

Teen Talent:

Tactics and Strategies for a United Parent and Coach Front



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West Virginia University

USA Cycling Summit
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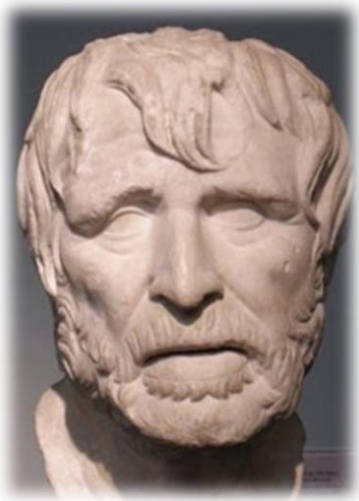
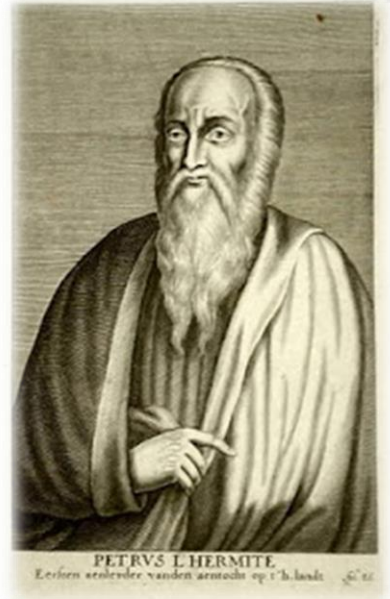
Teaching Teens

In the time it takes you to understand
a 14-year-old, he turns 15.

~Robert Brault

"The world is passing through troublous times. The young people of today think of nothing but themselves. They have no reverence for parents or old age. They are impatient of all restraint. They talk as if they knew everything, and what passes for wisdom with us is foolishness with them. As for the girls, they are forward, immodest and unladylike in speech, behavior and dress."

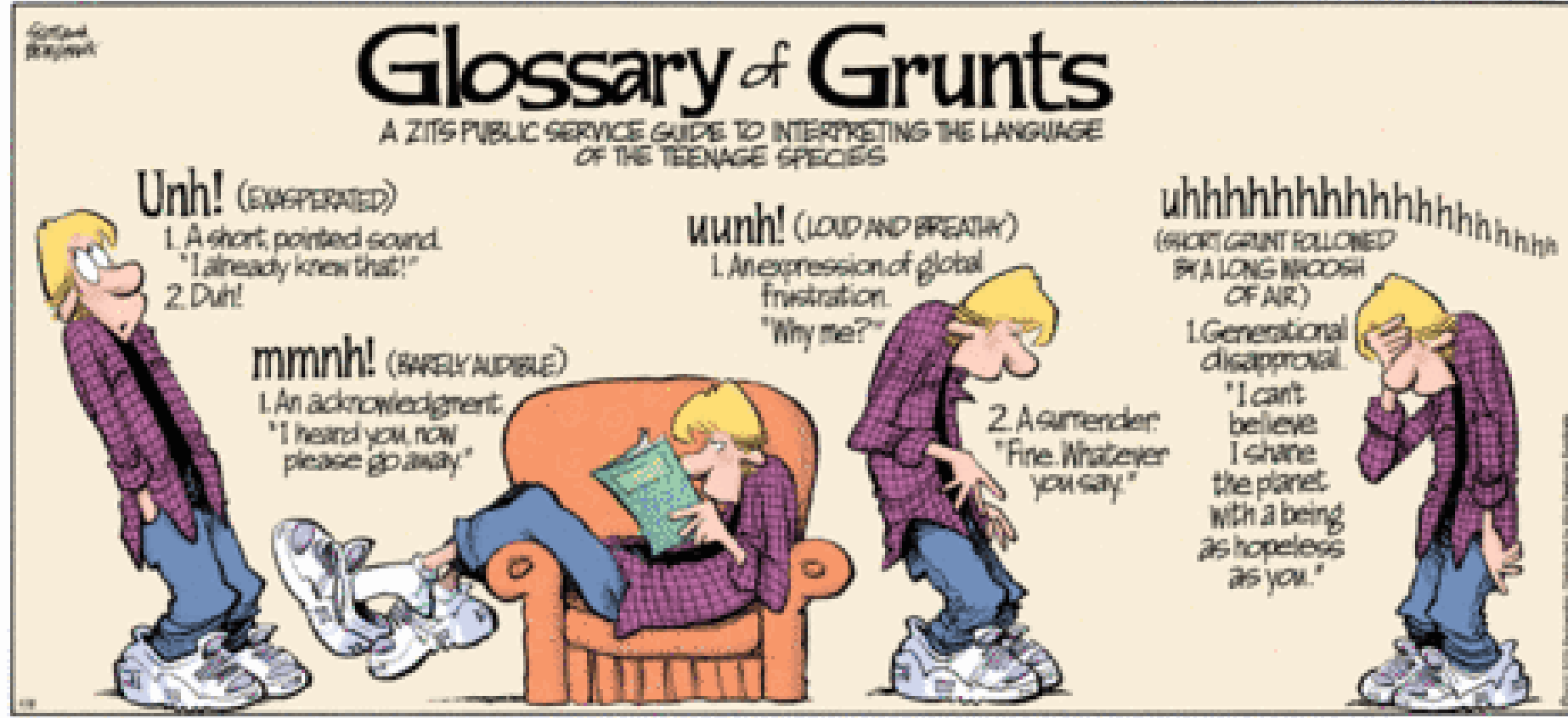
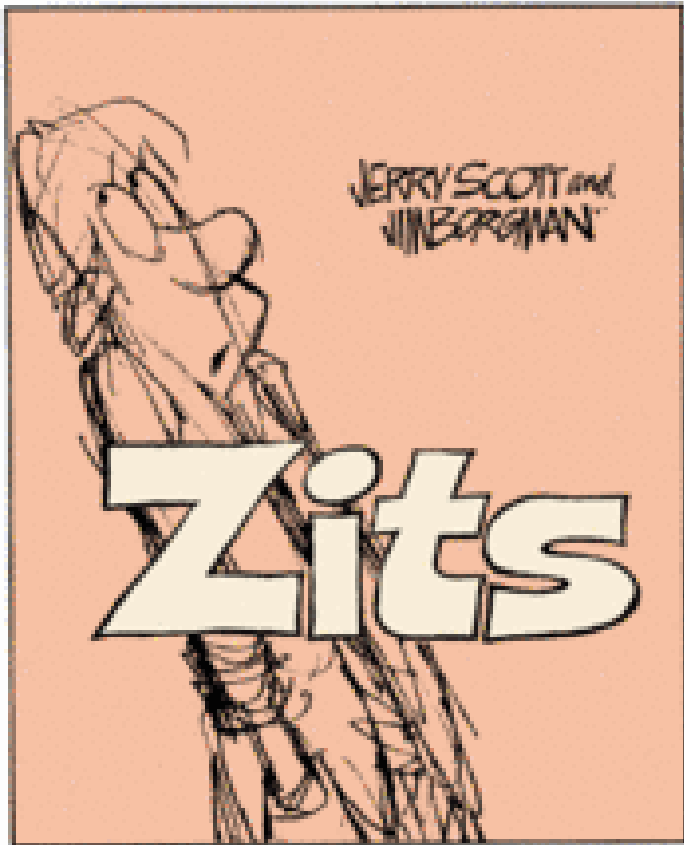
Peter the Hermit in A.D. 1274



