

# From Ballers to Bosses: How Sports Can Change Lives for Youth

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## Introduction

Children are easily impacted by their everyday experiences. They are influenced by what and who they have around them as well as what they see. Getting involved in a sport is a common way that parents get children involved. To understand the complete development of a child is to see how these experiences in sports impact them.

## Factors Relating To Development

Structures of sports teach children different lessons. From respecting authority, teammates, and rules. They connect with how children move out into the world outside of sports. Children can learn valuable lessons and skills from winning and losing that they might not experience elsewhere. The developmental impacts are greater than just being physically active, but rather how youth appear and act to others.

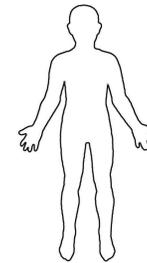
## Family Involvement in Sports

Sports have a huge impact on children's development but there are other factors that play into why the impact is the way it is. These include family involvement. These are things like being coaches, coming to games, paying for equipment, helping to push the child. All things that could positively help a child or hurt them, which ultimately is their development.

## Areas of Development From Sports



Cognitive



Physiologically



Psychologically



Behavior

## Positive Impacts of Coaches

Another factor that connects to why sports are so influential comes from the coaching. Positively coaches can be looked up to as role models, parental figures, or mentors. They can keep youth in the program and teach lessons that can help children. They also give children an outlet if they are in need. A good coach can change a child's life.

## Negative Impacts of Coaches

Coaches are also capable of hurting the development of youth. If a coach causes harm or fear in youth through abusive techniques, children tend to be pushed away from sports as well as other adults. A negative experience can stick with a child as they grow up. The child still is developing just not in a positive way and in a way that could cause harm in the future.

## Connecting Sports Development to Education

One thing that all children share is that they go to school. Schooling might look different but in one form or another all children learn. Children develop in schools just like how they do in sports. Coaches are like teachers. Certain children come into school already having developed skills from sports, socially, physically, behaviorally, etc. Also, with the structure of sports children can translate that into the school structure. This leads to better results academically and socially. If teachers are able to recognize the different development of students, they are more understanding and are able to create better connections. Once again, leading to better results.