

Myths about talent

Being talented is a guarantee for reaching elite status

Most young people involved in talent programmes never reach professional ranks. It is important to engage in other areas such as school and social activities.

Once your child has made the talent center it will be smooth sailing

Making it into a talent programme is only the first step. Maintaining progression will still present challenges. The goal is not to avoid adversity but to learn how to handle it well.

Your child should have a long term career goal and always keep it in mind

Although having a long term goal can be motivating, a key to learning, enjoyment and performance is being focused on the present moment. Short term goals, focused on physical, psychological, and social development are all important.

My child has to perform (win) at an early age to win as an adult

Even if your child is not currently the best, motivate him or her to keep training and enjoying their sport. You never know what will happen over time. There are lots of stories of athletes who did not experience success until they were older.

Talented young people need to train in specific ways

Learning the basics of a sport is a fundamental task. In the early stages of training as a talented athlete, it is unlikely that your child, even if identified as talented, needs to train in specific ways or in specialised facilities.

Your talented child should only train with other talented children

For your child to train with athletes at his or her own skill level is important. But training with athletes who are more and less skilled also provides important learning opportunities and should be encouraged.