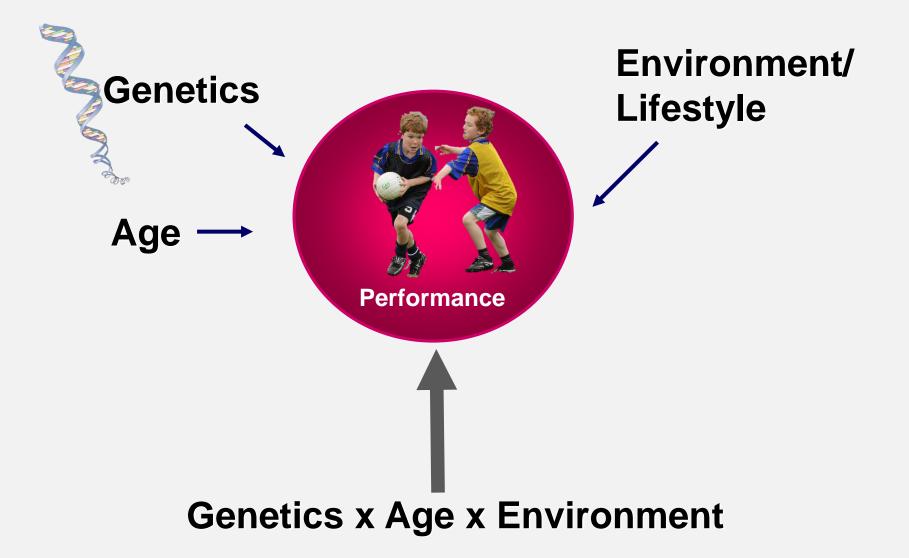
Sustaining Success Values, Behaviours and Culture



