

# The principles of

# **BALANCE IS BETTER**



## Safe, fair and inclusive

All New Zealanders have the right to participate in sport in a safe, fair and inclusive environment.



## Bold and courageous leadership

Bold and courageous leadership at national, regional and local levels is required to design and deliver quality youth sport participation and development opportunities.



## Collective attitudinal change

Sport leaders, coaches, administrators, parents, and caregivers involved in youth sport must collectively lead attitudinal change.



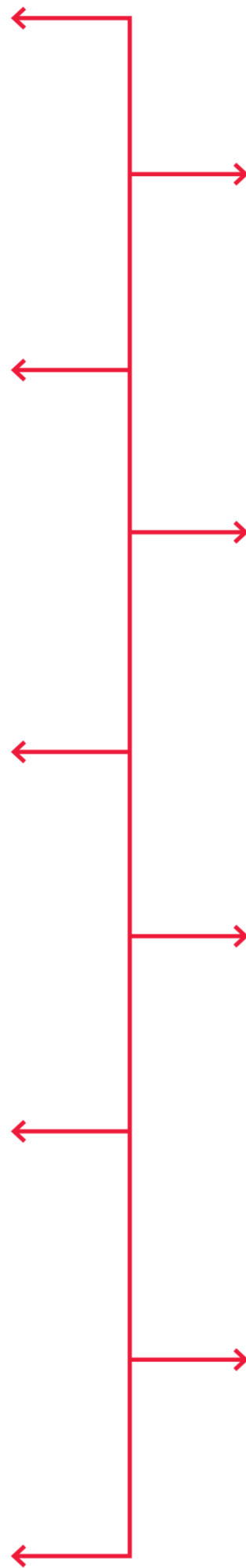
## Encourage variety

All young people should be supported to participate in a range of activities and play multiple sports.



## Balance getting better with doing too much

Adults need to proactively monitor and manage the workload (intensity and volume) of motivated young people to mitigate the risks of overtraining and overloading.



## Quality experiences, regardless of ability or motivations

All young people should receive a quality sport experience, irrespective of the level at which they are involved.



## Working together

Aotearoa's sport sector must work collaboratively to encourage the widest possible change for the wellbeing and sport participation of young New Zealanders.



## Skill development for all

All young people should be offered participation and skill development opportunities.



## Talent ID occurs later

Talent Identification should occur later in young people's development; reviewing the role and nature of national and regional representative selections and tournaments is an important step in ensuring elite sport attitudes and practices are introduced at developmentally appropriate times.

