

Keep Youngsters Involved

#keepyoungstersinvolved

Swiss Olympic Forum
11th of May 2023

Dorien Dijk

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Dorien



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Johan 17 year old



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QUIZ

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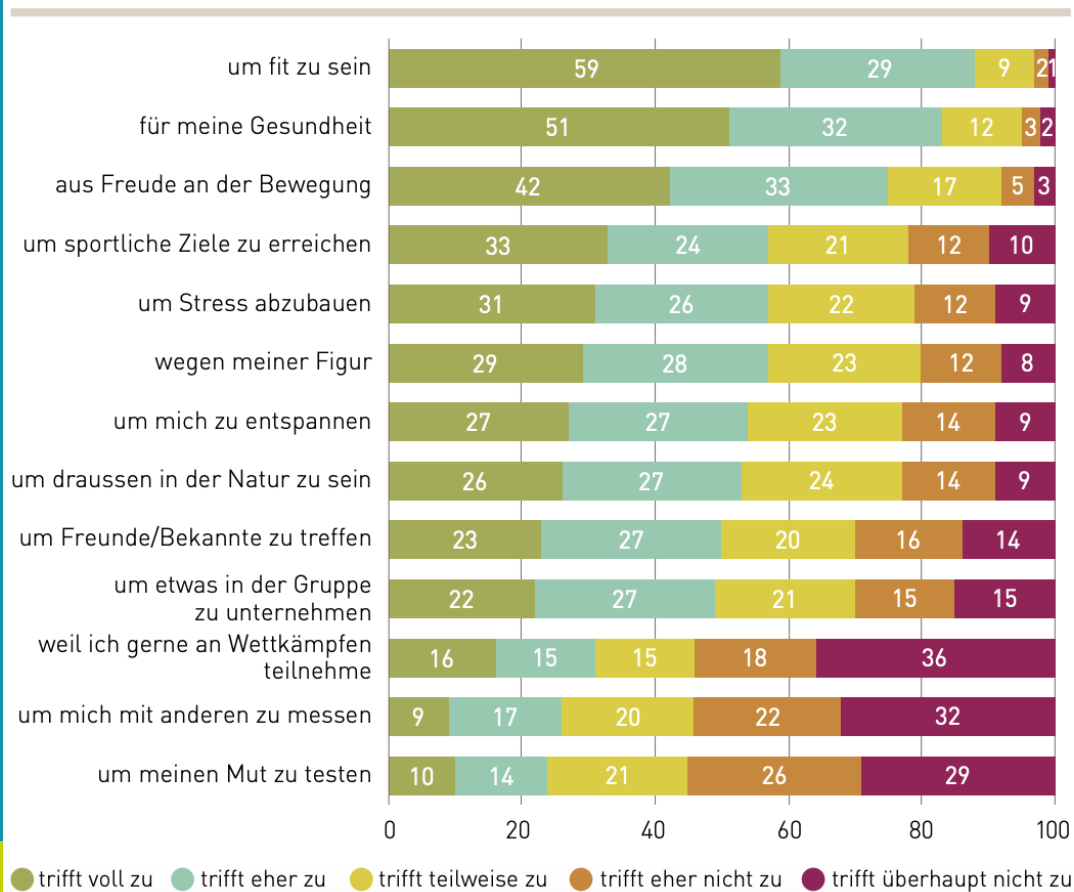
Question 1

What is the most important motivation for youngsters in between 15-19 to do sports in Switzerland?

A (stand up): to be fit

B (sit down): to achieve athletic goals





A 6.1: Wichtigkeit verschiedener Sportmotive (in % aller sporttreibenden 15–19-Jährigen)

Anmerkung: Anzahl Befragte: 1646 (nur sportlich Aktive).

● trifft voll zu ● trifft eher zu ● trifft teilweise zu ● trifft eher nicht zu ● trifft überhaupt nicht zu

Question 2

Which reasons for leaving a sport club earlier are mentioned by youngsters in between 10 - 19 year old in Switzerland

