



CARING CLIMATE IN YOUTH SPORTS

BREE BOOZ

SEPP-30019-001

WHAT IS A CARING CLIMATE?

- Safe
- Supportive
- Valued & Respected
- Relationships Matter



CARING CLIMATE & YOUTH DEVELOPMENT

PSYCHOLOGICAL

Builds confidence, motivation, and a positive sense of self.

PHYSICAL

Encourages effort, skill development, and persistence.

SOCIAL

Teaches communication, empathy, and cooperation with others.

EMOTIONAL

Supports emotional regulation and feelings safe to express emotions.

BENEFITS OF A CARING CLIMATE

TRY HARDER

Athletes give greater effort and stay engaged.

HAVE MORE FUN

Sport feels more enjoyable and meaningful.

STAY IN SPORT

Athletes are more motivated to continue participating.

BETTER WELL-BEING

Greater happiness and hope with lower stress.

IMPACT ON RELATIONSHIPS.



TRUST

Athletes feel safe with coaches and teammates.



BELONGING

Athletes feel they are an important part of the team.



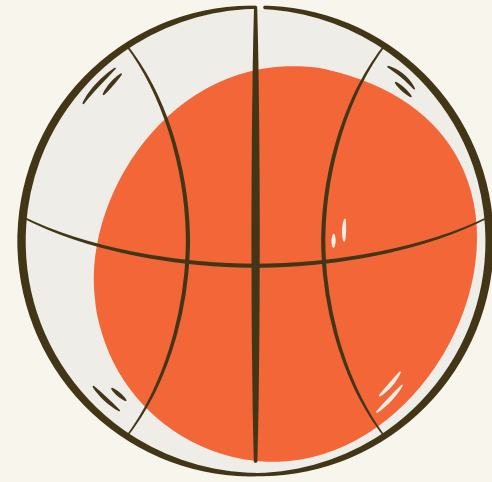
COOPERATION

Teammates work together toward shared goals.



SUPPORT

Athletes encourage each other in success and adversity.



