

## Positive Youth Development Through Sport: PYD SportNET

Professor Nicholas L. Holt  
Child & Adolescent Sport & Activity Lab  
University of Alberta



FACULTY OF PHYSICAL EDUCATION AND RECREATION • WWW.PHYSEDANDREC.UALBERTA.CA



## Team

- Nick Holt
- Leisha Strachan
- Jessica Fraser-Thomas
- Dany McDonald
- Katherine Tamminen
- Martin Camiré
- SIRC
- CCSA
- Kurtis Pankow
- Rachel Kays
- Evelyne Felber Charbonneau
- Courtney Braun
- Meghan Harlow
- Kristine Cheung



Social Sciences and Humanities  
Research Council of Canada  
Conseil de recherches en  
sciences humaines du Canada



FACULTY OF PHYSICAL EDUCATION AND RECREATION • WWW.PHYSEDANDREC.UALBERTA.CA



## Rationale

- Canada has some of the world's leading researchers in youth sport, and one of the most sophisticated sport systems ("IOC, 2016").
- Yet, there is a research-to-practice gap when it comes to applying knowledge from youth sport research to the delivery of sport in Canada (Holt, 2016; "Sport Canada 2014").



FACULTY OF PHYSICAL EDUCATION AND RECREATION • WWW.PHYSEDANDREC.UALBERTA.CA



## Positive Youth Development

- To facilitate youth development by providing *experiences* that enable participants in *adult-supervised programs* to gain *transferable personal and social life skills*, along with *physical competencies*.
- These skill and competency outcomes will enable participants in youth sport programs to *thrive* and *contribute to their communities*, both now and in the future.

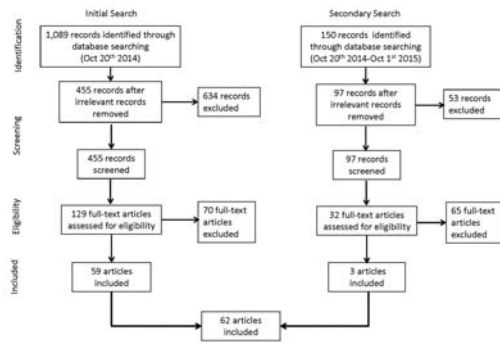
• (Holt, 2016).



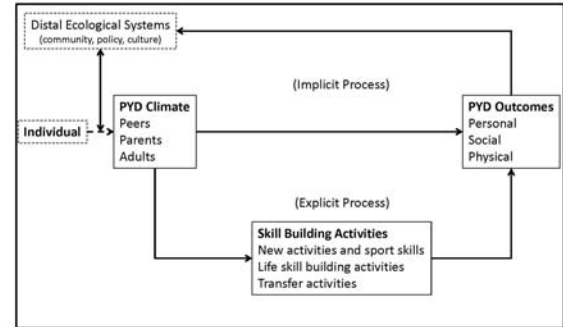
FACULTY OF PHYSICAL EDUCATION AND RECREATION • WWW.PHYSEDANDREC.UALBERTA.CA



## Meta-study of PYD Through Sport



## A Model of PYD Through Sport



(Holt et al., IRSEP, 2016, open access)

## Talking With Sport Organizations

- 46 PSOs and counting
  - Alberta (10), Manitoba (5), Ontario (12), Québec (10), Prince Edward Island (9)
- 20 NSOs/MSOs

## Main Findings

- **Barriers**
  - Time, capacity
  - Knowing 'what is out there' and 'what is credible'
  - Lack of communication from researchers
- **Opportunities**
  - Using research to make or justify decisions
  - Key topics: parent education; retention and recruitment
- **Moving Forward**
  - Easy, shareable ways to present access credible research



## Initial Reach

- Infographics average 2,800 views and 110 interactions
  - Infographics targeted to coaches are most highly viewed.
- One infographic, promoted as a SIRC knowledge nugget, received over 9,000 views.
- *The Sport Parent* has received over 3,000 views and 50 interactions

- The Sport Parent:
  - [https://issuu.com/thesportparent/docs/the\\_sport\\_parent\\_spring\\_2016\\_/1](https://issuu.com/thesportparent/docs/the_sport_parent_spring_2016_/1)
- @PYD SportNET
  - <https://twitter.com/pydspornet>

## Take Home Messages

1. PYD SportNET is an attempt to address the research-to-practice gap.
2. It is about building partnerships and creating linkages
3. Follow us, retweet, read, ask