"I see no hope for the future of our people if they are dependent on frivolous youth of today, for certainly all youth are reckless beyond words... When I was young, we were taught to be discreet and respectful of elders, but the present youth are exceedingly wise [disrespectful] and impatient of restraint".

Hesiod, 8th century BC

The Teenage Species





Children, after all,
are not just adults-
in-the-making. They
are people whose
current needs and
rights and
experiences must
be taken seriously.

- Alfie Kohn

Mindset List by Beloit College – 2014 H.S. Graduates

*Born in 1996. Among those who have never been alive in their lifetime are
Tupac Shakur, Carl Sagan, and Tiny Tim.*

- 4. When they see wire-rimmed glasses, they think Harry Potter, not John Lennon.
- 6. Celebrity “selfies” are far cooler than autographs.
- 7. The Daily Show with Jon Stewart has always been the only news program that really “gets it right.”
- 13. Women have always attended the Virginia Military Institute and the Citadel.
- 17. Courts have always been overturning bans on same-sex marriages.
- 18. Joe Camel has never introduced one of them to smoking.
- 23. Hello Dolly...cloning has always been a fact, not science fiction.
- 24. Women have always been dribbling, and occasionally dunking, in the WNBA.
- 30. There has always been “TV” designed to be watched exclusively on the web.
- 31. The Unabomber has always been behind bars.
- 35. Yet another blessing of digital technology: They have never had to hide their dirty magazines under the bed.
- 46. They have probably never used Netscape as their web browser.
- 53. “Good feedback” means getting 30 likes on your last Facebook post in a single afternoon.

Adolescence:

The last stop on the path to adulthood

- Preparing for independence – rocky path
- Growing sense of self, own opinions
- Ready to really refine work habits/work ethic
- Less parental conflict
- More mature relationships
- Thinking skills expand but challenges remain with action and planning
- Less influenced by peer pressure – more likely to seek out an expert
- The need for independence comes before the development of good decision making skills
- Teens are looking for a place to ‘test’ new identity - usually within peer group

What a junior needs.....

- Quality role models
- Opportunities to make their own decisions
- Opportunities to fail
- Consistency of support
- Limits and guidelines

Post high school transition is most successful when ...

- supportive family and friends,
- making money,
- satisfying leisure activities,
- personal achievements,
- educational success.

