

AN E-BOOK FOR YOUNG ATHLETES

PLAY FOR YOURSELF



Sport isn't just about the result.

It's about who you become along the way.



NOT JUST FOR
11-17
YEARS

PLAY FOR YOURSELF

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An e-book for young athletes, mainly aged 11–17.

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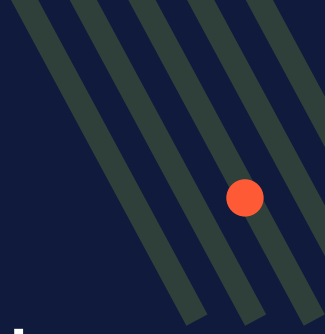
INFO

Before you start

This e-book is a motivational and educational resource. It does not replace medical, psychological, nutritional or coaching care. If something is worrying you, hurting you, or someone is treating you badly, tell an adult you trust. You'll find help contacts at the end of the book.

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INTRO

This is not a book about why you have to do sport

Relax. Nobody here is going to chase you outside.

Maybe someone has already told you: “Put that phone down and go outside.” Maybe they tell you all the time. And maybe it really gets on your nerves.

This book won’t tell you anything like that.

It’s not a guide to becoming a champion. It’s not a list of rules about what to eat, how many times a week to train, or what a “real athlete” should look like. Nobody here expects medals, records or podium photos from you.

This is a book about what movement and sport can give you. Not just muscles and fitness. Mostly things you’ll carry with you for the rest of your life: how to get back up after a loss, how to work with people you didn’t choose, how to keep going when something doesn’t work straight away.

It’s also about things people in sport don’t talk about much. Pressure. Mockery in the locker room. Food. Fear. And when it’s completely okay to stop.



Sport doesn't only mean elite sport. It's football with friends behind the school. Dancing in your room with headphones on. Cycling, climbing, swimming, skateboarding, judo, floorball, volleyball at the pool. Movement comes in a thousand forms. The point is to find the one that **you** enjoy.

// Your phone can show you a thousand other people's lives. Sport helps you live your own.

How to read this book

You don't have to read it in order. The chapters are short, so feel free to jump straight to the one that interests you. Along the way you'll find boxes called **Try this**, **What would you do?**, **Mini challenge** and **Remember**. Nobody will check them or grade them. They're just for you.

And what you do with all of it in the end? That's up to you. This is your game.

01

CHAPTER

What sport can give you, even if you never go pro

The value of sport isn't measured in medals.

Imagine you train for years and never win a big race. You never appear on TV. Nobody ever offers you a professional contract.

Was it a waste of time?

Not at all. Here's why.

Very few people ever make a living from sport. But almost everyone who has played a sport has taken something away from it.

Something you can't hang around your neck or put in a trophy cabinet, and yet it's worth a huge amount.



What you take with you, even if you don't win

- **Fitness and strength.** You can run up the stairs, catch the bus and still have breath to talk.
- **Coordination.** A body that listens to you comes in handy everywhere, from dancing to jumping over a puddle.
- **Friends.** People you've frozen with on the pitch, celebrated wins with and cried with after losses. That brings you together.
- **Discipline.** The ability to get started on something even when you're not in the mood.
- **Patience.** You'll find out that progress comes slowly. But it does come.

- **Handling failure.** You lose, you get angry, and you still turn up to the next practice. That's a superpower.
- **Teamwork.** You learn to work in a team, even with people you don't really click with.
- **Knowing yourself.** Where your limits are, what you enjoy, what you can do when you really want to.

Sport is a kind of training ground for life. In a match, you learn to handle nerves. A few years later, you'll use that in exams, at your driving test or at your first job interview. In practice, you learn that some things don't work straight away. Later, you'll use that when you're learning a language, playing the guitar or starting your own project.



Sport doesn't just give you fitness. It teaches you things you'll use your whole life.

TRY THIS

- What do you enjoy most about moving? Speed, competition, the team, music, nature, adrenaline, or the feeling that you can do something?
- Think of a moment when you were proud of yourself, even though you didn't win. What happened?

REMEMBER

**You don't have to be the best. You don't have to win.
You don't have to make a living from sport one day.
Sport is worth it even if it simply helps you grow.**