

# PODCAST

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**(File: 20061211mwm Youth bb)**

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**December 11, 2006**

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20061211mwm Youth bb

JOSH CENTOR: Welcome to Mondays with Myles.

A few weeks ago, Dr. Brand, we discussed youth basketball. I want to get a little bit more specific today.

I saw an article a couple months ago about sixth graders who were being ranked on their basketball abilities. Somewhere along the line some parents are holding their children back so that they're recruiting rankings will go up. We're talking about 10, 11, and 12-year-olds.

It bothers me a little bit. And I just wanted to get your take on it.

DR. MYLES BRAND: It bothers me a lot too. I think the -- as you know, the NCAA doesn't really have any authority or ability to regulate pre-high school or even pre-college basketball or any other sport.

Nonetheless, I think we're generating an unhealthy amateur environment through some of these practices. Young people are being caused to participate in just one sport year round.

You know, I had a person come up to me and -- a young mother and she said she was really in a quandary. She's trying to decide which strength coach to

1 send her son to. Well, he's only 11 years old, and he's  
2 going to a strength coach so that he can improve his  
3 football or basketball prowess. I mean, that's not fun  
4 anymore.

5 It's turning a lot of young kids off, I  
6 think. They're not enjoying the sports. They're not  
7 playing according to the seasons.

8 For the elite athletes, it might be -- make  
9 sense to specialize. If you're a young woman gymnast,  
10 for example, it might make sense to specialize. And we  
11 see some of that in tennis, for example. But, by and  
12 large, it's not a good idea.

13 And parents are just trying to set up the  
14 kids even so that they can get a scholarship or become  
15 elite athletes and have a payout for the parents. I  
16 don't think this is savory. I don't like it at all.

17 JOSH CENTOR: And I think -- I mean, first  
18 of all, if you're in sixth grade, you're eight -- eight  
19 years away from going to college. And are we losing  
20 sight if you're going to hold your kids back, you know,  
21 in class, make them repeat grades? I mean, it doesn't  
22 sit well with me.

23 DR. MYLES BRAND: It's an overemphasis, I  
24 think, on sports. And the likelihood of any one  
25 individual student, eighth/ninth grade, or let alone a

1 younger student, being able to be put in a position to  
2 win at sports is not quite the right approach.

3 I think we actually psychologically, if not  
4 physically, begin to approach abusing some of these young  
5 people if we don't give them an opportunity to have some  
6 fun while they're playing. They shouldn't be focusing as  
7 if they're professionals, when they're 11 years old.  
8 That just doesn't make any sense. It's not a good thing.

9 JOSH CENTOR: And I don't even understand,  
10 quite honestly, how these recruiting rankings are  
11 accurate when you're talking about kids who are 10 and  
12 11 years old.

13 But the NCAA is getting involved in some of  
14 these conversations. And I want to talk a little bit  
15 about that.

16 DR. MYLES BRAND: Well, we're getting  
17 involved in terms of basketball -- not so much in the  
18 other sports. There are national governing organizations  
19 for the other sports, but there's not in basketball,  
20 interestingly enough. And I think working cooperatively  
21 with the NBA, as well as the High School Federation, the  
22 AAU, even the shoe companies is going to give us a  
23 chance, I think, to have some input on -- into what's  
24 being done in youth basketball, at least.

25 JOSH CENTOR: And down the road, I mean, we

1 don't have any say in these rankings. Do you think that  
2 they'll just continue the way that they are? Anything  
3 that we can do?

4 DR. MYLES BRAND: I think the only thing we  
5 can do is talk about what it is to be engaged in youth  
6 sports and the health aspects of it and what we expect as  
7 an outcome. And sometimes the reason why adults,  
8 sometimes third party, sometimes parents, are doing this  
9 is to take advantage of the young people. And we need to  
10 look more carefully at our own culture, at ourselves.  
11 Again, this is not a regulatory area that the NCAA has a  
12 role to play, but it is something that I think we should  
13 be commenting on.

14 JOSH CENTOR: All right. Well, as the  
15 conversations on youth basketball continue, we will keep  
16 you apprised on the DoubleAZone.