Teenage Athletes



21,500,100
15-19 year olds

7,713,577
H.S. Athletes

5663
USAC

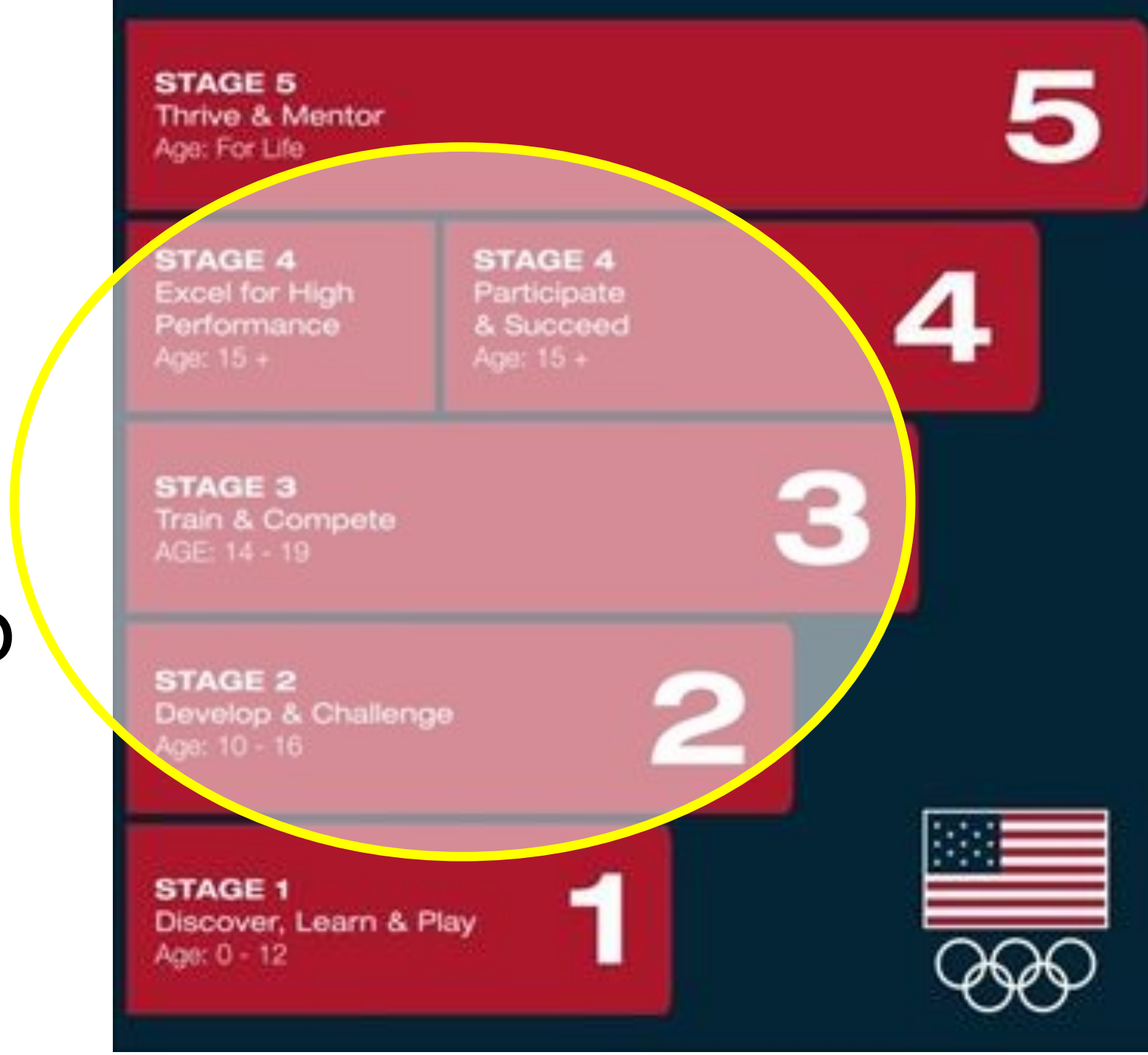
41,000,400
5-14 year olds

3126
NICA

50,000,000
**Youth sport
participants**

What exactly is teen talent?

<http://www.teamusa.org/About-the-USOC/Athlete-Development/Coaching-Education/American-Development-Model>