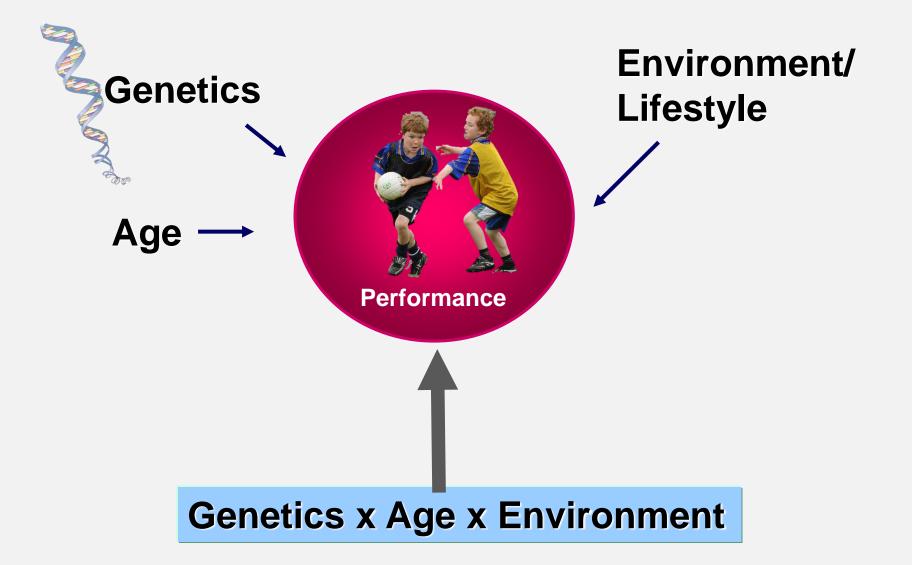
GAA Games Development Conference 2020

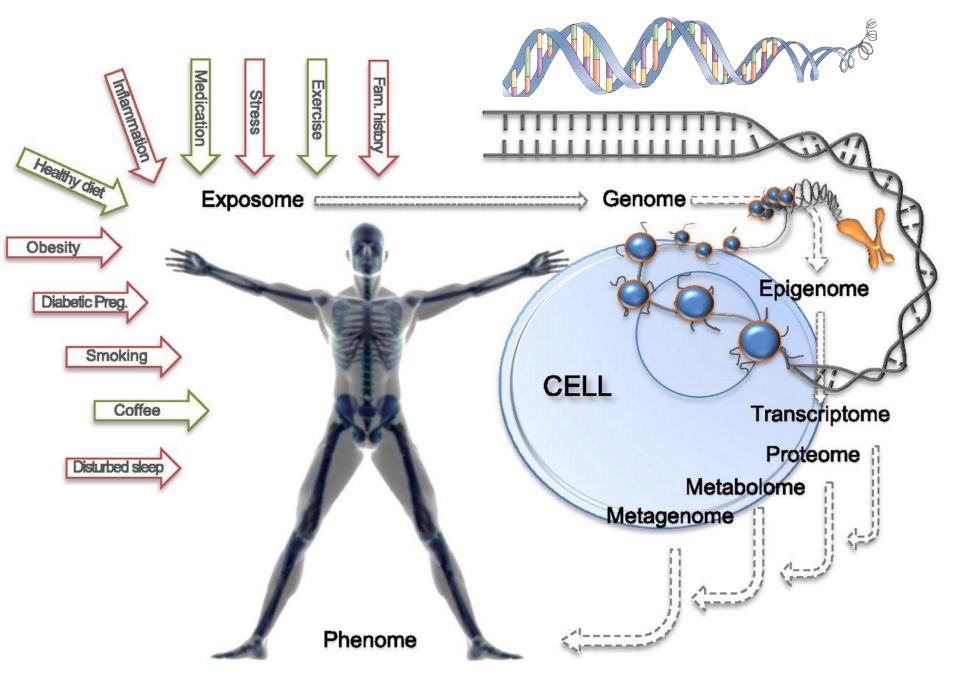


Human Performance Mediators

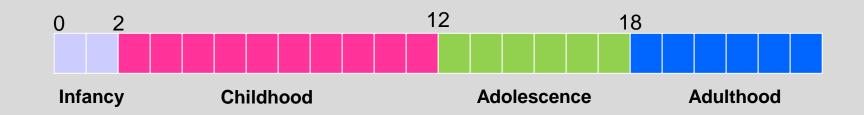


Human Performance Mediators

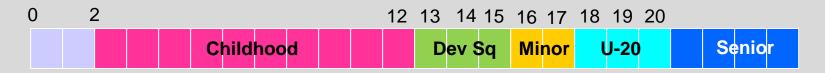




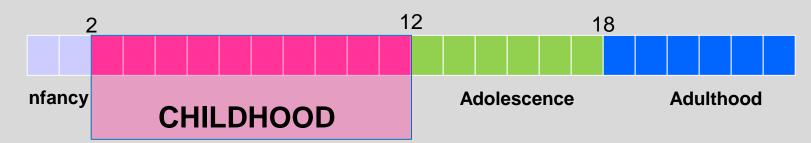
Age Classification Chronological Age



