

## Child participation survey

*NOTE: Definition of Child is <16 years.*

From a survey of children, the top five (5) reasons why they participate are:

- Socialise with friends
- Improve my skills
- Have fun
- Stay in shape / healthy
- Do something I'm good at

Enjoy winning was not rated in their top 5 responses.

Children's sport participation peaks at the age of 12 years.

The dropout rate for organised youth sport from one season to the next is 35%.

Research (Weinberg & Gould) indicates that the two underlying reasons that a child withdraws from organised sport is because they don't feel:

- worthy**
- competent.**

The other eight (8) reasons why children discontinue / drop out of organised sport:

- Failure to learn new skills
- Lack of fun
- Boredom
- Lack of success (not achieving PB's)
- Too much pressure
- No challenge
- Friends leaving
- Injury

Research (Ewing & Seefeldt, 1996) stated ten (10) recommendations for coaching children.

- Challenge
- Variety
- Recognise achievement (worthy & competent)
- Set goals
- Provide leadership opportunities
- Be consistent & enthusiastic
- Encourage & praise
- Be organised
- Have consequences
- Make it fun.