

AGE RELATED DEVELOPMENT

16 to 19 years Old

Cognitive Development: As kids get older they're motivated by healthy competition and social relationships. Give them lots of opportunities to compete in healthy, supportive environments. The goal should always be to learn skills and have fun, never crushing the opponent. Remember to instill that good sportsmanship should always come first.

Sleep: Sleep is absolutely crucial to a healthy body and a healthy mind. Late teens need 8 to 9 hours of sleep a night for optimum mental and physical performance. In fact, a lack of sleep will effect dexterity, mental sharpness, and even increase the chance of depression. Even though young people this age may fight sleep, it's vitally important to their health.

Hydration: Believe it or not, teens need to consume about two and a half litres of water every day. Water helps lubricate joints, cushion organs and regulate body temperature. Ample amounts of water also aid in food digestion and proper absorption of nutrients. So, for their health, keep teens hydrated.

Emotional Development: Older teenagers are more intellectually advanced than children or younger teens, and work well when they are consulted and included in decision-making. At this age, kids are better able to understand and rationalize why they are being asked to do something, so take opportunities to ask for input and feedback.

Physical Development: Though teenagers are stronger and more capable than at any previous age, over-training causes this age group to have the highest dropout rate in sport and activities. Beware of pressuring the young people you lead to perform and compete. For all teens, even those at the top of their game, keep things fun and rewarding!