



YOUTH SPORT SUMMIT

Adelaide | 2021

Alere at Flinders. Thursday 2 December.

Sporting Clubs of the Future

WELCOME



THE YOUTH SPORT SUMMIT (YSS) 2021 IS THE PEAK RESEARCH EVENT FOR SPORT SCHOLARS, SPORTING ORGANISATIONS, POLICYMAKERS, GOVERNMENT BODIES, COACHES AND EDUCATORS. THE AIM OF THE YSS IS SIMPLE: TO ENERGISE AND INSPIRE STRONGER PARTNERSHIPS BETWEEN RESEARCHERS AND THE SPORT INDUSTRY. SINCE THE INAUGURAL YSS EVENT IN 2019, THERE HAS BEEN A NOTABLE SHIFT IN THE WAY THAT THE SOUTH AUSTRALIAN SPORTS INDUSTRY HAS EMBRACED OPPORTUNITIES TO ENGAGE AND INVEST IN RESEARCH TO ARREST THE MANY CHALLENGES THAT CONTINUE TO PERVADE YOUTH AND COMMUNITY SPORT.

I AM PLEASED TO CONVENE THE YSS 2021 EVENT WHICH INCLUDES EIGHT 'TED-INSPIRED' GUEST TALKS DELIVERED BY RENOWNED RESEARCHERS AND INDUSTRY LEADERS ON THE TOPICS OF SPORT AND MENTAL HEALTH, ENHANCING PARENT, COACH AND ATHLETE EXPERIENCES, AND DIVERSITY AND INCLUSION IN SPORT. THE YSS 2021 EVENT WILL ALSO SHOWCASE THE LATEST RESEARCH DEVELOPMENTS FROM FLINDERS HIGHER DEGREE RESEARCH COHORT AS WELL PROFILE AN EXCLUSIVE 'IN CONVERSATION' INTERVIEW WITH TOKYO OLYMPIAN AND LONG-DISTANCE RUNNER IZZI BATT-DOYLE. THE LAUNCH OF AN EXCITING INITIATIVE FOR THE SOUTH AUSTRALIAN SPORTS SPECTOR WILL ALSO BE A KEY FEATURE OF THIS YEAR'S PROGRAM.

THIS YEAR'S THEME 'SPORTING CLUBS OF THE FUTURE' IS TIMELY BECAUSE THE SPORTING LANDSCAPE HAS CHANGED CONSIDERABLY OVER THE PAST TWO YEARS. I HOPE THAT OUR DEDICATED TALKS HELP TO ADDRESS SOME OF THE VERY REAL CHALLENGES THAT SPORTING CLUBS AND COMMUNITIES FACE, AND INVITE NEW OPPORTUNITIES FOR DELEGATES TO ENGAGE IN THE EXCHANGE OF IDEAS, EXPANSION OF NETWORKS AND DEVELOPMENT OF NEW CROSS-INDUSTRY PARTNERSHIPS.

THANK YOU FOR YOUR ATTENDANCE AND ENJOY THE EVENT!

- DR SAM ELLIOTT (YSS CONVENOR)