17 Thanks, Dr. Brand.

18 DR. MYLES BRAND: You bet.

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<p style="text-align: center;"><b>A</b></p> <p>AAU 3:22 abilities 1:9 ability 1:17 able 3:1 abusing 3:4 accurate 3:11 adults 4:7 advantage 4:9 ago 1:4,7 amateur 1:20 anymore 2:4 apprised 4:16 approach 3:2,4 area 4:11 article 1:7 aspects 4:6 athletes 2:8,15 authority 1:17</p> <hr/> <p style="text-align: center;"><b>B</b></p> <p>back 1:10 2:20 basketball 1:5,8 1:18 2:3 3:17 3:19,24 4:15 bb 1:1 bet 4:18 bit 1:5,13 3:14 bothers 1:13,15 Brand 1:4,15 2:23 3:16 4:4 4:17,18</p> <hr/> <p style="text-align: center;"><b>C</b></p> <p>carefully 4:10 caused 1:21 CENTOR 1:2 2:17 3:9,25 4:14 chance 3:23 children 1:10 class 2:21 coach 1:25 2:2 college 2:19 come 1:23</p>	<p>commenting 4:13 companies 3:22 continue 4:2,15 conversations 3:14 4:15 cooperatively 3:20 couple 1:7 culture 4:10</p> <hr/> <p style="text-align: center;"><b>D</b></p> <p>decide 1:25 discussed 1:4 doing 4:8 DoubleAZone 4:16 Dr 1:4,15 2:23 3:16 4:4,17,18</p> <hr/> <p style="text-align: center;"><b>E</b></p> <p>eight 2:18,18 eighth/ninth 2:25 elite 2:8,15 engaged 4:5 enjoying 2:6 environment 1:20 example 2:10,11 expect 4:6</p> <hr/> <p style="text-align: center;"><b>F</b></p> <p>Federation 3:21 first 2:17 focusing 3:6 football 2:3 fun 2:3 3:6</p> <hr/> <p style="text-align: center;"><b>G</b></p> <p>generating 1:19 getting 3:13,16 give 3:5,22 go 1:11 going 2:2,19,20 3:22</p>	<p>good 2:12 3:8 governing 3:18 grade 2:18,25 graders 1:8 grades 2:21 gymnast 2:9</p> <hr/> <p style="text-align: center;"><b>H</b></p> <p>health 4:6 High 3:21 hold 2:20 holding 1:10 honestly 3:10</p> <hr/> <p style="text-align: center;"><b>I</b></p> <p>idea 2:12 improve 2:2 individual 2:25 input 3:23 interestingly 3:20 involved 3:13,17</p> <hr/> <p style="text-align: center;"><b>J</b></p> <p>JOSH 1:2 2:17 3:9,25 4:14</p> <hr/> <p style="text-align: center;"><b>K</b></p> <p>keep 4:15 kids 2:5,14,20 3:11 know 1:16,23 2:20</p> <hr/> <p style="text-align: center;"><b>L</b></p> <p>large 2:12 likelihood 2:24 line 1:9 little 1:5,13 3:14 look 4:10 losing 2:19 lot 1:15 2:5</p> <hr/> <p style="text-align: center;"><b>M</b></p> <p>mean 2:3,17,21 3:25</p>	<p>Mondays 1:2 months 1:7 mother 1:24 Myles 1:3,15 2:23 3:16 4:4 4:18</p> <hr/> <p style="text-align: center;"><b>N</b></p> <p>national 3:18 NbA 3:21 NCAA 1:16 3:13 4:11 need 4:9</p> <hr/> <p style="text-align: center;"><b>O</b></p> <p>old 2:1 3:7,12 opportunity 3:5 organizations 3:18 outcome 4:7 overemphasis 2:23</p> <hr/> <p style="text-align: center;"><b>P</b></p> <p>parents 1:9 2:13 2:15 4:8 participate 1:21 party 4:8 payout 2:15 people 1:21 3:5 4:9 person 1:23 physically 3:4 play 4:12 playing 2:7 3:6 position 3:1 practices 1:21 pre-college 1:18 pre-high 1:17 professionals 3:7 prowess 2:3 psychologically 3:3 put 3:1</p>	<p style="text-align: center;"><b>Q</b></p> <p>quandary 1:25 quite 3:2,10</p> <hr/> <p style="text-align: center;"><b>R</b></p> <p>ranked 1:8 rankings 1:11 3:10 4:1 really 1:16,24 reason 4:7 recruiting 1:10 3:10 regulate 1:17 regulatory 4:11 repeat 2:21 right 3:2 4:14 road 3:25 role 4:12 round 1:22</p> <hr/> <p style="text-align: center;"><b>S</b></p> <p>savory 2:16 saw 1:7 scholarship 2:14 school 1:17 3:21 seasons 2:7 see 2:11 send 2:1 sense 2:9,10 3:8 set 2:13 shoe 3:22 sight 2:20 sit 2:22 sixth 1:8 2:18 son 2:1 specialize 2:9,10 specific 1:6 sport 1:18,22 sports 2:6,24 3:2 3:18,19 4:6 strength 1:25 2:2 student 2:25 3:1</p> <hr/> <p style="text-align: center;"><b>T</b></p>
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<b>talk</b> 3:14 4:5				
<b>talking</b> 1:11 3:11	<b>0</b>			
<b>tennis</b> 2:11	<b>1</b>			
<b>terms</b> 3:17	<b>10</b> 1:11 3:11			
<b>Thanks</b> 4:17	<b>11</b> 1:11 2:1 3:7 3:12			
<b>thing</b> 3:8 4:4	<b>12-year-olds</b>			
<b>think</b> 1:16,19 2:6,16,17,24 3:3,20,23 4:1,4 4:12	1:12			
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<b>today</b> 1:6	<b>20061211mwm</b>			
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<b>turning</b> 2:5				
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