

Recreation Services for Tweens and Teens

What do we do with these guys!

Statistics

- At least 30 million kids ages 6-17 play in organized sports programs each year
- About 35% of children drop-out of an organized sport program each year
- Over 50% stop playing a sport by the time they are age 12
- 70%-80% of youth ages 13 to 15 drop-out of organized sports programs entirely

Institute for the Study of Youth Sports, Michigan State University, 2004

Numbers

Baseball

3 & 4 Grade	130
5 & 6 Grade	126
7 & 8 Grade	102
9 – 12 Grade	52

Girls Basketball

3 & 4 Grade	71
5 & 6 Grade	83
7 & 8 Grade	52
9 – 12 Grade	52

Flag Football

3 & 4 Grade	198
5 & 6 Grade	109
7 & 8 Grade	36
9 – 12 Grade	9

Boys Basketball

3 & 4 Grade	250
5 & 6 Grade	160
7 & 8 Grade	90
9 – 12 Grade	172

Volleyball

5 & 6 Grade	108
7 & 8 Grade	72
9 – 12 Grade	0

Why Do They Quit?

Not having fun

The coach played favorites

Too much emphasis is placed on competition

Frustration with not getting to play

Institute for the Study of Youth Sports, Michigan State University, 2004

Successful Sports Programs

American Fork Recreation

Flag Football

13 – Jr High Teams

16 – High School Teams

Basketball

40 – High School Teams

Pleasant Grove Recreation

Basketball

20 – High School Teams

Richfield Recreation

Basketball

9 – High School Teams

What Can We Do With Sports Programs

Let teens form their own teams

No adult coaches allowed - high school teams

Work with teams – let them know they are important and you want them to play

Divide into smaller divisions (based on W-L records) with smaller tournaments. More winners, fewer lopsided scores – less fights

Alternative Programs

Trips

Lagoon, Seven Peaks, Ski Resorts – Uintah Recreation

Outdoor Adventures

River Trips, Hikes, Rock Climbing, Ropes Courses – Carbon County Recreation

Service Groups

Youth City Councils - Highland, Pleasant Grove, and others

Youth Court Program - Highland, Pleasant Grove, and others

Teen Recreation Councils

Battle of the Bands

Teen Dances (Jr High Age) - Pleasant Grove

Teen Art Programs - Provo Recreation

Skate Park Competition - Provo Recreation, American Fork Recreation, and others

Parkour/Free Running - Provo Recreation

Teen Flashlight Hunt - Uintah Recreation

Late Night at Community Centers - Orem Recreation

Tips and Suggestions

- Teens want exposing, high intensity, risk taking, and novel activities
- Tweens and teens do not need adults to do things “to” or “for” them, they need to be involved in the learning and growing process – they need to have opportunities to develop themselves and they need adults to serve as enablers and mentors
 - Rationale for Recreation Services for Youth
 - Peter Witt
 - Linda Caldwell

Outcomes of Providing Tween and Teen Programming

- Reduced Juvenile Delinquency
- Improve Educational Performance
- Decrease Health Care Costs Related to Childhood Obesity
- Help Youth Develop Self Confidence, Optimism, and Initiative
- Produce Better Adults for Society
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In a 2000 survey, more than 80% of California mayors and chambers of commerce believed that recreation areas and programs reduce crime and delinquency, and 71% of respondents felt that recreation played a positive role in tough social problems such as juvenile court, 66% about underage drinking, 64% about illegal drug use

California State Parks, 2005

A 2001 YMCA study of 500 14 – 17 year olds found that more than half of those surveyed desired more after school activities in their communities. Some 60% said they would participate if the activities were available. 54% said they would watch less TV and play fewer video games if they had other things to do.

Penn, Schoen, and Berland Associates 2001

“It is important to remember that adolescents are valuable resources to invest in, and not problems to be solved.”

Rationale for Recreation Services for Youth
Peter Witt, Linda Caldwell