

# Sources of Information for Youth Sport Leaders

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Sport has been a popular activity since before the Ancient Greeks recorded their first Olympiad in 776 B.C. Formal non-school programs began for youngsters with the creation of Little League Baseball in 1939. In the past twenty years, organized sport programs for children have undergone incredible growth. There are now estimates that over twenty million youngsters between the ages of six and eighteen participate. They are supervised by over 4.5 million adults. In North Carolina there are probably over 600,000 young athletes and at least 100,000 adult leaders, but there are no exact data.

A common feature of non-school sport programs is that many rely on volunteer leaders, some of whom have little or no training or experience in sports, coaching or leadership. Some programs do conduct training sessions while others rely on highly trained, professional leadership.

Many people have complained that the people who are involved in youth sport programs just imitate what they see in the highly visible educational and professional sport leagues. These highly entertaining and attractive sport programs, that are based largely on some type of "revenue model," are sometimes imposed on youth programs. This frequently leads to a heightened emphasis on the "trappings" of the revenue sports, including winning.

The youngsters in these programs are capable of sophisticated sport performance, perhaps to the point that their teachers might envy the near perfection their coaches are able to achieve. Of course, these well skilled youngsters spend much more time at sport than they do at any one subject in the classroom. In contrast to those youngsters who are well pleased with their performance in sport, some of these young players indicate that they are dissatisfied with their sport experiences. They "drop out," some as early as age eight or nine.

Youngsters know when they are not enjoying themselves. They turn to other activities. It is sad that children must stop participating in such a fun-filled activity as sport. Many adults are just now finding the enjoyment that can be gained through activities like tennis, racquetball, and running. Many people have known this for years, but some youth sport leaders have little concern for the present or future participation of their players. They actually drive youngsters out of sport with a "survival-of-the-fittest" ethic.

Through the years, educational reformers have attempted to improve school and non-school sport programs but without lasting success. Youth sport has been undergoing another reformation period over the last five years. The effort has not been unified by one specific organization, but the leaders have been directed by some common goals that promote fun, participation, learning, effort and physical fitness. This most recent initiative has come from a handful of sport researchers from across the nation, by some youth sport associations, and by a few physical education and sport organizations.

The recent work that has been done to evaluate and improve youth sport programs is now recorded for broad dissemination. The material includes how-to-do-it books, sport skill books for youngsters and their coaches, diaries, coaching manuals, research reports and anthologies. They have been written by teachers, coaches, parents and researchers. There is no longer any reason for youth sport leaders to be uninformed about the most appropriate paths to follow in sport for children.

The accompanying bibliography lists the major sources of information on youth sport programs. The starred books are sources that are recommended to start basic collections. Librarians are encouraged to share this bibliography with your local youth sport leaders.

## YOUTH SPORT BIBLIOGRAPHY

Albinson, J. G. and Andrew, G. M. (ed.). *Child in Sport and Physical Activity*. Baltimore: University Park Press, 1976.

Amdur, N. *The Fifth Down: Democracy and the Football Revolution*. New York: Coward, McCann and Geohagen, Inc., 1971.

*The Athletic Educator's Report*. Physical Education Publications, P.O. Box 8, Old Saybrook, Conn. 06475. \$28/year.

Bluth, R. (ed.). *Coaching Youth League Baseball*. Chicago: The Athletic Institute, 1975.

The Athletic Institute, now located at 200 Castlewood Drive in North Palm Beach, Florida 33408, publishes a series of books like this (i.e., basketball, ice hockey, *et cetera*) with a player's edition and a parallel but more detailed coaching edition.

Broadus, C. and Broadus, L. *Laughing and Crying with Little League*. New York: Harper and Row, 1972.

*Coaching Review*. Coaching Association of Canada, 333 River Road, Ottawa, Ontario, Canada, K1L 8B9, 6 issues for \$15.

Dauer, V. P. and Pangrazi, R. P. *Dynamic Physical Education for Elementary School Children*. 5th ed., Minneapolis: Burgess, 1975.

Many helpful chapters on organizing for effective teaching and specific sport skills for those unfamiliar with sports.

Gallon, A. J. *Coaching: Ideas and Ideals*. Boston: Houghton Mifflin Company, 1974.