YOUTH SPORT SUMMIT ORGANISING COMMITTEE



ANU FRANCIS
BACHELOR OF EXERCISE
SCIENCE / EDUCATION
STUDIES



AMELIA CURNOW
BACHELOR OF SPORT
HEALTH & PHYSICAL
ACTIVITY



KAYLEIGH O'DONNELL
PHD CANDIDATE

PROGRAM



TIME	EVENT	SPEAKER
8:45	REGISTRATION	
9:00	WELCOME	BEN HOOK
9:20	YOUNG MEN, SPORT AND MENTAL HEALTH	PROF MURRAY DRUMMOND
9:40	IMPACT OF COVID-19 ON SPORT PARTICIPATION & PHYSICAL & MENTAL HEALTH	PROF ROCHELLE EIME
10:00	MENTAL HEALTH AND SPORT CHARTER	LEAH CASSIDY
10:20	QUESTION TIME	
10:30	MORNING TEA	
10:50	HIGHER DEGREE RESEARCH (HDR) SHOWCASE	KAYLEIGH O'DONNELL, ASHLEY MONTERO, VELVET KLASS, CATHERINE LITCHFIELD, EMMA MILANESE, & EMILEA MYSKO
11:10	COACH DEVELOPERS	ASSOC PROF SHANE PILL
11:30	HOW DO SPORTING CLUBS SET UP PARENTS FOR SUCCESS?	DR SAM ELLIOTT
11:50	ATHLETE WELLBEING – WHAT CAN CLUBS DO TO SUPPORT YOUNG ATHLETES?	DR DEB AGNEW
12:10	QUESTION TIME	
12:20	LUNCH	
1:10	BOOK LAUNCH	DR DEB AGNEW & BEN HOOK
1:15	WALKING SPORTS	ASSOC PROF LUCY LEWIS
1:35	FEMALE COACHING PROJECT	JASMINE PETERSEN
1:55	QUESTION TIME	
2:05	PODCAST LAUNCH	
2:30	OLYMPIAN IN CONVERSATION	IZZI BATT-DOYLE & BEN HOOK
2:50	CLOSING REMARKS	DR SAM ELLIOTT
3:00	NETWORKING EVENT & AFTERNOON TEA	

SPEAKERS



PROF. MURRAY DRUMMOND

THE MENTAL HEALTH AND WELLBEING OF YOUNG MALES AGED 15-24 GLOBALLY IS NOT BEING ADEQUATELY ADDRESSED. UNLIKE THE TRANSITION PERIOD FROM CHILDHOOD TO ADOLESCENCE, WHERE BOYS ARE RELATIVELY INSULATED WITHIN THE CONSTRUCTS OF THEIR SCHOOL AND FAMILY ENVIRONMENT, THE TRANSITION PHASE THROUGH ADOLESCENCE TO EARLY ADULTHOOD IS LESS CONTROLLED AND REQUIRES IMMEDIATE ATTENTION. SPORT CAN PLAY A SUBSTANTIAL ROLE IN PROTECTING MENTAL HEALTH THROUGH SOCIALISATION AND ENGAGEMENT IN A SOCIALLY ENDORSED ACTIVITY THAT SEEMINGLY HAS FAR MORE POSITIVE OUTCOMES THAN NEGATIVE ONES. THIS RESEARCH PROVIDES INSIGHTS INTO HOW WE CAN CREATE SAFE SPACES FOR MALES AND INFLUENCE POSITIVE FORMS OF MASCULINITIES THAT CAN ENHANCE MENTAL HEALTH PROMOTION AMONG YOUNG MALES.



PROF. ROCHELLE EIME

THERE HAS BEEN A SUBSTANTIAL INCREASE IN SPORT PARTICIPATION IN RECENT YEARS (2015-2019). HOWEVER, IN VICTORIA, THERE WAS A 27% DECREASE IN SPORT PARTICIPATION DUE TO COVID-19. THERE IS A SIGNIFICANT FURTHER DECLINE DURING ADOLESCENCE, WHICH MAY BE EXACERBATED DUE TO MISSING A SEASON/YEAR OR SPORT OR MORE. OVERALL, FEMALES' PARTICIPATION DECREASED MORE THAN THAT OF MALES. GENERALLY, THERE WERE GREATER DECREASES IN THE WINTER AND TEAM-BASED SPORTS. DURING COVID-19 LOCKDOWN FOR ADULT SPORT PARTICIPANTS, MEN WERE SIGNIFICANTLY MORE LIKELY THAN WOMEN TO REPORT WORSE OR MUCH WORSE GENERAL, PHYSICAL AND MENTAL HEALTH AND LOWER LIFE SATISFACTION. SPORTS CLUBS PROVIDE AN IMPORTANT SETTING FOR INDIVIDUALS' HEALTH AND WELLBEING WHICH IS WHY CLUBS REQUIRE THE CAPACITY TO DELIVER SPORT AND INDIVIDUALS MAY NEED TO REGAIN THE MOTIVATION TO RETURN.