Canada's Long Term Athlete Development Model

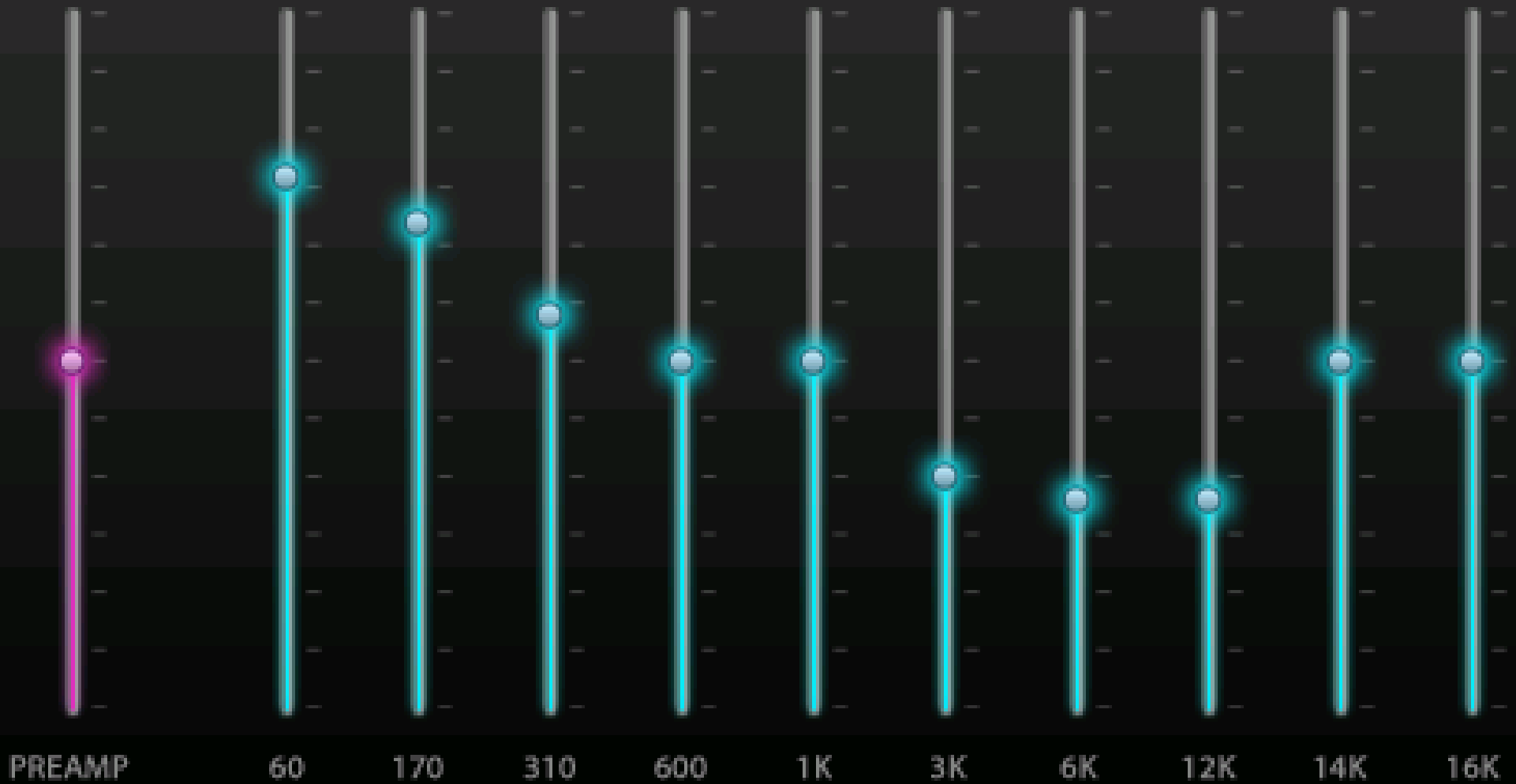


Common Models

Participant Development in Sport: An Academic Review

**Richard Bailey, Dave Collins, Paul Ford,
Áine MacNamara, Martin Toms, Gemma Pearce**

	LTAD	DMSP	PCDE	MTDPE
Background	Physiology	Social psychology	Performance psychology	Education
Core constructs	<ul style="list-style-type: none"> Stages of development (FUNdamental, Learning to Train, Training to Train, Training to Compete, Training to Win, Retaining) Critical periods 	<ul style="list-style-type: none"> Stages towards elite performance, lifelong participation, and personal development Sampling Deliberate play Deliberate practice 	<ul style="list-style-type: none"> Talent development over talent identification Psychological characteristics of excellence (PCDEs) Talent development environments (TDEs) 	<ul style="list-style-type: none"> Multiple abilities Personal and environmental influencers Deliberate practice
Application	<ul style="list-style-type: none"> Biological maturation to inform individual training loads and progressions 	<ul style="list-style-type: none"> Early sampling and play while considering emotional and social needs 	<ul style="list-style-type: none"> Creating optimum talent development environments while catering to non-linear paths 	<ul style="list-style-type: none"> Strategies for talent identification and multi-skills practice



