This event is for coaches, parents, and youth sport administrators interested in and concerned about youth sports. The focus will be on children from the earliest ages of participation to about 14 years of age. The presentation will examine the pros and cons of youth sports programs, such as:

- What are the benefits and the risks of participation in all types of youth sports programs?
- At what age should children begin playing sports?
- How much should they practice and play?
- Is intense competition psychologically healthy or the root cause of bad behavior?
- Do sports develop character in our youth or create “characters”?
- What is the risk of physical injury?
- Are parents part of the problem or part of the solution?
- Are coaches prepared to meet the demands of coaching our youth?

You will not only get insight into the problems in youth sports programs today but you will get solutions as well.

About Rainer Martens

As president and founder of Human Kinetics (the world’s largest publisher of information about the sport sciences, physical education, sports, and fitness) Martens has spent more than 30 years publishing books, journals, videos and online courses. His book, Successful Coaching, is the best-selling coaching text ever published, with more than 1 million copies sold. Martens is an Emporia State University graduate, a former professor of kinesiology at the University of Illinois and a former sports psychologist for numerous U.S. Olympic athletes. Martens is also an avid athlete, having earned All-American status as a member of 15 National Senior Slow-Pitch Softball Championship teams.

For more information, call 1-877-378-5433 or 620-341-5830