LEAH CASSIDY

HAVING SEEN THE RATE OF SUICIDE AND MENTAL HEALTH ISSUES ACROSS MANY SPORTING CODES, SPORT SA AND BREAKTHROUGH MENTAL HEALTH RESEARCH FOUNDATION HAVE TEAMED UP TO DELIVER SOUTH AUSTRALIA'S FIRST MENTAL HEALTH IN SPORT PROGRAM. SPORTING ORGANISATIONS HAVE EXPRESSED A NEED FOR AN INDUSTRY-WIDE FRAMEWORK FOR INCLUSIVE PRACTICE FOR PEOPLE WITH PSYCHOSOCIAL ILLNESS. THE DEVELOPMENT OF POLICY, RESOURCES, COMMUNITY AWARENESS EVENTS AND DELIVERY OF MENTAL HEALTH FIRST AID TRAINING/MENTAL HEALTH LITERACY EDUCATION WILL RESULT IN INCLUSIVE PRACTICE AND ASSIST PEOPLE WITH PSYCHOSOCIAL DISABILITY TO FULLY ENGAGE AND PARTICIPATE IN SPORT AND THE COMMUNITY MORE BROADLY.



ASSOC. PROF. SHANE PILL

UNDERSTANDING PEDAGOGY, CURRICULUM, TACTICAL AND TECHNICAL CONTENT KNOWLEDGE, AND RELATIONSHIP BUILDING ARE CRUCIAL TO COACHING FOR EFFECTIVE PLAYER LEARNING. THE LATTER IS PARTICULARLY IMPORTANT TO INTERRUPT THE TREND OF PLAYER ATTRITION FROM SPORT IN ADOLESCENCE. IN AUSTRALIA, WE HAVE THE DEVELOPMENT OF SPORT INVESTMENT IN COMMUNITY CLUB COACH COORDINATORS, WHO ARE MOSTLY VOLUNTEERS LIKE THE COACHES. IN THIS TALK, SHANE LOOKS AT THE FINDINGS OF TWO LOCAL STUDIES INTO CLUB COACH COORDINATOR DEVELOPMENT INITIATIVES AND MAKE RECOMMENDATIONS FOR ENHANCED COACHING FOR ADOLESCENT PLAYER RETENTION.



DR DEB AGNEW

DR DEB AGNEW IS A SENIOR LECTURER IN THE COLLEGE OF EDUCATION, PSYCHOLOGY AND SOCIAL WORK AT FLINDERS UNIVERSITY. SHE TEACHES SPORT SOCIOLOGY AND MANAGES STUDENT INDUSTRY PLACEMENTS IN THE BACHELOR OF SPORT, HEALTH AND PHYSICAL ACTIVITY. HER PRIMARY RESEARCH INTEREST IS ATHLETE WELFARE AND RETIREMENT FROM ELITE SPORT. OTHER RESEARCH INTERESTS INCLUDE AUSTRALIAN FOOTBALL, MASCULINITY, AND MEN'S HEALTH. THIS PRESENTATION EXPLORES THE CHALLENGES FACED BY YOUNG ATHLETES THAT COULD HAVE AN IMPACT ON THEIR WELLBEING AND WHAT CLUBS CAN DO TO SUPPORT ATHLETES AS THEY STRIVE FOR SUCCESS.



DR SAM ELLIOTT

SAM WILL DRAW ON THE CONCEPTUALISED WORK OF DORSCH ET AL. (2020) TO ADVANCE MORE SYSTEMATIC AND INTEGRATED UNDERSTANDINGS ABOUT THE YOUTH SPORT EXPERIENCE. ATTENTION WILL BE GIVEN TO THE WAYS IN WHICH PARENTS, SIBLINGS, PEERS, COACHES, ORGANISATIONS, COMMUNITIES, AND SOCIETIES THAT SURROUND ATHLETES IN YOUTH SPORT IMPACT THE OVERALL EXPERIENCE IN NUANCED, YET IMPACTFUL WAYS. A PARTICULAR EMPHASIS WILL BE PLACED ON THE ROLE OF THE SPORT CLUBS' INTERACTIONS WITH COACHES, PARENTS, AND ATHLETES BY DRAWING ON DR ELLIOTT'S DECADE OF RESEARCH IN THE FIELD.