GOO



Gaelic Games Childhood











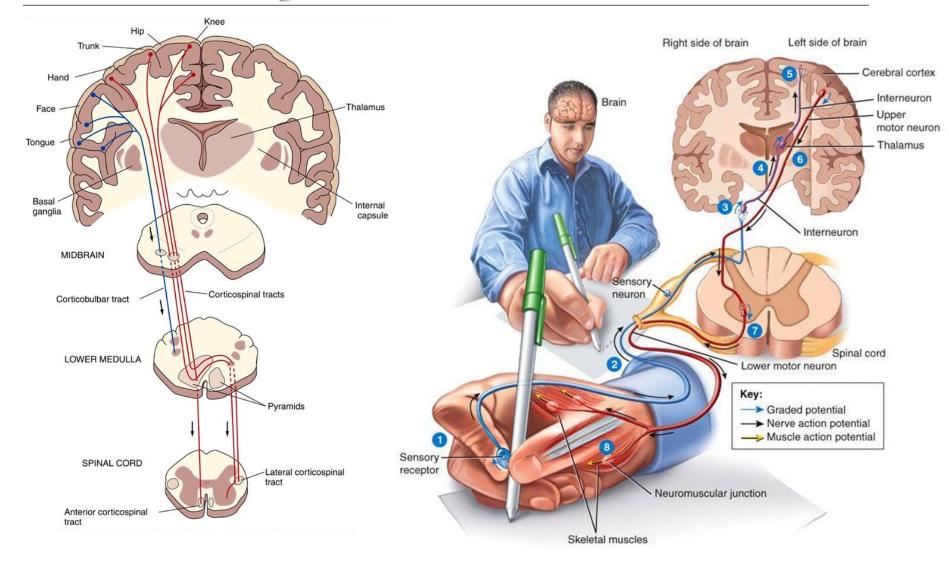


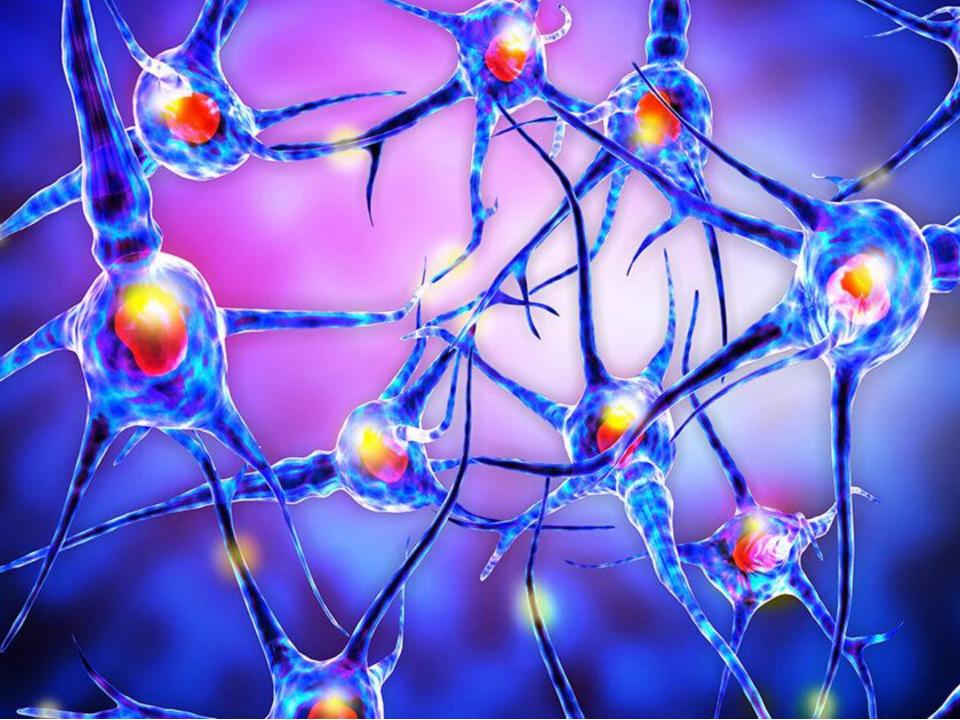




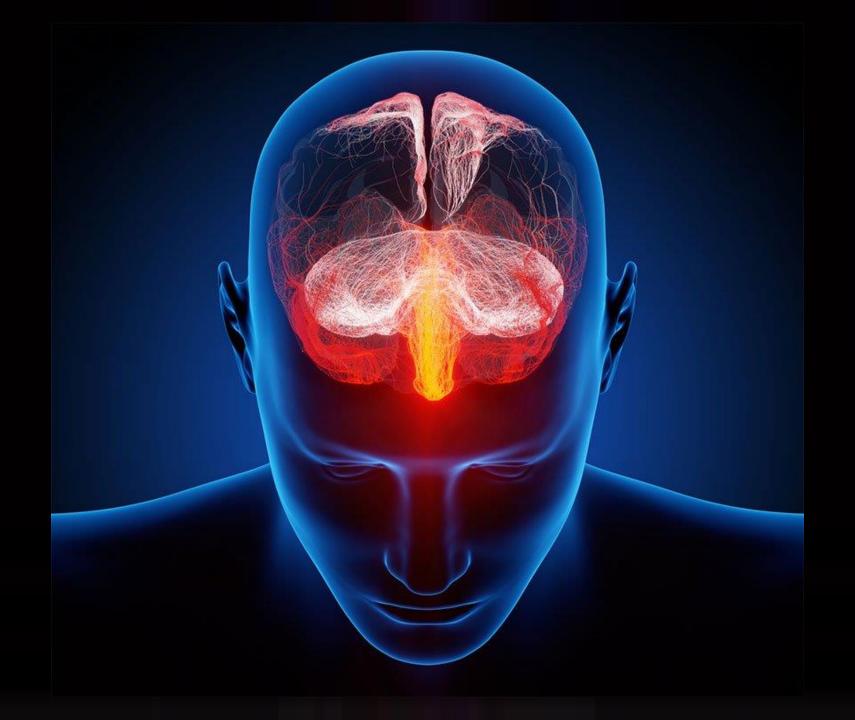


Nervous System Nervous System









Motor Skills Closed

- Performed in a stable or predictable environment
- Performer determines when to begin the action