CONNECTION TO MY FIELD

Sport & Exercise Psychology

Mental performance

Motivation

Confidence



WHY A CARING CLIMATE IS ESSENTIAL

Retention

Enjoyment

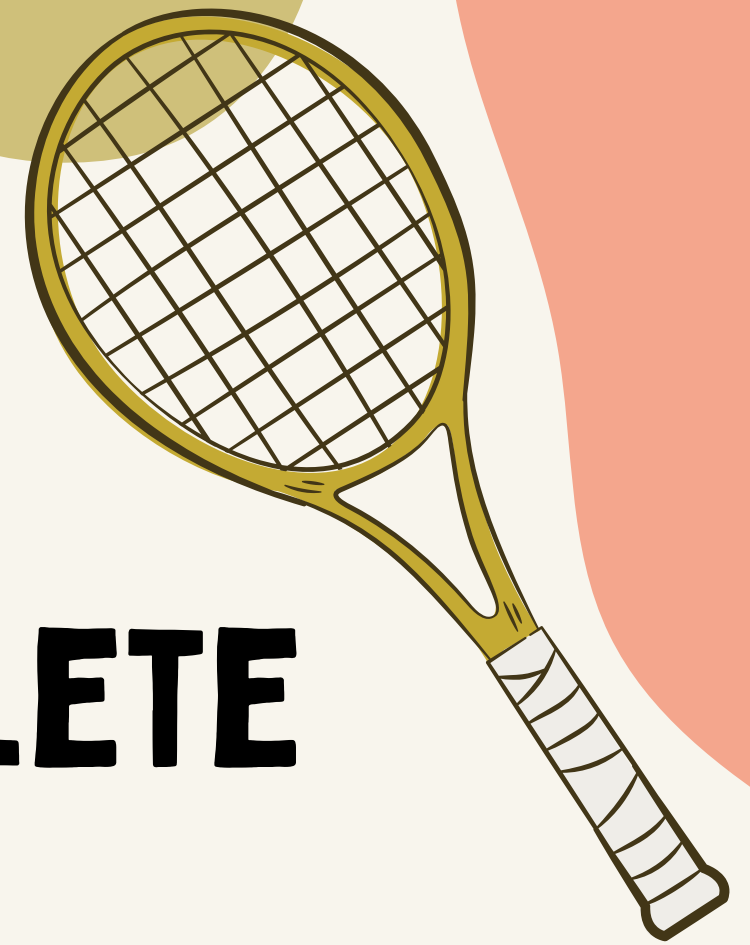
Development

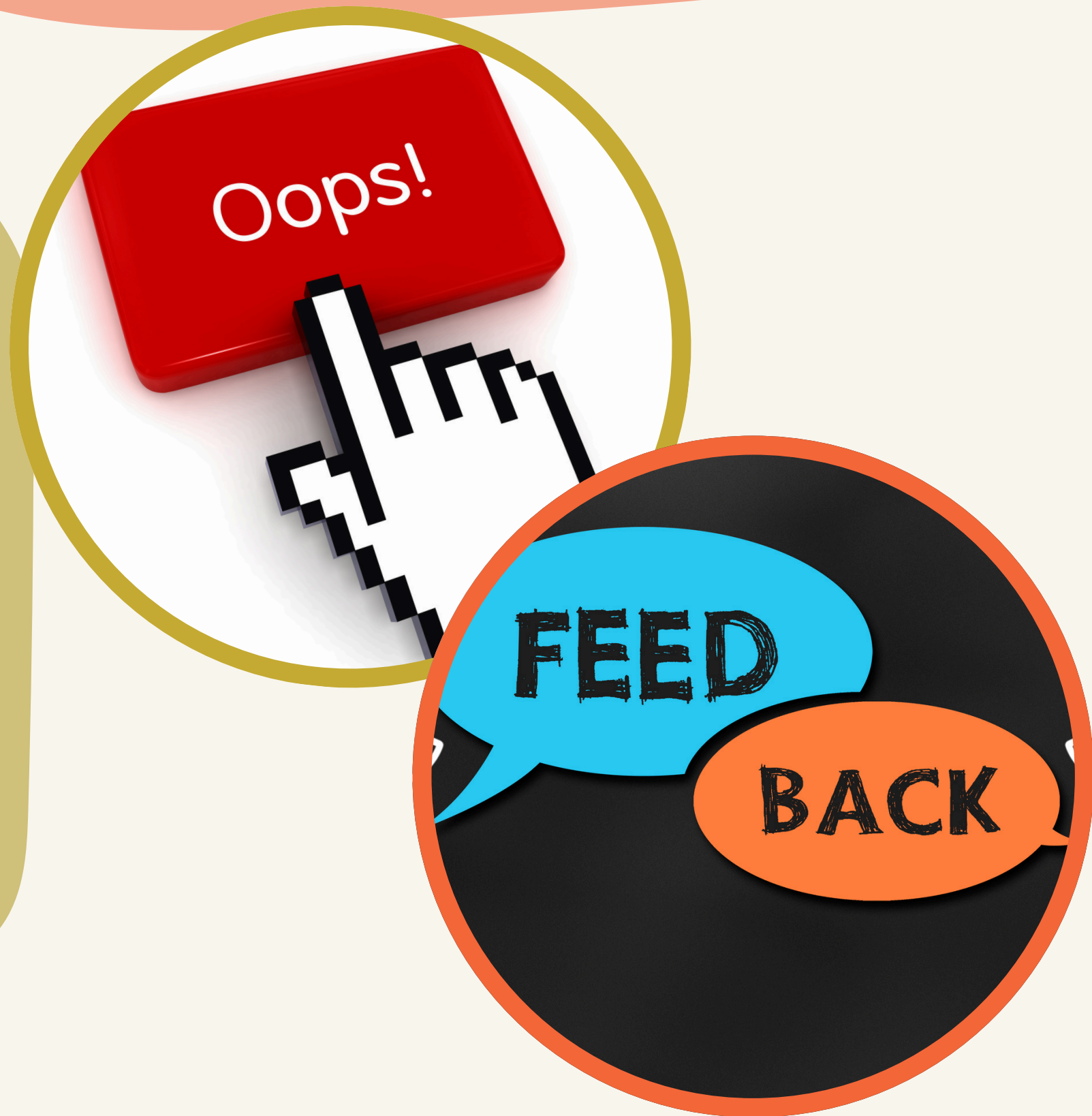
Long-term impact

BUILD COACH-ATHLETE CONNECTIONS

Implementation #1

- Learn names
- Check-ins
- One positive per practice





MISTAKES=LEARNING

Implementation #2

- Normalize mistakes
- Calm feedback
- Growth questions



ATHLETES SUPPORT ATHLETES

Implementation #3

- Highlight good teammate behavior
- Team discussions
- Shared responsibility



THE BIG PICTURE

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graph TD; A[THE BIG PICTURE] --> B[PSYCHOLOGICAL DEVELOPMENT]; A --> C[EMOTIONAL SAFETY]; A --> D[COACH BEHAVIORS]; A --> E[PHYSICAL GROWTH]; A --> F[RETENTION IN SPORT]; A --> G[ENJOYMENT & FUN]; A --> H[STRONG RELATIONSHIPS];
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PSYCHOLOGICAL DEVELOPMENT