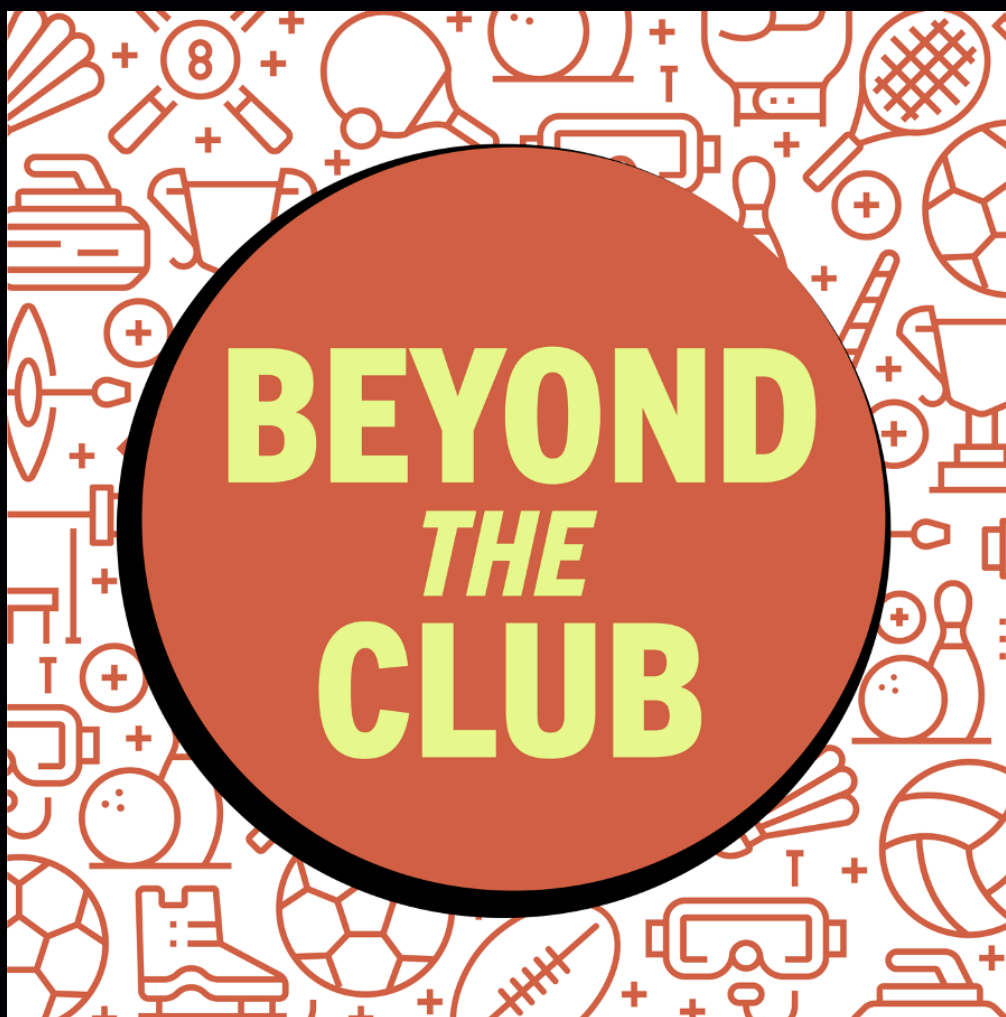
ASSOC. PROF. LUCY LEWIS

LUCY LEWIS IS AN ASSOCIATE PROFESSOR IN THE COLLEGE OF NURSING AND HEALTH SCIENCES AT FLINDERS UNIVERSITY. SHE HAS A CLINICAL BACKGROUND IN PHYSIOTHERAPY AND IS THE ACADEMIC LEAD FOR PHYSIOTHERAPY AT THE UNIVERSITY. LUCY IS INTERESTED IN INVESTIGATING INNOVATIVE WAYS TO HELP PEOPLE TO SIT LESS AND MOVE MORE TO IMPROVE THEIR HEALTH ACROSS THE LIFESPAN. SHE IS PASSIONATE ABOUT SPORT PARTICIPATION AND ENGAGEMENT ACROSS THE LIFESPAN AND IS CURRENTLY EXPLORING WALKING SPORTS AS AN AVENUE FOR INCLUSIVE SPORT PARTICIPATION. HER CURRENT WALKING SPORTS RESEARCH PROJECT AIMS TO EXPLORE PARTICIPANTS' MOTIVATIONS, BARRIERS AND ENABLERS FOR INVOLVEMENT, AND ACTIVITY LEVELS DURING PARTICIPATION.