ON OFF

Choose a preset 

HELIUM EQUALIZER



- Chronological Age

- Developmental Age

- Maturation

- Maturity

- Skeletal Age

- Training Age (History) & Sport Specific Training Age

PREAMP

60

170

310

600

1K

3K

6K

12K

14K

16K

- Relative Age

ON

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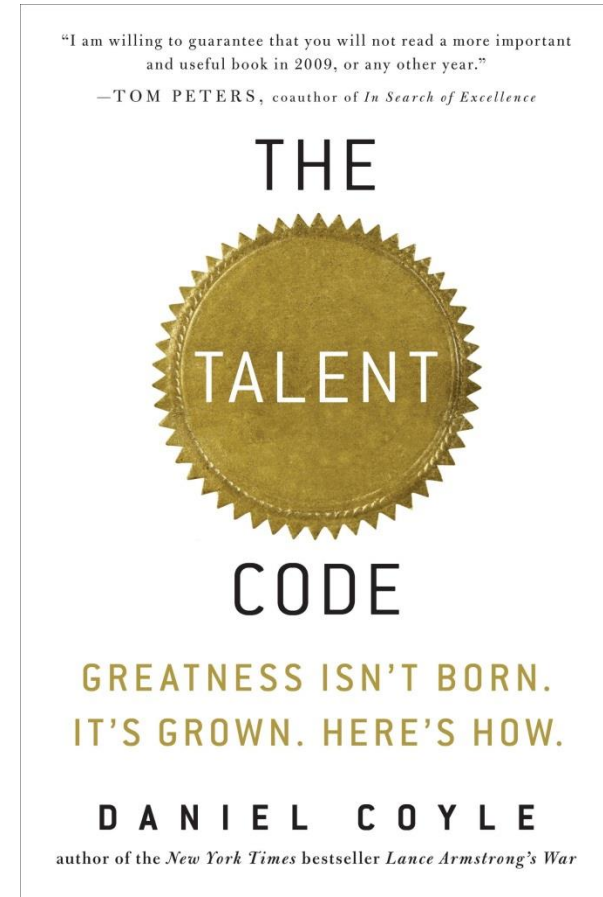
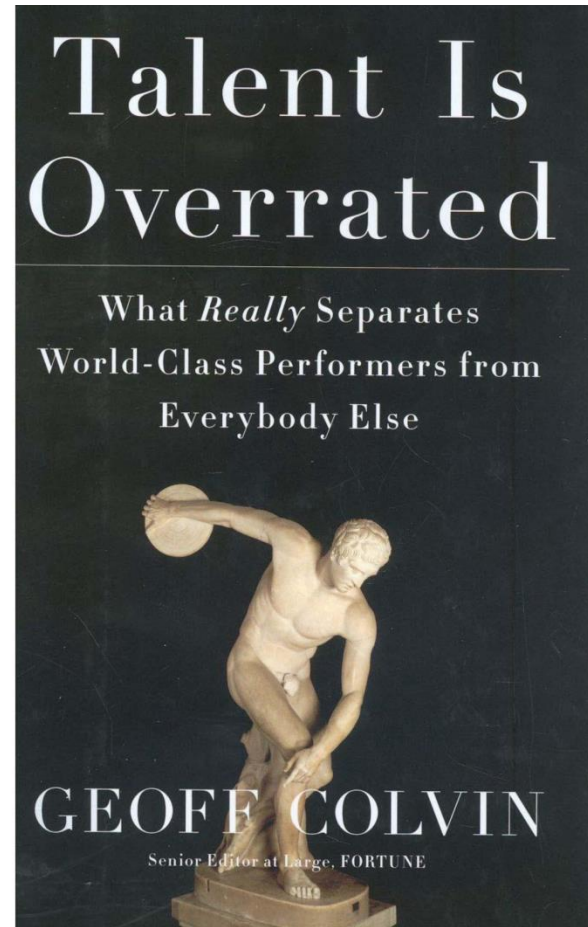
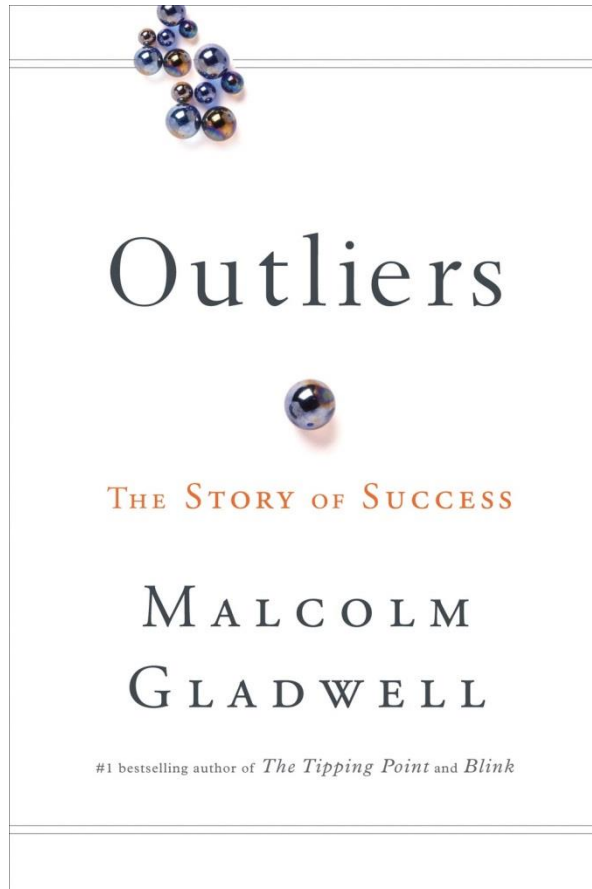
Choose a preset



HELIUM EQUALIZER

10 Key Factors Influencing Talent Development

1. The 10 year rule
2. The FUNdamentals
3. Specialization
4. Developmental age
5. Trainability
6. Physical, mental, cognitive & emotional development
7. Periodization
8. Calendar planning for competition
9. System alignment and integration
10. Continuous improvement



