‘BEHAVIORS, RESPONSIBILITIES AND DISCIPLINE OF TODAY’S 13 – 15 YEAR OLD TEENAGE ATHLETES’

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2013 LIGNANO
EUROPEAN WEIGHTLIFTING FEDERATION
The 13 year old teenager

Thirteen-year-old teens are finishing up one phase of life - leaving childhood behind - and entering another one - becoming a teen. This is the basis for their daily behaviors and issues.
By breaking away from their familiar environment, adolescents are looking elsewhere to find a sense of belonging somewhere. Most of smoking, drinking and risk taking starts from the age of 13.
While teens outwardly push for freedom, they still require – and even desire – limits on their freedom.

One of the main reasons teenagers justify poor decisions is by observing the world around them.
Adolescents can be especially worried about their bodies, diets and sexual abilities. Will they be normal? Can they perform? How will others perceive them?
A 14-to-15 year old really wants to have a best friend. There is still some awkwardness physically, and there can be a lot of emotional pain, loneliness and a sense of isolation. Sport, a best friend or any other hobby can connect at the level this age needs.
The 14 year old Teenager
‘The age of rapid change’
‘It is the no man’s land between childhood and adulthood’.

At this age the pediatrician will be switched with the first visit to a pathologist. They are absolutely allergic to any kind of check-up, although they need guidance.
The six "M's":
Moody
Messy
Monosyllabic
Mouthy
Money-oriented
ME-centered.
The five "I's"
- Impulsive
- Intense
- Idealistic
- Immediate (wanting everything now)
- Indestructible (nothing can ever happen to them)
The nature of adolescence causes teenagers to desire freedom from their parents + authority, while also craving their acceptance and support. **Different teen stress between boys and girls:** By teenage girls discovering their sexual body, romantic relationships, their friends problems becomes more important than school work and family.
Girls tend to rate themselves poorly. They report that they think they’re too fat; they don’t feel very well; they compare themselves constantly and make sure that they always win or always lose!
By teenage boys reacting against authority of any kind is the biggest stress factor. Rather than coping, boys tend to avoid or to distract themselves, whereas girls speak more openly and seek support by friends or family...if it is available?!
The 15 year old teenager

Independence is the name of the game for a 15-year-old, and they are going to try and grab as much of it as possible.

Egocentric and argumentative

They participate in one-sided arguments and are quite egocentric. Sometimes they will argue a point just to see if they can convince you, a sign that their intellectual ability has permitted a sense of humor to emerge more prominently.
ANATOMY OF A TEENAGER'S BRAIN

THE BIRDS AND THE BEES LOBE

REBELLION CENTER
SELF IMAGE
FITTING-IN GLAND
EVERY EPISODE OF THE SIMPSONS
INDESTRUCTIBILITY CORTEX
SLAM DOOR REFLUX
CAR KEYS CRAVING
ABILITY TO BE SEEN IN PUBLIC WITH PARENTS

MEMORY FOR MUSIC

"COOL" GAUGE
SLANG DECODER
JUDGEMENT GLAND
MEMORY FOR CHORES, HOMEWORK, ETC.

MEMORY FOR PARENTS
LOVE FOR PARENTS

ALL THE ANSWERS

PRONE TO BRUISING

PEER PRESSURE RESISTANCE

INTERNET ADDICTIONS
PHONE ADDICTIONS

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Today’s kids are less fit than ever before, it is a huge challenge to keep them away from fast food, computer and I-phones...

Adolescents are growing and will therefore continually get stronger without specifically training for strength.
Many parents/caretaker back off, when they notice that their teenager wants to spend more time with friends on the computer and/or when meeting up. Many parents don’t even know who their children are outside of their home. Parents feel helpless and give a wrong signal which will be translated as:
* My parents don’t care too much!

* I am not important enough!

* I am a burden to them anyway!

Anger, resentment and withdrawing from the social life of a family is the result.
There can be both aggressive and argumentative episodes of acting out. They tend to test limits, challenge authority and struggle to trust adults.
Since hunger has been a devastating experience during the 2 World Wars, the following generations learned to clean their plates, regardless if one was still hungry or not. Today we have reached the other extreme of lifestyle. An overflow of non quality food that suits every pocket is available.
We adults are responsible to encourage our youngsters to grow up with good nutrition for optimum results in performance as empty and dead food has a negative mental effect too!!
Parents don’t always promote accountability, and that’s where the flaw is.
Food is often used as a comfort blanket or falsely to calm down, when a teenager feels:
- lonely.
- under pressure of showing productivity at school, at a sport or in the family.
- taking risks in order to be excepted/feeling of belonging.
Nutritional imbalance has a grave negative effect physically and emotionally.

Deficiencies of several vitamins are known to be associated with irritability in many areas. These include niacin, pantothenic acid, thiamine, vitamin B6 and vitamin C.

The idea that food may be addictive was barely on scientists’ radar a decade ago. Now the field is heating up.

*Lab studies have found sugary drinks and fatty foods can produce addictive behavior in animals. Brain scans of obese people and compulsive eaters, meanwhile reveal disturbances in brain reward circuits similar to those experienced by drug abusers.*

**Constant stimulation with tasty, calorie-laden foods may desensitize the brain’s circuitry, leading people to consume greater quantities of junk food to maintain a constant state of pleasure.**
Poor nutrition during the teenage years may also lead to increased risk for cancer, osteoporosis and other diseases later in adulthood.