Confidence, motivation, and positive self-belief

EMOTIONAL SAFETY

Feelings are supported and regulated

SOCIAL CONNECTION

Communication, empathy, and teamwork

COACH BEHAVIORS

Connection, mistakes-as-learning, and support

PHYSICAL GROWTH

Effort, Skill development, and persistence

RETENTION IN SPORT

Athletes want to keep participating

ENJOYMENT & FUN

Sport feels meaningful and enjoyable

STRONG RELATIONSHIPS

Trust and belonging with the team

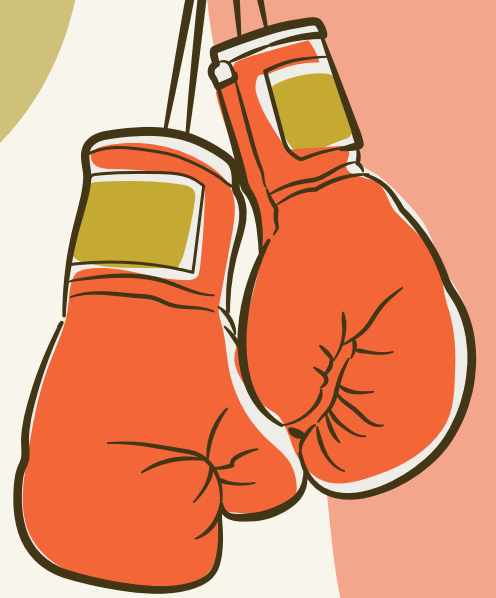
CONCLUSION

BETTER PEOPLE

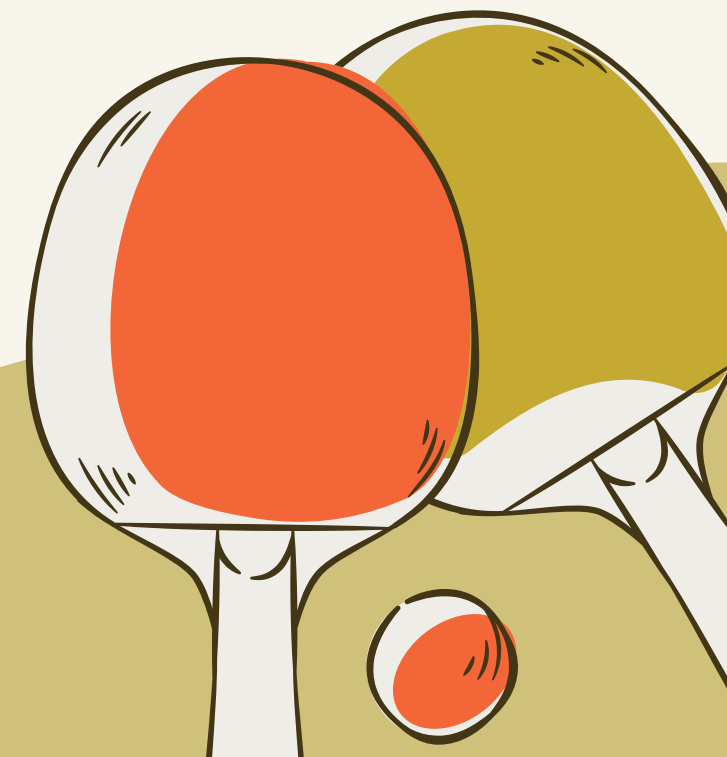
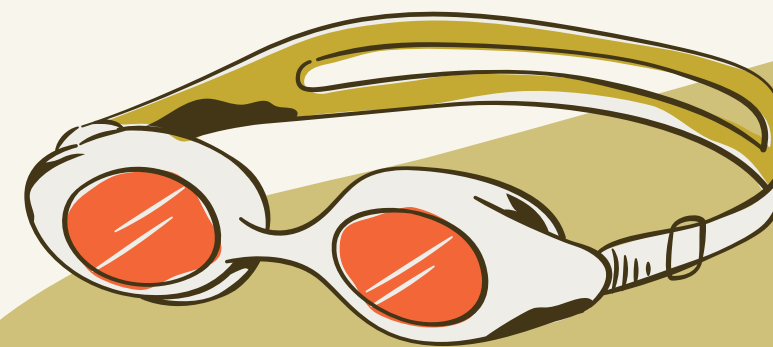
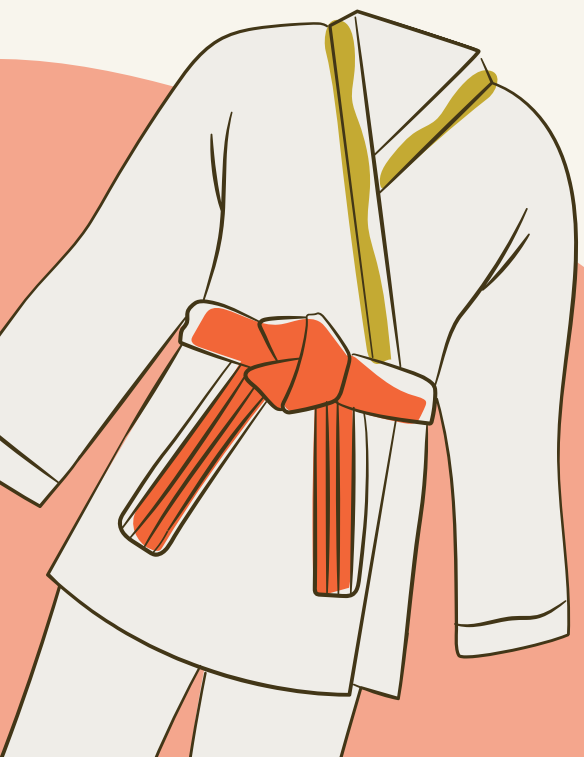
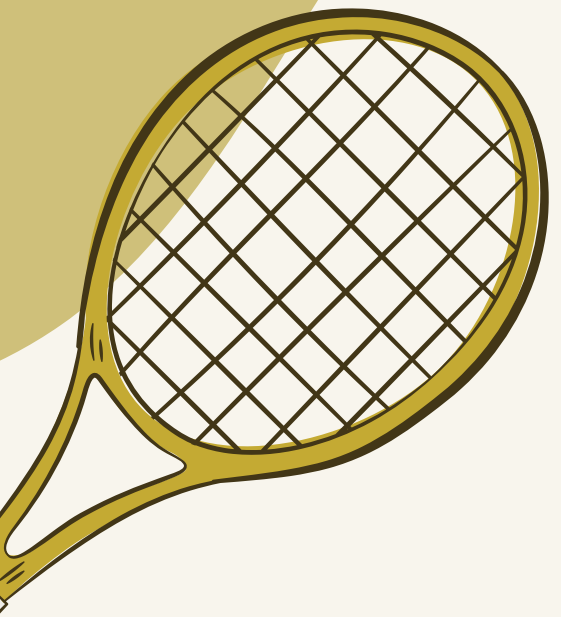
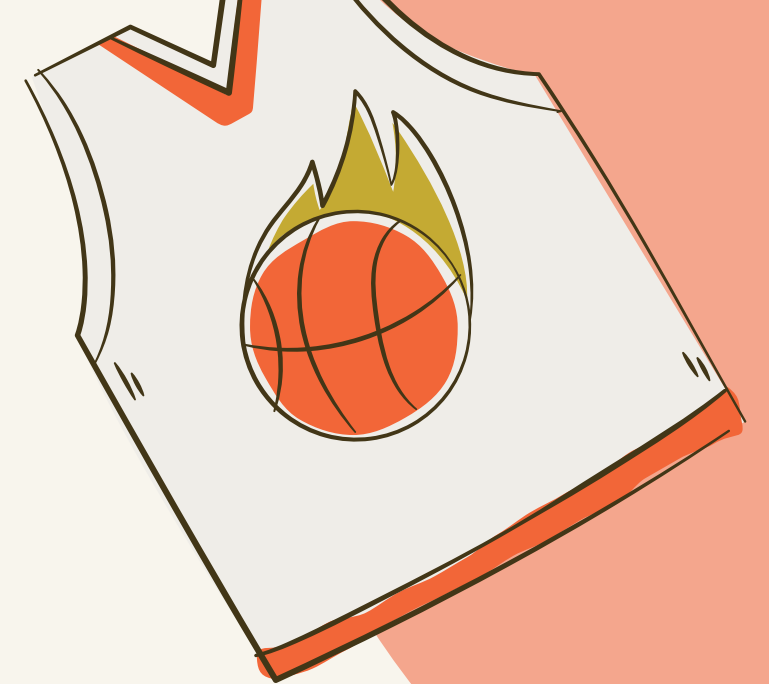
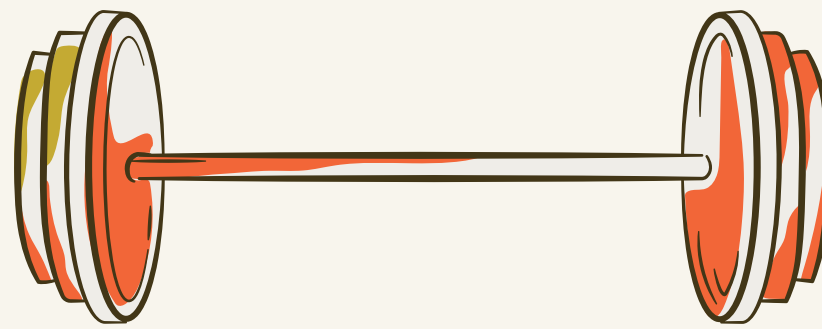
Strong character and healthy self-belief.