TALENTED TEENAGERS

THE ROOTS OF SUCCESS & FAILURE



**Mihaly
Csikszentmihalyi**
**Kevin
Rathunde**
**Samuel
Whalen**

With Contribution by
Maria Wong

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"Sure to be of major importance to educators and social scientists, this study will also benefit parents and general readers."—*Publishers Weekly*



becoming

ADULT

How Teenagers Prepare
for the World of Work

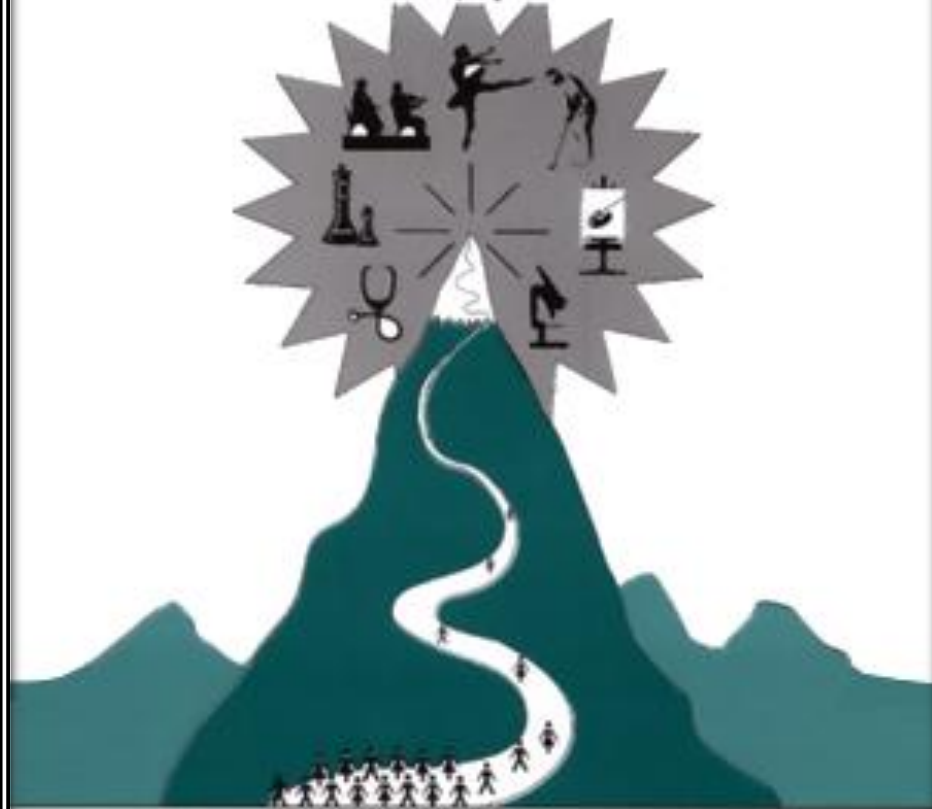
MIHALY CSIKSZENTMIHALYI
author of *Flow*

BARBARA SCHNEIDER
author of *The Ambitious Generation*

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THE ROAD TO EXCELLENCE

The Acquisition of Expert Performance in the Arts and Sciences, Sports and Games



Edited by
K. Anders Ericsson

EXPERT PERFORMANCE IN *Sports*

Advances in Research
on Sport Expertise



Janet L. Starkes • K. Anders Ericsson
Editors

The Junior Support Team



Coaching Teen Talent



You matter!

A teacher affects eternity;
he can never tell where his influence stops.

~Henry Brooks Adams

Coaches assume many roles & are “critical in setting the standards for behavior, effort, and attitude” (Hill, 2007, p. 28)

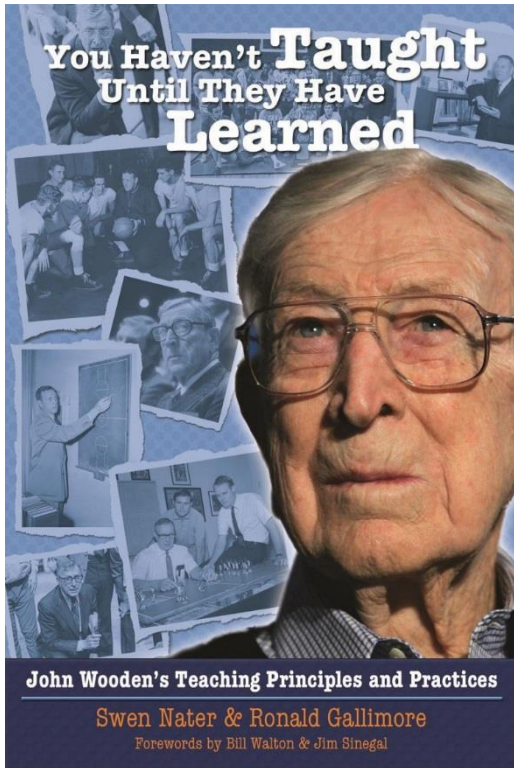
Coaches have influence on athletes in the sport environment as well as in other aspects of the athlete’s life (Smoll & Smith, 2002)

Environment created by the **Coach** (Conroy, 2006; Smith, Smoll & Cumming, 2007)

