



Saskatoon Football Overview

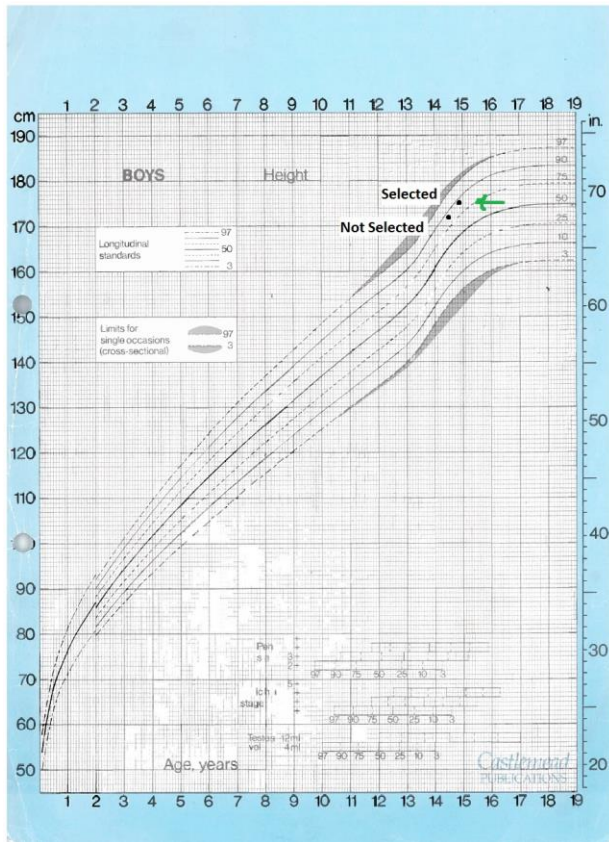
BACKGROUND: In 2013 a team of researchers lead by Dr Adam Baxter-Jones from the University of Saskatchewan in collaboration with colleagues from Sask. Sport and other academics in the UK (Swansea University, University of Bath, and University of Loughborough) were awarded a Sports Canada Research Initiative grant, a partnership between Sports Canada and the Social Sciences and Humanities Research Council of Canada (SSHRC) and the Canadian Institutes of Health Research (CIHR). One of the streams of the initiative was to contribute to the understanding of the barriers to, and the benefits of, sports participation. The grant entitled 'The effects of adolescent physical growth and maturation on selection into sport and the long-term effects on sports participation' aims to identify the influence of various factors (physical, psychological and social) that influence youth sports participation. We will address the long-term consequences of selection / non-selection into provincial Saskatchewan teams on an athletes continued participation.

METHADODOLOGY: In May 2014, we attended the Saskatoon Minor Football Academy Practices at Griffiths Stadium. Consenting players completed 6 Questionnaires asking them about their physical activity participation, perceptions on physical conditioning/competence, how they perceived their coach's techniques, enjoyment of the sport, as well as how parental involvement influenced their participation in sport. We also measured their height, sitting height and weight to predict their maturity status.



INITIAL FINDINGS: So far we have only analyzed the physiological measures. The graph below (see figure) is a reference chart showing the normal development of height for boys. The lines on the graph are called centiles and represent statures attained at various ages. The middle line, labeled 50, is the 50th centile. This is the average height at each age and indicates that 50% of the population has heights below this line and 50% have heights above this line. We have plotted the average heights for the Football players selected and not selected. Both groups were closely aligned to the 90th centile however, when compared, the average height of the two groups were significantly different. The selected players were significantly taller than those not selected. The selected players were also found to be significantly heavier, older, and more mature. When age at peak height velocity (aPHV) was compared, the selected players were further past their aPHV which is an indicator of advanced maturity. In terms of birth distribution, selected football players had slightly more birthdates in the first half of the year compared to the not selected group.

Figure: Height growth charts with selected and non-selected group averages



The green arrow points to the Selected players

FOLLOW UP: On November 10th, all participants received an email asking them to complete online questionnaires for their first 6-month follow up. The questionnaires are similar to those completed at the Academy Practices. All participants who complete the follow up will have their name entered into a draw for a chance to win an iPad mini (Draw date Jan 3rd, 2015). We will announce the winner on our Facebook page. <https://www.facebook.com/sportparticipationresearch>

Here is the follow up schedule for the remainder of the study:

Nov '14	May '15	Nov '15	May '16
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If you would like more information about the project, please contact Dr. Adam Baxter-Jones at 306-966-5759 or via email at: baxter.jones@usask.ca

Thank you to all those who participated!! We could not do this research without you!

We will continue to update you on our research as results are made available.

-The Research Team.