Poor eating habits can lead to a vicious cycle of more overeating, lack of self-confidence, anti social behavior, lethargy and even depression.

A psychological trap a child can be trained by, is the idea of a chocolate as a reward for doing something (like good grades, helping out at home, visit from grandparents etc...).
ANOREXIA, BULIMIE, EATING DISORDER, OBESITY is in fact a CRY FOR HELP!!!!
Responsibilities of teenager

**HOW TO GUIDE THEM BEST**

PARENTS, COACHES..PAY ATTENTION!!
Accept the Challenge of Establishing Responsibility and Discipline.

BE THE LIVING EXAMPLE..
WHAT YOU GIVE IS WHAT YOU GET!!
Do you know how to communicate?

Diagram:
- Thinking
- Nonverbal
- Listening
- Speaking
Identify yourself: WHO ARE YOU??

• An authoritative coach has clear expectations and consequences and is affectionate toward his or her teen. The authoritative coach allows for flexibility and collaborative problem solving with the teen when dealing with behavioral challenges. This is the most effective form of coaching.

• An authoritarian coach has clear expectations and consequences, but shows little affection toward his or her teen. The coach may say things like, "because I'm the coach, that's why." This is a less effective form of coaching.
• A permissive coach shows lots of affection toward his or her teen but provides little discipline. This is a less effective form of coaching.

Acknowledging good behavior is the best way to encourage your teen to continue it. In other words, "Catch him being good." Compliment your teen when he or she shows the behavior you've been seeking.
Listen, research, observe and than speak

- Keep contact with parents.
- Keep each individual athlete in mind.
- Make realistic goals that create a mutual understanding.
- A coach is often the 2\textsuperscript{nd} parent to a teenager.
- By listening, finding out the environment of the teenage athlete, observing and than communicating will enforce trust from the teenager.
Acknowledge that teen stress is often different from adult stress.

Listen to teens and be aware of how teens respond to your level of involvement. Sometimes, just listening is enough.

Encourage teens to express how they’re feeling when they are stressed.

Recognize that teens may have different experiences from each other.

Tune in to your own levels of stress.
It is up to us adults to teach our youngsters when and how to say **YES + NO** whenever it is needed.

More importantly it is crucial for youngsters to say **YES** to themselves.
The primary reason for teens is not winning as many would suspect, but something as simple as just having fun. Often an over emphasis on winning and reduced emphasis on skill acquisition and having fun by coaches affected continued involvement by athletes. If the coach and athletes have different reasons for participating in sport, rarely will either experience the success for which they had hoped.
Youth sport coaches have tremendous responsibilities to provide a fun, safe environment that helps their athletes learn skills and strategies.

Responsibilities and discipline go hand in hand.
In a sport like Olympic Weightlifting Teens learn the difference between reacting and responding to a coordinate performance....but they can translate this in other areas of their life as long as the coach reacts in stressful situation sensible and responsible.
If the coach feels his/her most important role is to produce a winning team, there may be conflict within, athletes who are playing primarily for fun. Even though winning and having fun can, and often do, go hand in hand, all participants involved should be aware of the goals of their teammates and coaches.
Why do Youngsters Play Sports?

1. FUN
2. Improve Skills
3. Excitement of Competition
4. Do Something They Are Good At
5. Stay in Shape
6. Challenge of Competition
7. Be Part of a Team
8. To Win
9. Go on to a Higher Level
10. Get Exercise
Why do Youngsters Quit Sports?

Youth Sports are different from Professional Sports and understand that Youth Sports are a recreational activity for their youngster that is educational and part of a maturation experience.

The typical expectation is that the experience should be one of joy and adventure. When youngsters, who dropped out of sports, were asked what it would take to bring them to play again they answered “practices that were more fun” and “more playing time”.
The teenager you are coaching, are going to remember you for a very long time. Do you want to be remembered as a positive influence in their life, or be referred to as the person that they don’t want to become?

A coach can promote each athlete’s individual growth through well-planned and well-conducted activities.
Coaching is a lifetime commitment in learning and teaching. Coaching is understanding your own shortcomings and weaknesses and fixing them.

Cooperation, communication and goal setting on the regular base among coaches, parents and teenage athlete is required for a long-term future.

It will be through the coaches efforts that youth participating in sports will or will not have fun, improve their skills, make new friends, or want to remain involved in sports.
Primary Responsibilities of a Coach

Keeping practices and games fun is an important way to keep young people interested in sport. If athletes have too low a level of excitement/stimulation during practice or games they can become bored.

On the other hand, if the excitement/stimulation level is too high, they can become anxious or scared and not perform well. The trick is to find just the right level of excitement/stimulation for your athletes.
What can coaches do to keep practice fun and not boring for the athletes?

- Use a wide variety of techniques and activities when working on skills.
- Keep all the athletes active rather than waiting in line for their turn during exercise performance.
- Let the athletes have an opportunity to enjoy social interaction with their teammates.
• Create an environment where the athletes feel they are training with each other rather than against each other.

• Avoid constant instruction during performance and scrimmages.
Win or Lose, Build a Young Athlete’s Confidence

“Get their mind off of a loss by asking specific questions.”

What did you learn today?
What do you want to improve?
Training & education needs to be balanced to ensure a better future for our teen athletes.

IQ + EQ = Success
Time for a break!

THANKS FOR TAKING TIME OUT
I KNOW YOUR TIME IS VALUABLE
AND I APPRECIATE YOU SPENDING SOME OF IT WITH ME!

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2013 - Cyprus Weightlifting Federation