Johnson, T. *My Coach Says . . .*. Williamsport, Penn.: Little League Baseball, 1973.

*Joint Legislative Study on Youth Sports Programs*. State of Michigan, Agency Sponsored Sports, November 1, 1978.

Kirchner, G. *Physical Education for Elementary School Children*. 3d ed. Dubuque, Iowa: Wm. C. Brown Company Publishers, 1974.

Contains much useful material on the characteristics of children and the sport activities they play.

\*Magill, R., Ash, M. and Smoll, F. (eds.). *Children in Sport: A Contemporary Anthology*. Champaign, Ill.: Human Kinetics, 1978.

Malina, R. *Growth and Development: The First Twenty Years in Man*. Minneapolis: Burgess, 1975.

\*Martens, R. *Joy and Sadness in Children's Sports*. Champaign, Illinois: Human Kinetics, 1978.

An excellent collection of articles that anyone involved in youth sport programs can and should read.

\*Martens, R. and Seefeldt, V. *Guidelines for Children's Sports*. Washington, D.C.: AAHPER, 1979.

The Bill of Rights for Young Athletes is described and explained in detail, and some of the major issues in children's sports are discussed. People in youth sports should read this.

Miller, A. C., Cheffers, J. T. F., and Whitcomb, V. *Physical Education: Teaching Human Movement in the Elementary Schools*. Englewood Cliffs: Prentice-Hall, Inc., 1974.

Orlick, T. *Winning Through Cooperation: Competitive Insanity—Cooperative Alternatives*. Acropolis Books, Ltd., Colortone Building, 2400 17th Street, NW, Washington, D.C., 1978.

\*Orlick, T. and Botterill, C. *Every Kid Can Win*. Chicago: Nelson-Hall, 1976.

An easy book to read that deals with what children think about sports and what adults do in youth sport programs for kids.

Rarick, L. G., ed. *Physical Activity*. New York: Academic Press, 1973.

Ralbovsky, M. *Lords of the Lockerroom*. New York: Peter Wyden, 1974.

Rosen, A. *Baseball and Your Boy*. New York: Funk and Wagnall, 1967.

\*Sabock, R. J. *The Coach*. 2d ed. Philadelphia: W. B. Saunders Company, 1979.

The author presents a general view of coaching with specific information about qualities of the coach, ethics, and issues plus other valuable material.

Singer, R. N. *Coaching, Athletics and Psychology*. New York: McGraw-Hill Book Company, 1972.

The author presents technical information the professional would need including growth and development, personality, social forces and learning. Best suited to the experienced coach.

Smith, N. *Food for Sport*. Palo Alto: Bull, 1976.

Smoll, F. L. and Smith, R. E., eds. *Psychological Perspectives in Youth Sports*. Washington, D. C.: Hemisphere Publishing, 1978.

*Sports Coach*. National Coaching Journal, The Department for Youth, Sport and Recreation, Perry Lakes Stadium, Wembley, 6014, Western Australia, Australia.

\**Sport Scene*. North Carolina Youth Sport Institute, 4985 Oak Garden Drive, Kernersville, N. C. 27284, 4 issues for \$4/year.

*Sportsline*. Office of Youth Sports, 117 Freer Gymnasium, Department of Physical Education, University of Illinois, Urbana, Ill. 61801, 6 issues for \$2/year.

*Spotlight*. Youth Sports Institute, College of Education Women's Intramural Building, Michigan State University, East Lansing, Mich. 48823, 4 issues for \$2/year.

*Technical Manual*. Canadian Soccer Association, 333 River Road, Ottawa, Ontario, Canada K1L 8B9, 4 issues for \$5/year.

Voigt, D. Q. *A Little League Journal*. Bowling Green, Ohio: University Popular Press, 1974.

This prominent baseball historian recounts his experiences as head coach in an interesting and moderately irreverent style.

*What Research Tells the Coach About Soccer*. Washington, D. C.: AAHPER. There are six books in this series including distance running, football, soccer, sprinting, swimming and tennis. The material is technical and well suited for the more advanced coach.

*Young Athlete*. P. O. Box 246, Mount Morris, Ill. 61054, 6 issues for \$7.50/year.

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