A (stand up): too much pressure

B (sit down): lost of interest / desire or enjoyment in the sport



	10-14-Jährige	15-19-Jährige*
Interesse/Lust/Freude an der Sportart verloren	35	38
Wechsel zu anderen Sportarten	20	55
zu viel Stress/Druck	7	11
ungünstige Trainingszeiten	6	18
Training hat nicht gefallen	6	27
Probleme/Unzufriedenheit mit dem Trainer/Trainingsleiter	5	20
hätte mehr Zeit für zusätzliche Trainings aufwenden müssen	5	10
Wohnortwechsel; wir sind umgezogen	5	8
Probleme mit anderen Jugendlichen, Mobbing	5	7
wegen der Schule, schulische Leistungen haben gelitten	4	11
organisatorische Gründe: Veränderung im Sportangebot	4	5
konnte meine Leistungsziele in der Sportart nicht erreichen	3	8
(bester) Freund ist ebenfalls ausgetreten	3	5
andere Kollegen sind ebenfalls ausgetreten	2	9

T 12.6: Gründe für frühere Vereinsaustritte (in % aller Jugendlichen, die aus einem Sportverein ausgetreten sind)

Anmerkung: Anzahl Befragte: 735 10-14-Jährige und 528 15-19-Jährige, die schon aus einem Verein ausgetreten sind und einen Grund für den Austritt genannt haben. *Bei den 15-19-Jährigen wurden nur aktuelle Vereinsmitglieder befragt. Die Prozentwerte addieren sich nicht zu 100 Prozent, da mehrere Gründe genannt werden konnten.

Question 3

There are almost no differences in popular sports for girls in Switzerland and the Netherlands?

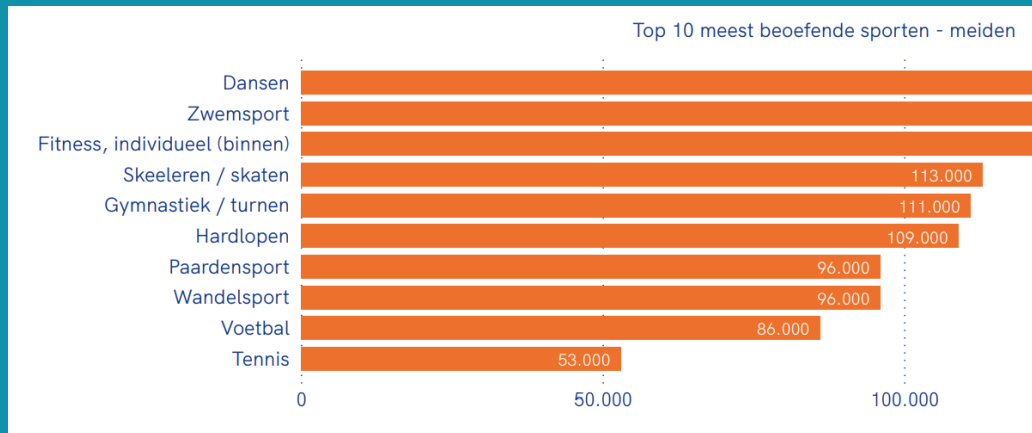
A (stand up): agree

B (sit down): don't agree



T 4.4: Die häufigsten Sportaktivitäten der 15–19-Jährigen nach Geschlecht

	Junge Frauen	
	sportliche Aktivitäten	Nennung insgesamt*
Schwimmen	40.8	45.0
Skifahren	37.8	40.3
Radfahren	36.1	38.4
Wandern	31.9	34.0
Jogging	30.2	31.2
Tanzen	23.4	25.3
Krafttraining	19.3	19.5
Fitnessstraining	18.1	18.2
Snowboarding	13.3	14.4
Volleyball	10.4	10.9
Turnen	9.6	10.0
Reiten	9.1	9.6
Fussball	8.3	9.2
Schlitteln	7.6	7.7
Eislaufen	6.9	6.9



Question 3

There are not so many differences in most common sport between boys and girls in between 10-14 in Switzerland

A (stand up): don't agree

B (sit down): agree



T 4.2: Die häufigsten Sportaktivitäten der 10–14-jährigen Mädchen und Knaben (in % aller Knaben bzw. Mädchen)

