Luke Gromer Highlights the Importance of Restoring Joy in Youth Sports Through TEDx Talk



Fayetteville, Arkansas Nov 9, 2026 (Issuewire.com**)** - Youth sports play an important role in shaping young athletes, both on and off the field. However, many children lose interest and leave organized

sports before reaching their teenage years. In his October 2025 TEDx talk, *"The Missing Ingredient in Youth Sports,"* Luke Gromer explores the reasons behind this growing concern and emphasizes the importance of making sports more enjoyable and meaningful for young athletes.

Watch his full TEDx here:

https://youtu.be/67YG2ze2d-I?si=yyma4NrEAAajQpTe

As the founder and president of RYG Athletics, Gromer brings more than a decade of coaching experience and over 15 years of experience working in and leading summer camps. Through his work, he advocates for using sports as a platform to develop leadership, mindset, and life skills that help children grow beyond their athletic abilities.

In his TEDx talk, Gromer identifies fun as the missing ingredient in youth sports. He explains that when sports become overly focused on competition and winning, children can lose the enjoyment that initially brought them to the game. Rather than simply teaching young athletes how to compete, he believes sports should provide experiences that encourage personal growth, build confidence, and inspire them to continue participating.

Gromer highlights three important areas that can help bring enjoyment back into youth sports.

Creating Age-Appropriate Sports Experiences

Gromer emphasizes the importance of adapting sports activities, rules, equipment, and playing environments to suit children's ages and developmental stages. He explains that young athletes should not be expected to participate in the same conditions as adults. Providing developmentally appropriate experiences allows children to build confidence, experience success, and enjoy learning the game.

Investing in Better Coach Training

Another important factor is the quality of coaching. Gromer believes coaches should be equipped not only with knowledge of their respective sports but also with the communication and motivational skills needed to guide young athletes effectively. He highlights the importance of being both "good to" and "good for" every athlete by treating them with respect while helping them develop as players and individuals.

Redefining Success in Youth Sports

Gromer also challenges the common practice of measuring success primarily through wins and losses. While competition remains an important part of sports, he believes the focus should extend beyond the scoreboard. The development of young athletes, including their physical, emotional, and social growth, should be equally valued. The ultimate goal should be to create positive experiences that encourage children to remain involved in sports for as long as possible.

These principles are reflected in Gromer's work at RYG Athletics, which operates some of the highest-rated NIKE Sports Camps in the country each summer. Serving hundreds of athletes across various sports, the organization intentionally integrates leadership and mindset training into its sessions, helping participants develop skills that benefit them both in sports and in life.

Beyond his work with RYG Athletics, Gromer also created and hosts **The Better Coaching Podcast**,

where he has published more than 130 interviews with leading coaches, sports psychologists, experts, and leaders. Through these conversations, he continues to explore effective coaching practices and ways to improve the experiences of young athletes.

Through his TEDx talk and ongoing work in youth athletics, Gromer encourages parents, coaches, and sports organizations to take a more intentional approach to developing young athletes. His message is clear: sports should be about more than winning. They should create opportunities for children to enjoy the game, discover their potential, and develop skills that will serve them throughout their lives.

Learn More About His Work:

- RYG Athletics: https://rygathletics.com
- Better Coaching Hub: https://bettercoachinghub.com
- LinkedIn: https://www.linkedin.com/in/luke-gromer/

About Luke Gromer

Luke Gromer is the founder and president of RYG Athletics, which operates highly rated NIKE Sports Camps across the country. With a decade of experience coaching basketball and other sports and over 15 years of experience working in and leading summer camps, he is passionate about restoring joy in sports and using athletics to teach leadership and mindset skills. He is also the creator and host of The Better Coaching Podcast, featuring more than 130 interviews with coaches, sports psychologists, experts, and leaders on effective coaching.

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