

KESA Parent
Education
Resources



Long Term Player Development

- Let's see how the Adults like it
 - https://www.youtube.com/watch?v=X9Pc1vf_tlg
- Changing the Game in Youth Sports
 - <https://www.youtube.com/watch?v=VXw0XGOVQvw&t=69s>
- The Case for Killing the Competition
 - <https://www.theglobeandmail.com/news/national/the-case-for-killing-the-competition/article4103630/>
- Kids Quitting Sports News Conference
 - <https://www.youtube.com/watch?v=TInFe337gZQ>

Benefits of Multi-Sport

- How Falling Behind can get you Ahead
 - https://www.youtube.com/watch?v=BQ2_BwqcFsc&feature=youtu.be
- 5 Reasons you want your Kid to be a Multi-Sport Athlete
 - https://www.espn.com/espnw/voices/story/_/id/17831948/5-reasons-want-your-kid-multi-sport-athlete
- Change It Up: Playing Different Sports is Better for our Kids
 - <https://playmoresports.activeforlife.com/>
- Developing Physical Literacy Skills
 - https://sportforlife.ca/wp-content/uploads/2016/12/DPL_ENG_Feb29.indd_.pdf

Mental Health in Athletes

- Pressure to Perform
 - <https://www.healthychildren.org/English/healthy-living/sports/Pages/Pressure-to-Perform.aspx>
- Athletes get real about Mental Health
 - <https://www.psychotherapynetworker.org/blog/details/1437/athletes-get-real-about-mental-health>
- Toxicity of Sport Culture on Athletes' Mental Health
 - https://www.youtube.com/watch?v=UzTP3f_6coA&t=161s
- Athletes and Mental Health: The Hidden Opponent
 - <https://www.youtube.com/watch?v=Sdk7pLpblls&t=140s>