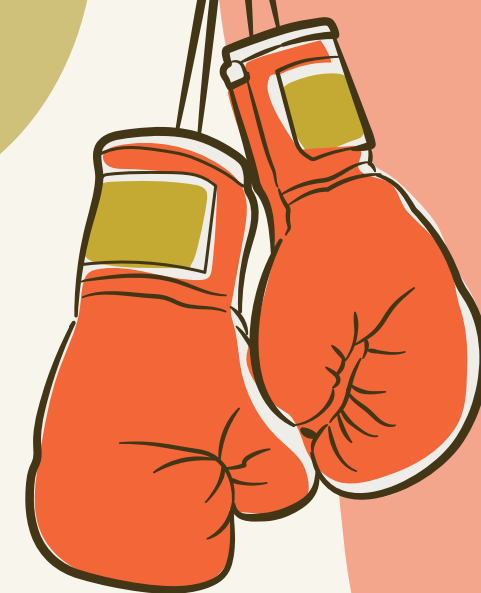
BETTER ATHLETES

Consistent effort and skill development.



**THANK YOU
SO MUCH!**





References / Resources

Fry, M. D., Gano-Overway, L. A., Guivernau, M., Kim, M.-S., & Newton, M. (2020). A coach's guide to maximizing the youth sport experience: Work hard, be kind. Routledge.

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