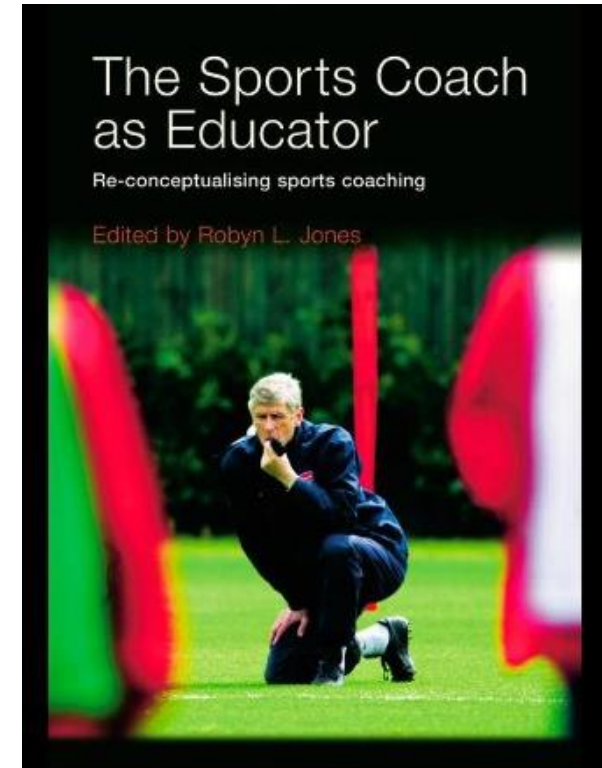
A teacher's purpose is not to create students in his
own image, but to develop students who can
create their own image.

~Author Unknown

Clarifying your roles and responsibilities

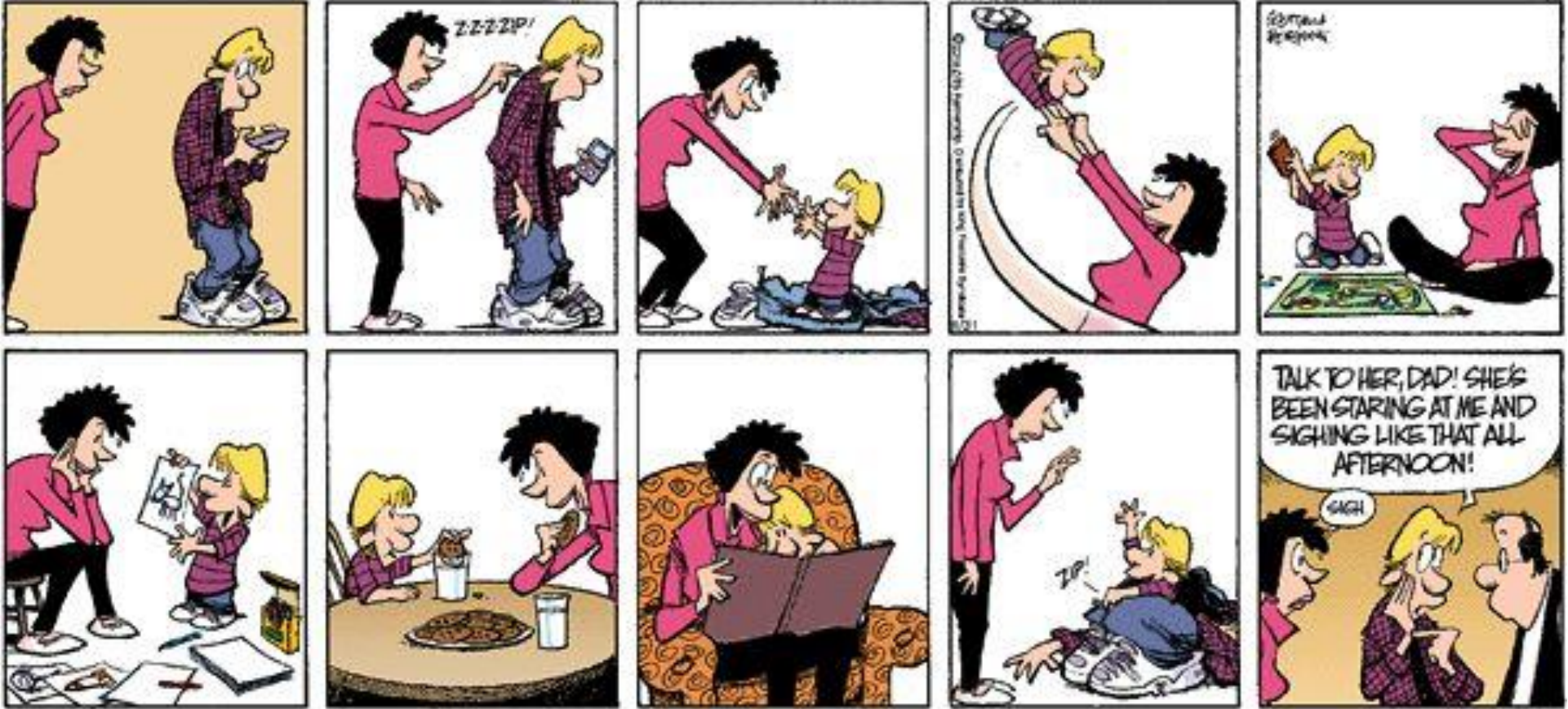


- Embrace your role as teacher
- Proceed with caution
- Big picture impact
- Empower and support
- Peer, friend, or mentor
- Be aware of your impact



ZITS

BY JERRY SCOTT AND JIM BORGMAN



Meet the Parents

If you'd like your student to be
successful, you will need to
rearrange the letters of parent
and add the 'r' of relationship
to turn a parent into a
partner.