	Mädchen				Knaben		
	Sport im engeren Sinne	sportliche Aktivitäten	Nennung insgesamt*		Sport im engeren Sinne	sportliche Aktivitäten	Nennung insgesamt*
Tanzen	21.5	27.3	28.0	Fussball	45.3	64.2	68.1
Turnen	21.2	24.7	24.9	Radfahren	14.8	48.0	52.2
Schwimmen	15.4	55.4	60.7	Kampfsport	11.2	11.9	11.9
Reiten	14.5	15.7	15.7	Schwimmen	11.0	46.3	50.6
Radfahren	12.6	52.4	57.5	Unihockey	10.8	13.7	13.7
Skifahren	12.0	55.8	58.9	Skifahren	10.6	55.4	59.5
Fussball	10.9	25.3	27.7	Tennis	10.3	12.4	12.5
Jogging	8.8	19.5	20.1	Turnen	9.0	12.1	12.5
Volleyball	7.5	9.9	10.3	Basketball	6.4	10.8	12.2
Leichtathletik	7.3	8.5	8.6	Jogging	5.3	10.8	11.6
Kampfsport	5.1	5.2	5.2	Eishockey	4.8	6.4	6.8
Tennis	4.7	6.8	6.8	Mountainbiking	4.4	6.6	6.9
Wandern	4.2	27.4	29.7	Tischtennis	4.4	7.8	8.2
Klettern	3.4	6.5	6.5	Skateboarding	4.4	9.5	9.6
Fitnessstraining	3.2	3.8	4.0	Leichtathletik	3.4	3.5	3.5
Eislaufen	3.0	10.7	11.4	Badminton	3.3	5.7	5.9
Unihockey	2.7	4.0	4.0	Handball	3.3	4.2	4.2
Basketball	2.5	4.7	5.6	Wandern	3.0	22.6	24.6

Anmerkung: Anzahl Befragte: 1501. *Es werden auch die Angaben der erklärten Nichtsportler einbezogen, falls diese die jeweilige Sportart als eine von ihnen gelegentlich ausgeübte Bewegungsaktivität genannt haben (vgl. Kapitel 7).

Question 4

Do people from lower levels of education engage less in sport and physical activity?

A (stand up): yes

B (sit down): no



Eurobarometer:

However, the socio-demographic variations highlighted in the 2017 report still exist. Indeed, women are far less active than their male counterparts. Levels of participation in sport and other physical activity tend to decrease with age. In addition, respondents with lower levels of education and those who experience more financial difficulties are the least likely to engage in sport or other physical activity.

Question 5

How many hours do youngsters in between 12 tot 18 year old sit during the day in the Netherlands?

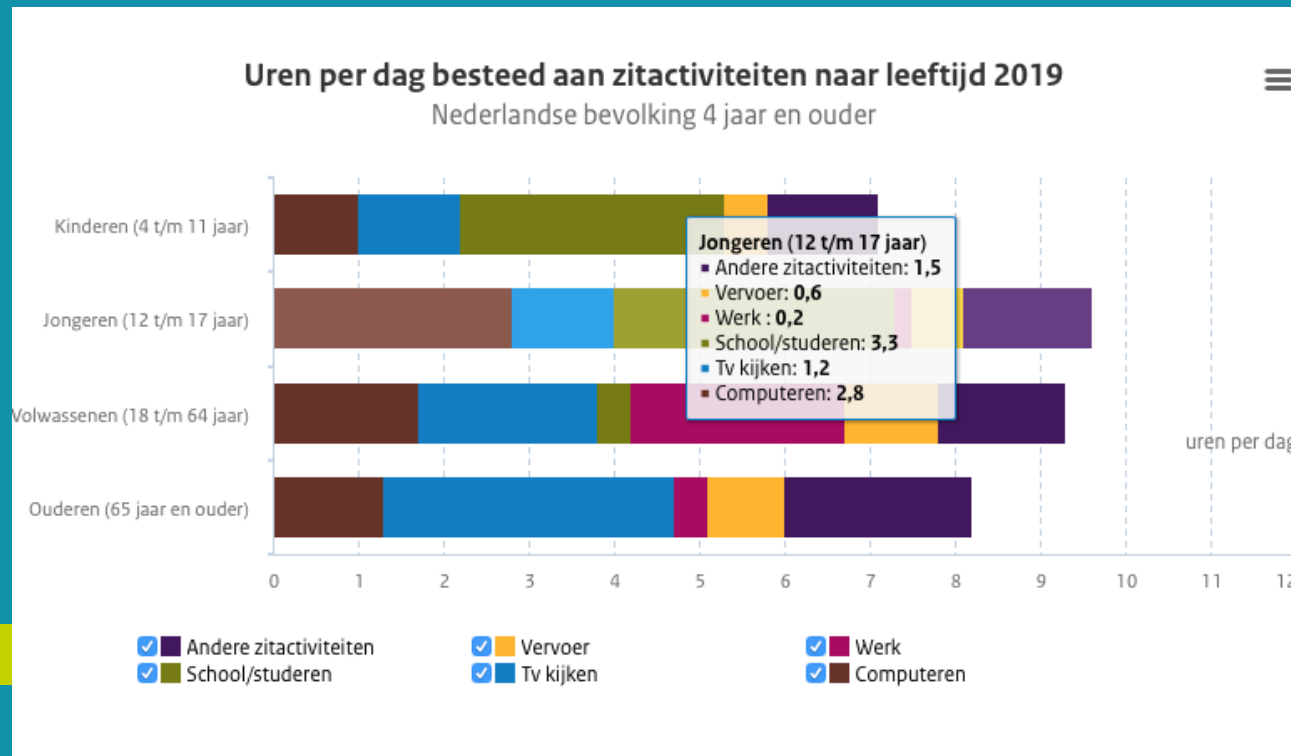
More or less than 8 hours?