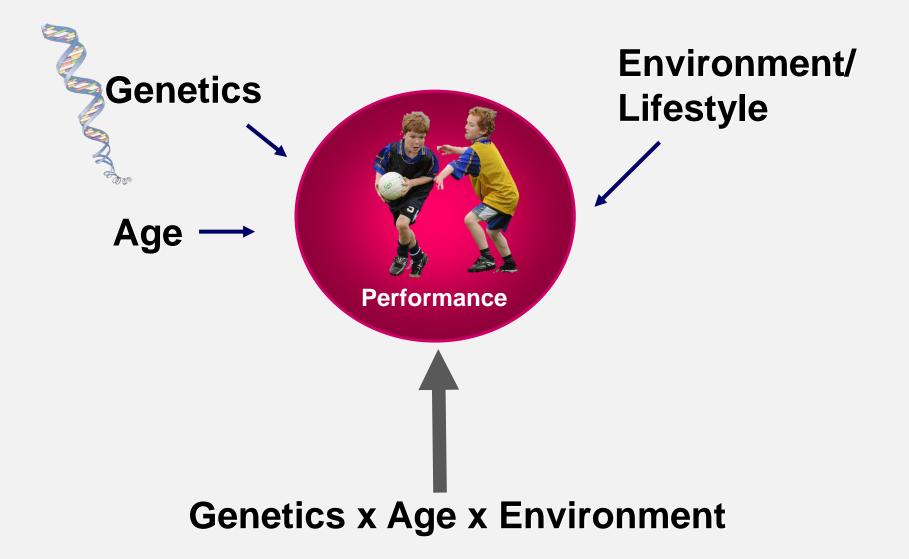




Motor Skills Open

- Motor skill performed in an unstable unpredictable environment
- Environmental context is constantly changing and determines when to begin and how to perform the action
- Contextual processing

Human Performance Plasticity Mediators



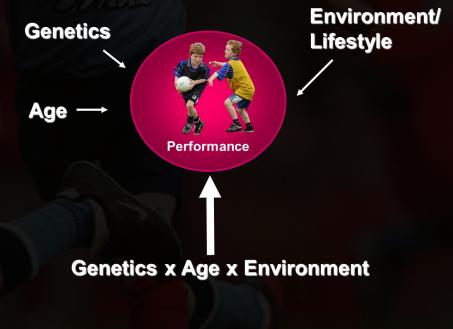


Ne Don't Know

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Environment Childhood

- Full participation
- Reduced number of player
- Reduced area (m²/player)
 - More ball contacts
 - Involvement
 - Contextual processing
 - Decision making
- Flexibility/adatability
- ENJOYMENT
- PERCEIVED COMPETENCE



Perceived Competence Importance as a Foundation

- Enjoyment
- Satisfaction
- Self Esteem
- Confidence
- Persistence
- Expectations of success
- Physical activity levels

Sustaining Success Values, Behaviours and Culture

- Full participation
- Reduced number of player
- Reduced area (m²/player)
 - More ball contacts
 - Involvement
 - Contextual processing
 - Decision making
- Flexibility/adatability
- ENJOYMENT
- PERCEIVED COMPETENCE





