

KEYSA Parent  
Education  
Resources





# Long Term Player Development

- Let's see how the Adults like it
  - [https://www.youtube.com/watch?v=X9Pc1vf\\_tlg](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=TlnFe337gZQ>



# Benefits of Multi-Sport

- How Falling Behind can get you Ahead
  - [https://www.youtube.com/watch?v=BQ2\\_BwqcFsc&feature=youtu.be](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](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](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](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>