

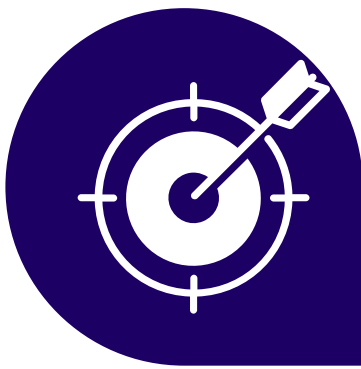
6 RECOMMENDATIONS FOR SPORTING ORGANISATIONS



Recognise

1

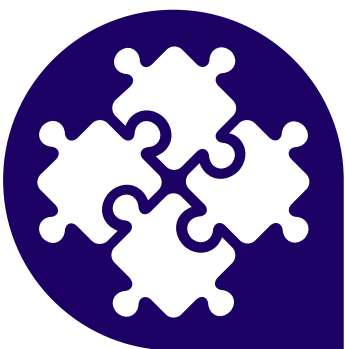
the need for knowledge and understanding of how growth and maturation influences performance in many youth sport contexts.



Emphasise

2

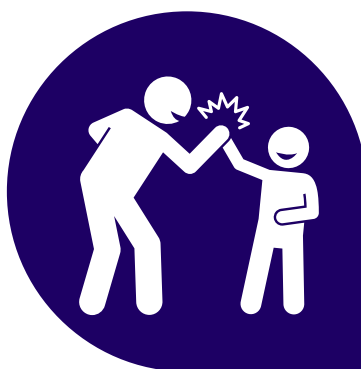
importance of learning and skill development at all levels and stages during adolescence.



Integrate

3

growth and maturation assessment application into coach education and accreditation courses.



Implement

4

growth and maturation status tracking information as part of normative athlete evaluation and monitoring.



Apply

5

strategies to reduce the impact of growth and maturation on long-term participation and selection in youth sports (e.g., CAPs, bio-banding, delayed selection strategies).



Retain

6

technically skilled later maturers in the sport system, facilitate their long-term development.