A (stand up): more than 8,0 hours

B (sit down): less than 8,0 hours



A (stand up): More than 8,0 hours
The average of sitting per day is 9,6 hours!



Question 6

What is the percentage of youth (10-19 year old) not doing any sport activity outside of compulsory physical education classes per week in 2014 and in 2020 in Switzerland?

A (stand up): less than 10%

B (sit down): in between 10-20%





● über 10 Stunden
 ● über 7 bis 10 Stunden
 ● über 3 bis 7 Stunden
 ● bis 3 Stunden
 ● nie

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The project

www.keepyoungstersinvolved.eu

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Overview of the project

Target group: 12 - 19 year olds

Duration Erasmus+Sport
project 2016-2019

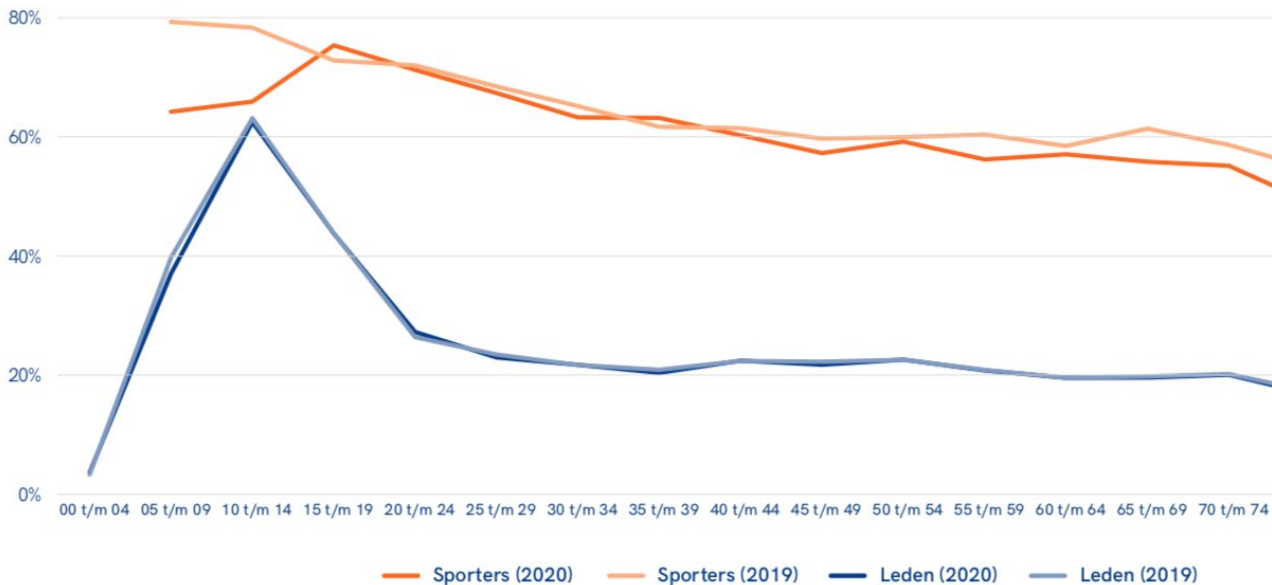


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Facts & figures

[NL:https://nocnsf.nl/media/4412/zo-sport-nederland-2020_def.pdf](https://nocnsf.nl/media/4412/zo-sport-nederland-2020_def.pdf)

Sport- en ledenpercentage per leeftijdsgroep



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KYI Partners



**Institutul
Național de
Cercetare pentru
Sport**



**UNIVERSITY
of
LIMERICK**
OLLSCOIL LUIMNIGH



**INSTITUTO PORTUGUÊS
DO DESPORTO
E JUVENTUDE, I. P.**

KU LEUVEN



TAFISA
The Association For International Sport for All

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Products and Toolkit

Aim was to produce toolkit for professionals who work with youngsters at grass root level: trainers, teachers, youth committees, board of sport club, school sport club etc.