-3

Genetics

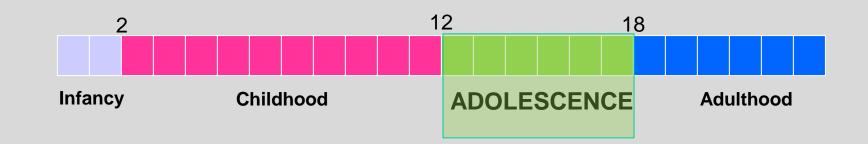
Age

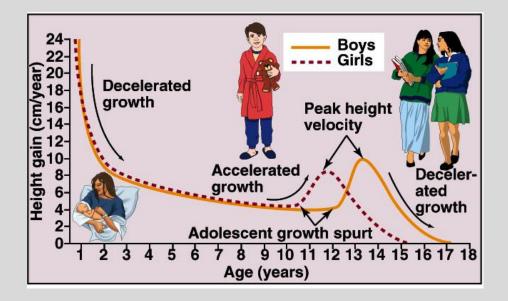
Performance

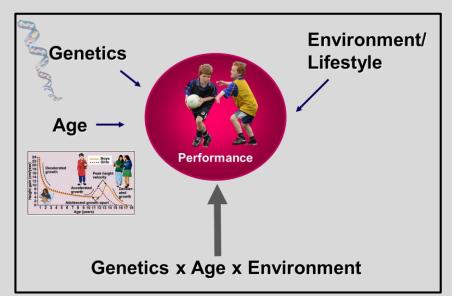
Environment/ Lifestyle

Genetics x Age x Environment

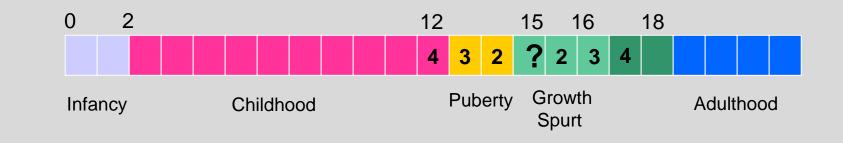
Adolescence Development Years

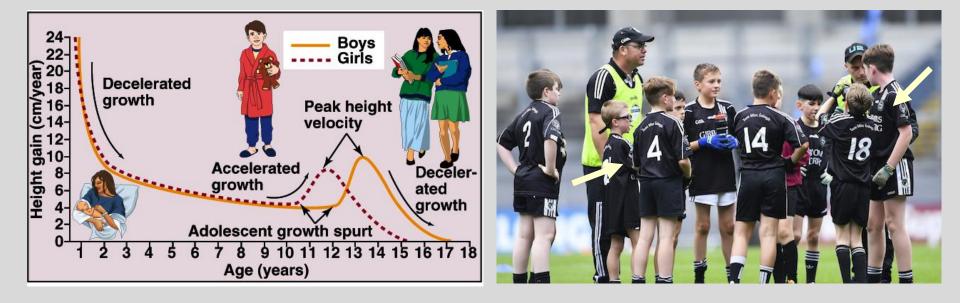






Adolescence Biological Age Variation



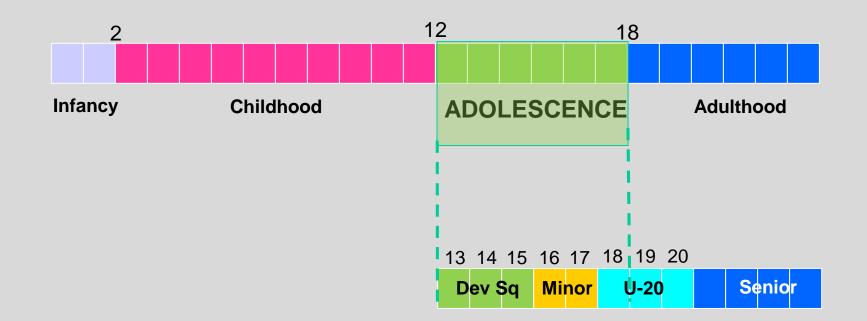


Large Variation Among Teenagers in their Rate Physical Development

LONG THE ST OF ST LET LE SEL

U-16

Adolescence Development Years



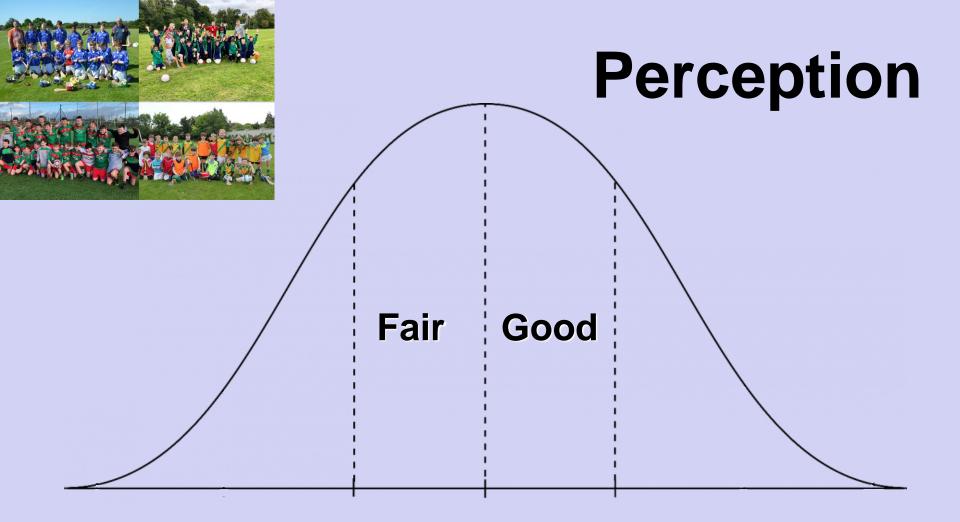