- Katy Ridnour in Education Week Teacher

Joining the Team



- Build an alliance
- Understand why they hired you
- Utilize partnership language
- Clear communication model
- Know their message/ values
- Provide opportunities to engage
- Clarify expectations – not just for athlete



- 
- Wait for them to come to you
 - Have unclear boundaries
 - Approach the parent as an adversary
 - Undermine their parental role
 - Become a 'go between'
 - Allow the athlete to be the 'go between'
 - Assume communication is happening at home

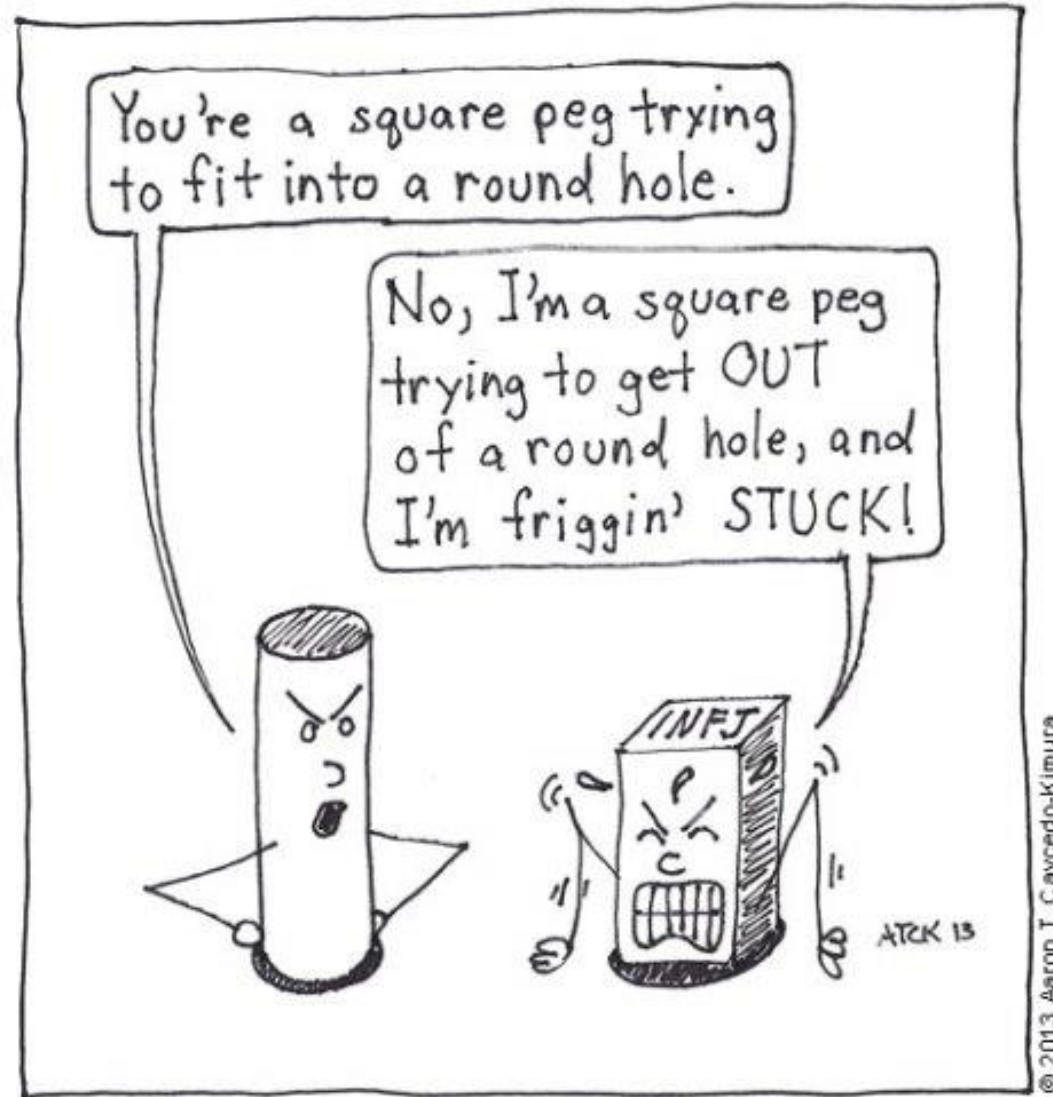
Don't



When there is
challenge or
conflict



Know when to walk away



Discussion

Questions

Comments



Thank you

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