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https://www.youtube.com/watch?v=oseaUKJup7I&feature=emb_logo

What do youngsters in between 12-18 find important about sports? Why did they quit?



 kenniscentrum
sport

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Factors influencing sports dropout in 12-19 year olds and a proposed model for KYI.



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Methods

1. Rapid review of the published literature.
1. Grey Literature was identified in the partner countries and used to support or add to the published literature findings.



Factors Preventing
Sports Dropout

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Published Literature Findings

- Definition for sports dropout:
“the prolonged absence of systematic practice and competition, either in one sport (sport-specific drop out) or all sports (sport-general dropout)”
(Adapted from Balish et al. 2014)



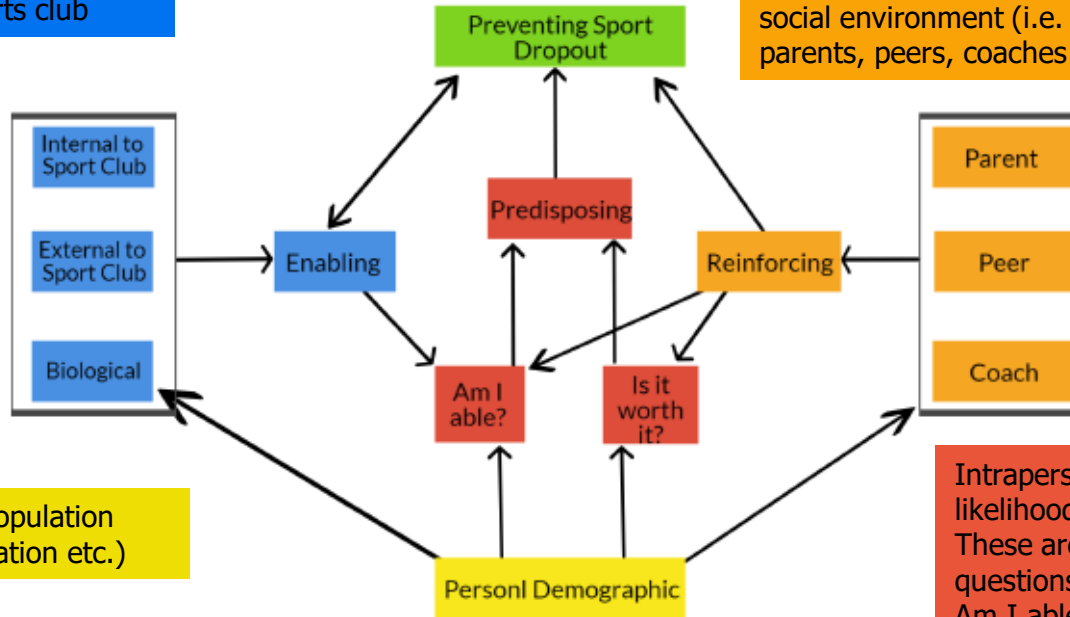
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KYI Framework

Enable youngsters to participate in sport. These can include:
 Biological enablers
 Factors internal to the sports club
 Factors external to the sports club

Interpersonal factors in the social environment (i.e. parents, peers, coaches etc.)



Describe the person or population (e.g. age, gender, occupation etc.)

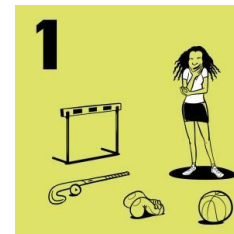
Intrapersonal factors that increase the likelihood of the outcome behaviour. These are broken into two fundamental questions:
 Am I able (e.g. motivation, perceived competence etc.)
 Is it worth it (e.g. enjoyment, values etc.)

Framework for preventing youth sport dropout. Adapted from the Youth Physical Activity Participation Model (Welk, 1999)

14 Factors

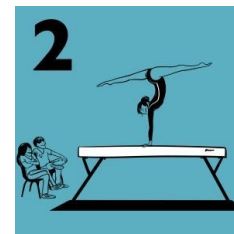
1. Autonomy

Every youngster should experience a certain freedom of choice in his/her actions, thinking, and feeling related to his/her sports practice. Every youngster can take initiative and should experience their behaviour as self-organized.