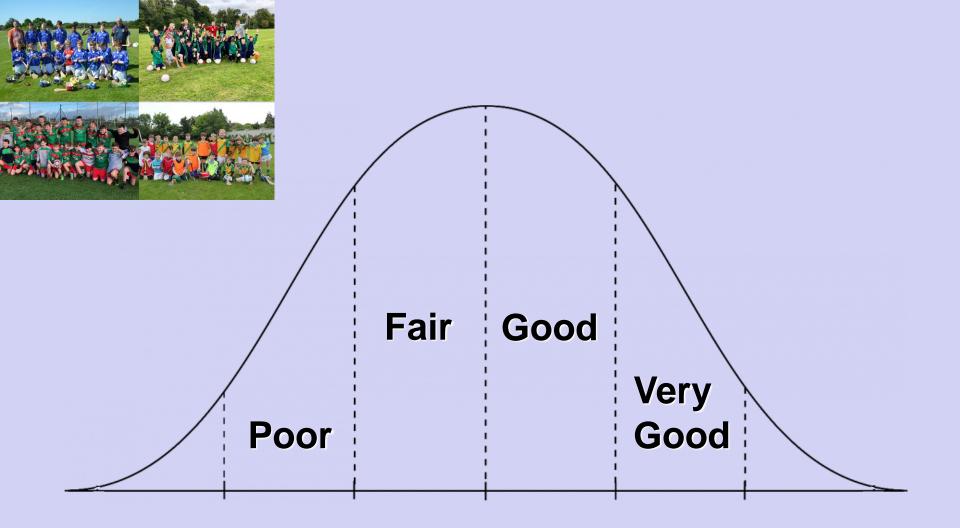


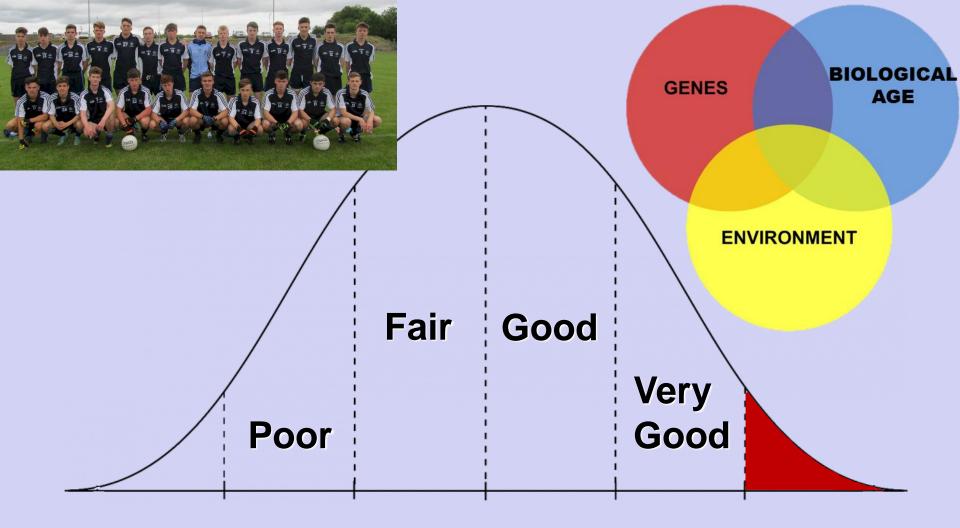
We Don't Know

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WITHOUT DATA, YOU'RE JUST ANOTHER PERSON WITH AN OPINION.









- Semi-formal*
- Effort-driven
- Mastery orientated

*Loan players





- Informal*
- Effort-driven
- Mastery orientated
- Fun filled

*No formal team alignment



Health Benefits of EERELSE for Children & Teenagers



Helps build and maintain healthy bones, muscles and joints



Helps reduce the risk of developing obesity and chronic diseases



Helps to achieve and maintain a healthy body weight.