JASMINE PETERSEN

JASMINE PETERSEN IS A PHD CANDIDATE AT FLINDERS UNIVERSITY AND A MEMBER OF THE SHAPE RESEARCH CENTRE. JASMINE'S RESEARCH INTERESTS INCLUDE HEALTH PSYCHOLOGY, PHYSICAL ACTIVITY, SPORT, AND EATING BEHAVIOUR. HER RECENT RESEARCH HAS FOCUSED ON EXAMINING THE BARRIERS AND SUPPORTS FOR FEMALE TENNIS COACHES IN COLLABORATION WITH TENNIS AUSTRALIA.



BEYOND THE CLUB IS THE FIRST DEDICATED PODCAST THAT COMMUNICATES RESEARCH IDEAS AND SOLUTIONS FOR COMMUNITY SPORTING CLUBS. THE PODCAST AIMS TO PROVIDE RESEARCH-INFORMED SOLUTIONS FOR COMPLEX PROBLEMS THAT COACHES, PARENTS, VOLUNTEERS, AND PLAYERS REGULARLY ENCOUNTER. PLAYER RETENTION, COACHING STRATEGIES, PLAYER MENTAL HEALTH - THESE ARE ONLY A FEW OF THE MANY ISSUES THAT WILL BE DISCUSSED BY RESEARCHERS FROM THE SHAPE RESEARCH CENTRE AT FLINDERS UNIVERSITY.

BEYOND THE CLUB IS CO-HOSTED BY FORMER CRICKETER AND COACH-TURNED JOURNALIST BEN HOOK, ALONGSIDE DR SAM ELLIOTT, RESEARCHER AND SENIOR LECTURER IN YOUTH SPORT AT FLINDERS UNIVERSITY. THE PODCAST IS THE PRODUCT OF A CROSS-SECTOR PARTNERSHIP WITH THE ALCOHOL AND DRUG FOUNDATION, THE SAMMY D FOUNDATION, C2M MARKETING, AND FUNDING PARTNER THE OFFICE FOR RECREATION, SPORT AND RACING (SA).

ABOUT SHAPE



SHAPE IS A MULTIDISCIPLINARY RESEARCH CENTRE FOCUSED ON MOVEMENT BEHAVIOURS. WE ARE COMMITTED TO HIGH QUALITY TRANSLATIONAL RESEARCH THAT WILL ENHANCE KNOWLEDGE AND UNDERSTANDING AROUND SPORT AND PHYSICAL ACTIVITY.

THESE ARE AREAS OF GROWING NATIONAL SIGNIFICANCE, GIVEN THE CHALLENGES THAT AUSTRALIANS FACE WITH RESPECT TO EMERGING HEALTH CONCERNS SUCH AS OVERWEIGHT AND OBESITY, PHYSICAL INACTIVITY AND POOR DIETARY PRACTICE.

THERE ARE ALSO CHALLENGES FACING INDIVIDUAL AND COMMUNITY HEALTH IN CONTEMPORARY WESTERN SOCIETY THAT ARE INFLUENCED BY SOCIAL DETERMINANTS SUCH AS AGE, RACE, ETHNICITY, GENDER, SEXUALITY AND SOCIOECONOMIC STATUS.

WE ARE UNIQUELY POSITIONED TO ASSIST IN TACKLING COMMUNITY HEALTH ISSUES THROUGH OUR HIGH-QUALITY RESEARCH.

SHAPE RESEARCH THEMES

PHYSICAL ACTIVITY AND MOVEMENT BEHAVIOUR

- INCREASING POPULATION LEVELS OF PHYSICAL ACTIVITY
- PREVENTING AND MANAGING CHRONIC DISEASE
- MEASURING ACTIVITY BEHAVIOUR

SPORT, SOCIETY AND CULTURE

- SOCIOCULTURAL DIMENSIONS OF YOUTH SPORT
- SPORT COACHING AND PEDAGOGY
- TRANSITIONS AND PATHWAYS IN SPORT

EXERCISE SCIENCE

- HIGH PERFORMANCE AND ATHLETIC DEVELOPMENT
- BIOMECHANICS AND PHYSIOLOGY
- STRENGTH AND CONDITIONING

CONTACT US: SHAPE@FLINDERS.EDU.AU



THANK YOU FOR ATTENDING THE 2ND YOUTH SPORT SUMMIT



WITH THANKS TO OUR PARTNERS:



SHAPE

A·LE·RE