1. Perceived competence

Every youngster should feel confident about their ability to achieve a challenging sports-related task or predefined goal. Every youngster should believe that he/she is capable of performing a specific task or managing a challenging situation.



1. Relatedness

Every youngster should feel like he/she are part of the team/club. Every youngster should experience a sense of warmth, affection, acceptance and security about themselves and about being with others.



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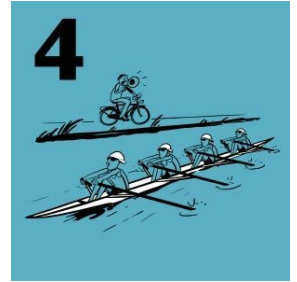
14 Factors

4. Learning climate

Every youngster should receive positive reinforcement from significant others (i.e. coaches, peers, parents) when he/she works hard and they should help others to learn through cooperation. It should be recognised that every person's contribution is important for the club.

5. Time / Goal balance

Every youngster should manage their time, where possible, to allow for sports participation. Every club should organize activities at suitable, flexible and accessible times for youngsters to be able to participate. Clubs should balance time commitment required with youngsters' participation level (i.e. recreational, advanced or elite) and should be mindful of the time youngsters need to give to other aspects of their lives (e.g. education).



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14 Factors

6. Cost

Every youngster should be able to afford the cost of staying involved in sport. Every club should actively try to keep the cost of participating low for youngsters in order to avoid financial barriers to participation. Every club should discuss opportunities for individuals facing financial barriers (e.g. membership in exchange for voluntary tasks at the sports club).



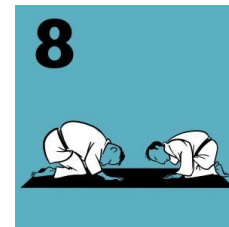
7. Expectancies

Every youngster should understand what to expect when participating in a sports club. These expectations should cover the physical, social and mental aspects of participation. Every club should understand how youngsters' expectations relating to participation differ depending on age, sex, culture and socio-economic status, and where possible cater for these variations in expectations and needs.



8. Values

Every youngster should value the importance and usefulness of sport participation for him/herself. Every club should value the importance of sport participation for youngsters and where possible should promote these values.



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14 Factors

9. Coach-Athlete Relationship

Every youngster and coach should have an effective and positive relationship, which includes empathetic understanding, honesty, support, cooperation and respect.



10. Peer-Involvement

Every youngster should be encouraged by other players and NOT be teased or made feel nervous in a negative sense when partaking in sport. Every club should provide opportunities for youngsters to interact and make friends and encourage youngsters to do so. This should be done formally (organised, planned, evaluated) and informally (unplanned).



11. Parental Autonomy Support

Every parent/guardian should encourage his/her youngster to participate in sport. Every parent/guardian should provide support (e.g. transport, equipment, doing activity with them, encouragement etc.), when possible, to their youngster to take part in sport. Every club should support parents/guardians to do so, especially with respect to youngsters who are more likely to drop out of sport (i.e. vulnerable groups).



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14 Factors

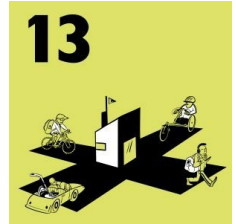
12. Prevention Policy

Every club should have an anti-dropout policy that creates awareness of the factors associated with dropout and that actively strives to prevent dropout. Every clubs should be encouraged to use the health potential of their particular sport. Every youngster should be an ambassador for participation and continued engagement in sport and physical activity.



13. Accessibility

Every youngster should be able to access the sports facilities safely and conveniently. Every club should make its facilities access as safe and convenient as possible for youngsters and their families.



14. Type of sport offer

Every youngster should have the possibility to participate in sports activities they enjoy and should be able to participate at the level they are most comfortable (e.g. competitive, recreational etc.). Every club should provide different opportunities for youngsters, where possible, and policies that create opportunities for youngsters with regard to level of participation, variation of training and organisation of competitions should be encouraged.