Improves the quantity and quality of sleep



Greater self-esteem and better self-image



Improves coordination and motor skills

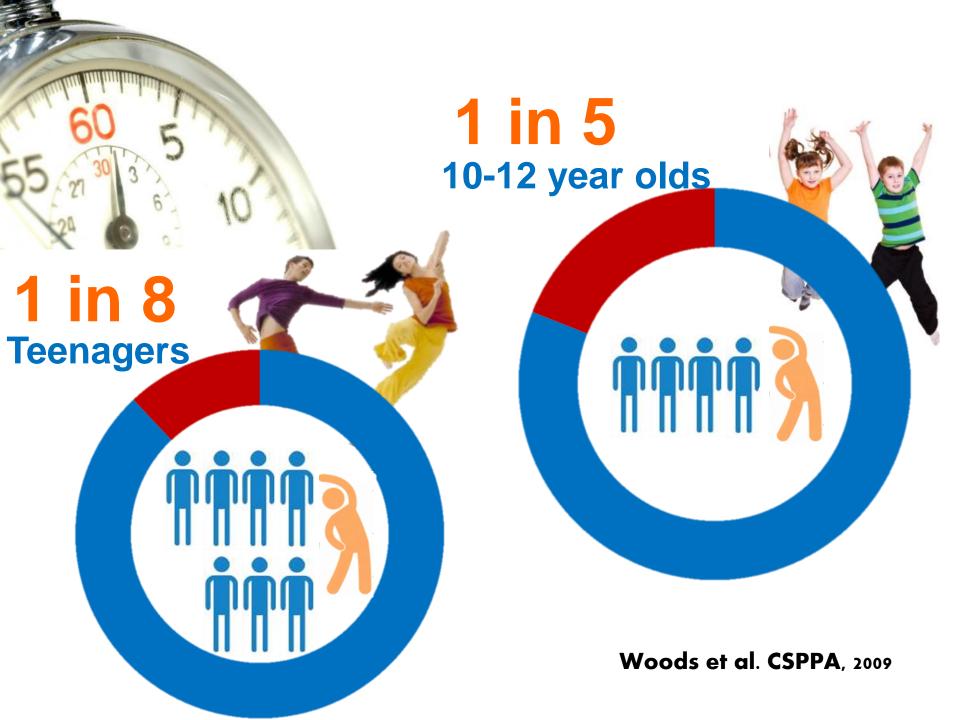
THE EFFECT OF EXERCISE ON PSYCHOLOGICAL WELLBEING



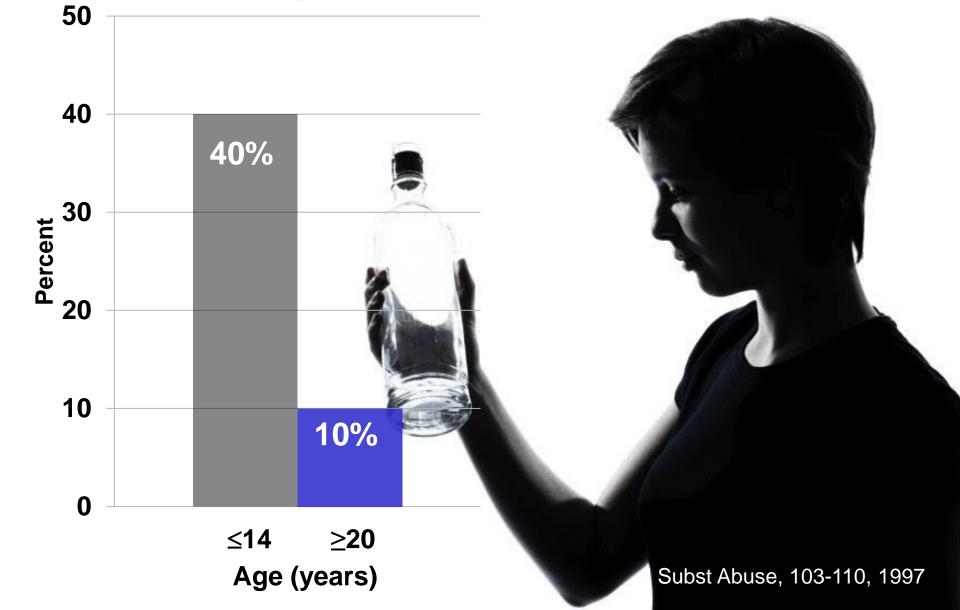








Trends Alcohol Dependence



82% of current smokers start smoking before age 18 years

US Dept. of Health and Human Services





Aerobic fitness in late adolescence and the risk of early death: a prospective cohort study of 1.3 million Swedish men

