAPE America)  
  www.shapeamerica.org
- Aspen Institute’s Sports & Society Program  
  www.aspeninstitute.org/policy-work/sports-society
- Boys & Girls Clubs  
  www.bgca.org
- ESPN Wide World of Sports  
  www.espnnwos.com
- GSSI  
  www.gssiweb.org
- Harlem RBI  
  www.harlembri.org
- Human Performance Institute  
  www.hpинstitute.com
- Lake Nona Institute  
  www.lakenonainstitute.org
- NCAA  
  ncaa.org
- NSCA  
  www.nsca.com
- National Council of Youth Sports  
  www.ncys.org
- National Federation of High Schools  
  www.nfhs.org
- Nike’s Designed to Move  
  www.designedtomove.org
- Positive Coaching Alliance  
  www.positivecoach.org
- Pop Warner Little Scholars, Inc.  
  www.popwarner.com
- SCAN  
  www.scandpg.org
- The National Center for Drug Free Sport  
  www.drugfreesport.com
- Up2Us  
  www.up2us.org
- US Lacrosse  
  www.uslacrosse.org
- Womens’ Sports Foundation  
  http://www.womenssportsfoundation.org
- World Sports Institute  
  www.theworldsportsinstitute.com
Collaborating Organizations

- Academy for Sports Dentistry
- American Academy of Podiatric Sports Medicine
- American Alliance for Health, Physical Education, Recreation and Dance
- American Chiropractic Association – Council on Sports Injuries and Physical Fitness
- American Osteopathic Academy of Sports Medicine
- American Physical Therapy Association/Sports Physical Therapy Section
- Association for Applied Sport Psychology
- Canadian Academy of Sport & Exercise Medicine
- Collegiate & Professional Sports Dietitians Association
- Datalys
- Gatorade Sports Science Institute
- Industrial Athlete Institute for Research and Education
- International Society of Sports Psychiatry
- National Athletic Trainers’ Association
- National Collegiate Athletic Association
- National Strength and Conditioning Association
- National Youth Sports Health & Safety Institute
- North American Society for Pediatric Exercise Medicine (NASPEM)
- Sports Cardiovascular and Wellness Nutrition
- The National Center for Drug Free Sport, Inc.

Special Thanks to Conference Hosts and Supporters

About Our Supporters

The Datalys Center supports the data-driven information needs of organizations and policy makers who support the health and safety of youth athletes across all levels of competition and across all types of sport. With nearly a decade of experience, the Datalys Center for Sports Injury Research and Prevention uses unique methodologies to inform our partners, parents, coaches, and athletes so youth can remain physically active safely throughout their lives.

The Gatorade Company provides sports fuel innovations designed to support youth athlete development at all competitive levels across a broad range of sports. With nearly 50 years of research, Gatorade and the Gatorade Sports Science Institute (GSSI) create products to provide fuel, fluid and nutrients for all phases of athletic activity.
Speakers

Megan Bartlett
Director, Center for Sports-Based Youth Development
Up2Us

Lorenzo Beltrame
Director of Athletic Performance Coaching
Human Performance Institute

Michael F. Bergeron, Ph.D., FACS
Executive Director, National Youth Sports Health & Safety Institute
Professor, Department of Pediatrics
Sanford School of Medicine of The University of South Dakota
Senior Scientist, Sanford Children’s Health Research Center

Jon Butler
Executive Director
Pop Warner Little Scholars, Inc.

Ryan Carpenter
The National Center for Drug Free Sport, Inc.
Director of Education Services

Bob Colgate
Director of Sports and Sports Medicine, National Federation of State High School Associations (NFHS)

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