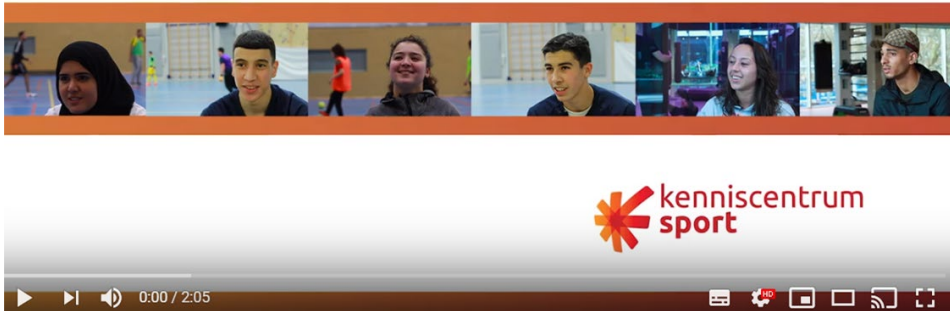


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https://www.youtube.com/watch?time_continue=8&v=yJLb1TLZTFg

Wat sport betekent voor jongeren

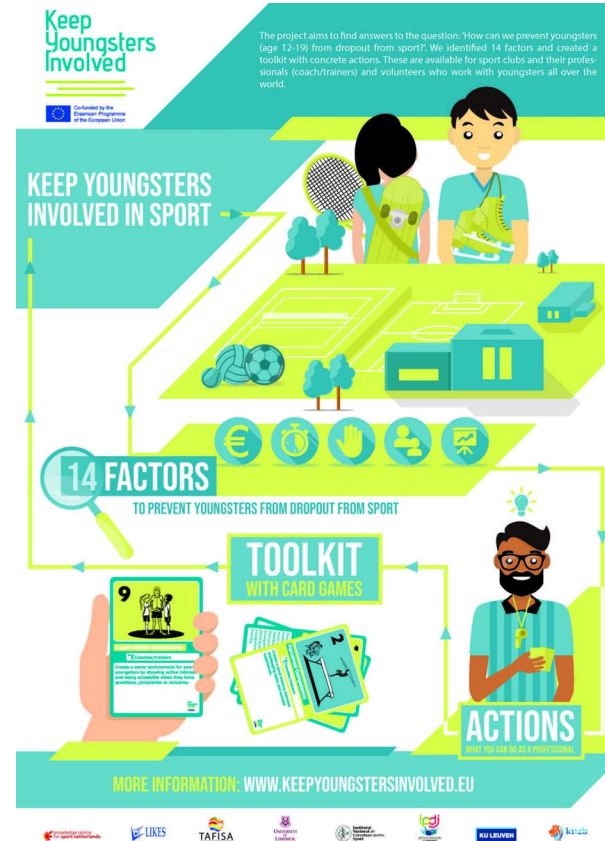
What sport means to youngsters



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Products:

- 14 factors
 - Methodologies
 - Toolkit (Card Games)
 - Movies
-
- Infographic ----->



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Cards

3



Relatedness

 Coaches/trainers

Make sure that the trainer/coach relates to the youngsters respecting their background, ethnicity and cultural values.

4



Learning climate

 Coaches/trainers

Provide positive feedback, that is process oriented and emphasizing intrapersonal development (task goal orientation).



1



Autonomy

 Coaches/trainers

Ask youngsters how his/her perfect sport season would look like and support him/her in achieving it.



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Card games:

- Combine a group of professionals with youngsters
- Put the cards on the table
- Choose two favorite cards
- Read your card and exchange experiences
- Next person, next card -----> [workshop!](#)



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Download card games



Infographic

Keep Youngsters Involved at a glance.



14 factors to prevent dropout

The project Keep Youngsters Involved



Toolkit with card games

The card games are developed and are

Zwemclub TRB-RES Tilburg Freek

Good practice
youth committee



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Information



www.keepyoungstersinvolved.eu



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Thank you!

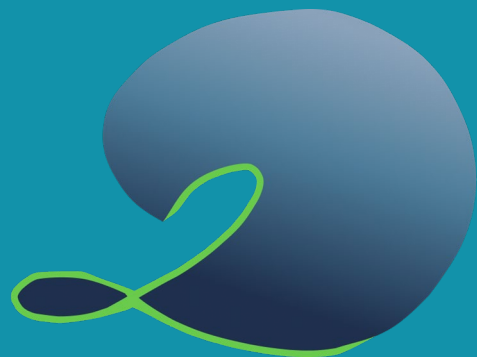
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