Gabriel Högström,^{1,2} Anna Nordström^{1,2} and Peter Nordström¹*

¹Department of Community Medicine and Rehabilitation, Geriatric Medicine (PN, GH), ²Department of Public Health and Clinical Medicine, Environmental Medicine (AN), Umeå University, 90185 Umeå, Sweden

1.0 0.9 Hazard Ratio 0.87 **8.0** 0.80 0.7 0.70 0.69 0.6 3 5 2 4 Low fit **High fit Aerobic Fitness**

1,317,713 Swedish men Age = 18.3 ± 0.8 y Mean follow-up = 29 y Deaths = 44,301

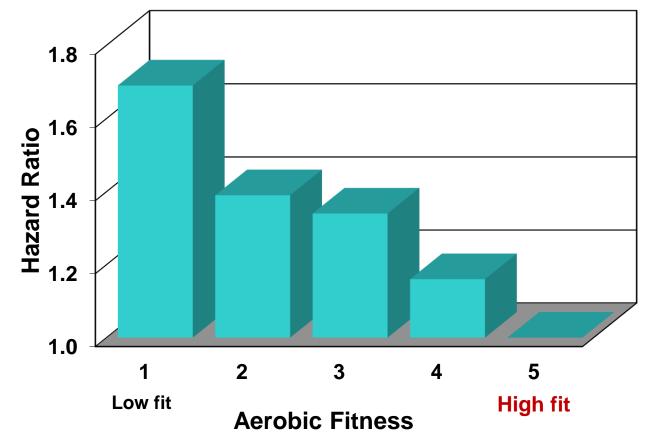
Högström et al., Int J Epidemiology, 2016: 1159-1168

European Heart Journal (2014) **35**, 3133–3140 doi:10.1093/eurheartj/eht527 CLINICAL RESEARCH Prevention and epidemiology

High aerobic fitness in late adolescence is associated with a reduced risk of myocardial infarction later in life: a nationwide cohort study in men 620,089 Swedish men Age = 18.3 ± 0.8 y Median follow-up = 34 y Follow-up years = 24.54 milion MI's = 11,526

High CRF in late adolescents is independently associated with ~35% reduced risk of early MI

Gabriel Högström¹, Anna Nordström¹, and Peter Nordström^{2*}









Physical Activity and Incident Depression: A Meta-Analysis of Prospective Cohort Studies

Felipe B. Schuch, Ph.D., Davy Vancampfort, Ph.D., Joseph Firth, Ph.D., Simon Rosenbaum, Ph.D., Philip B. Ward, Ph.D., Edson S. Silva, B.Sc., Mats Hallgren, Ph.D., Antonio Ponce De Leon, Ph.D., Andrea L. Dunn, Ph.D., Andrea C. Deslandes, Ph.D., Marcelo P. Fleck, Ph.D., Andre F. Carvalho, Ph.D., Brendon Stubbs, Ph.D.

"Available evidence support the notion that physical activity can confer protection **against the emergence of depression** regardless of age"



Many leaders are tempted to le like a chess master, striving to control every move, when they should be leading like gardene creating and maintaining viable ecosystem in which organization operates

Stan McChrystal



People may not remember exactly what you did, or what you said, but they will always remember how you made them feel.



Wilma Rudolph



Born prematurely (4.5 lbs) June 23, 1940 - 20th of h father's 22 children from two marriages Turned away from the local hospital (racial segregation) Nursed to health by her mother and tight-knit family Measles, mumps, scarlet fever, chicken pox, and pneumonia

At age 4, she contracted **infantile paralysis** caused the polio virus

Recovered from the virus and told she would never walk properly again

Needed leg braces and an orthopaedic shoe to walk

Daily massages on her leg

Against the wishes of her doctor she took off the braces entirely when she was 9

Learned to walk normally by 12 year of age





WHERE WE ALL BELONG