



TEN MYTHS OF YOUTH SPORTS

1. The earlier the participation in sports the more likely to be an elite athlete and/or to
2. earn a scholarship.
2. Specializing in one sport early on will increase chance of a scholarship or Olympic level achievements.
3. If a parent loves a specific sport and/or excels at a certain sport, his/her child will have similar genetics and should be directed to that same sport.
4. If a parent was not a good athlete and wishes s/he was, then living that dream through his child is a winning prescription.
5. Children have unlimited energy and can play forever, including multiple teams at once without getting tired.
6. Children are very flexible and bounce back quickly so they are not at risk for overuse injuries like tendonitis, stress fractures, etc.
7. Kids would rather sit on the bench and let the star players win the game rather than playing and losing.
8. Playing time is not important to kids.
9. Kids learn from being yelled at by coaches like a professional or collegiate coach.
10. Negative feedback on mistakes is a better teacher in kids than positive feedback for effort, for doing best, and for achieving a new skill, no matter how small it may seem.

Posted by Mark Hyman at 8:43 AM
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