

■ FOUR FINDINGS, ALL CHECKABLE

We are asked for the evidence often enough that it belongs in one place. These are the findings we rely on when we describe what a structured team does for a player, and every one is cited so you can read it yourself.

Esports develops real cognitive skills

01

A 2022 systematic review found that organized esports participation supports strategic decision-making, cognitive flexibility, attention and reaction speed, and team communication.

Zhong, M. et al. (2022). Esports Participation and 21st Century Skill Development. Computers & Education · doi.org/10.1016/j.compedu.2022.104456

Competitive gaming strengthens executive function

02

Research in Frontiers in Psychology shows action game players demonstrate enhanced working memory, faster information processing and improved task-switching. These executive function skills tie directly to academic performance.

Bavelier, D. et al. (2012). Brain Training: Action Video Game Effects on Cognition. Frontiers in Psychology

Structured esports builds social belonging

03

A study in Games and Culture found youth in organized esports report an increased sense of belonging, stronger peer relationships and higher social confidence.

Jenny, S. et al. (2017). Virtual(Iy) Athletes: Where eSports Fit Within the Definition of Sport. Games and Culture

Organized activities reduce risk and improve outcomes

04

Youth who take part in structured extracurricular programs show higher academic engagement, lower dropout rates and reduced engagement in risky behaviors.

Fredricks, J. & Eccles, J. (2016). Extracurricular Participation and Adolescent Development. Journal of Adolescent Health

■ WHY STRUCTURE MATTERS

The benefits in the research appear when gaming is:

COACH-LED

TEAM-BASED

GOAL-ORIENTED

SCHEDULED AND CONSISTENT

FOCUSED ON GROWTH AND SPORTSMANSHIP

That is what a structured Club Team provides, and it is the difference between playing a lot and getting better at something.

PLAY ALONE, OR TRAIN INSIDE A STRUCTURE.

The research does not say gaming is good or bad. It says structure is what decides which one you get.

These findings describe what participation is associated with. They are not a promise about any individual player, and we will not present them as one.