



5 WAYS

to tell that your child has a

TRAINED COACH

1 The coach is registered, background screened and SafeSport compliant.



2 The coach is knowledgeable about teaching, development and sport specific education.

3 The coach is familiar with age-appropriate guidelines and equipment and stays current with effective coaching methods.



4 The coach promotes a safe, fun and growth-focused culture.



5 The coach models and encourages a positive attitude, open communication, a respect for others and a respect for self.

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5 WAYS

to keep your child physically

ACTIVE FOR LIFE

1 Encourage outdoor activity and free play with friends.



2 Go play with your child.

3 Help your child identify sport role models.



4 Get them to sample multiple sports to discover what they enjoy.

5 Seek out appropriately-sized equipment for different sport experiences at home.



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5 WAYS

to ensure your child is participating
in developmentally-appropriate

TRAINING & COMPETITION

1 Determine if your sport follows the USOPC American Development Model at USOPC.ORG/ADM



2 Check to see if local program follows National Governing Body recommendations.



3 Be aware if the coach and program communicate with children in an age-appropriate manner.

4 Check to see if your local program is using modified equipment and venues.



5 Ask your child how they feel about their sport experience/activities, "Check in!"

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5 WAYS

to help your child become

PHYSICALLY LITERATE

1 Expose your child to activities in a variety of environments (land, snow, ice, in water, in air).



2 Expose them to swimming for water safety and ambidextrous movements.

3 Encourage free play outside, tree climbing, jungle gym and backyard games.



4 Play catch with your child using different balls and objects.

5 Provide opportunities to develop striking skills with bat and ball, racquets, sticks.



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5 WAYS

to help your child develop

CHARACTER THROUGH SPORT

1 Teach your child to be on time for all games and practices.



2 Be a role model for your child by showing respect towards officials, coaches and opponents.

3 Assist your child with goal setting both in and out of sport.



4 Have your child pack and carry their own equipment.

5 Celebrate effort in every activity and emphasize learning something from every game, practice and event.



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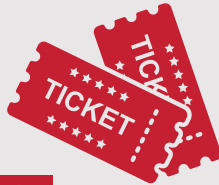


5 WAYS

to introduce your kids to

NEW SPORTS/ACTIVITIES

1 Look for programs that are in the age and ability range of your child's development.



2 Ask your kids what they want to play and then go watch it being played.

3 Ask them what sports their friends are playing, then ask them if they want to try it too.



4 Seek low-cost or entry-level programs at clubs and multi-sport organizations like the Y or Boys/Girls Clubs.



5 Try new sports together in the backyard or park by riding bikes, swimming, making up games or activities.

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5 WAYS

to speak up when you are a

CONCERNED PARENT

1 Use the 24-hour rule to give yourself time to reflect and to set up a time to meet with the coach.



3 Empower your kid to talk with the coach in a respectful manner.



2 Remember to always thank the coach.



4 Always speak up when safety is a concern.

5 Ask for clarification to understand the coach's viewpoint, philosophy or team rules.



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5 WAYS

to tell if your desired program is

HIGH QUALITY

1 It offers age-appropriate play and the use of age-appropriate equipment in a safe environment.



2 The program consists of members of that sports National Governing Body.

3 Their stated mission and values are based on long-term athletic participation including allowance for playing a variety of sports.



4 It values developing the whole person and not just the athlete.



5 It has certified and trained coaches and promotes continuing education for coaches.

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5 WAYS

to tell if your child is

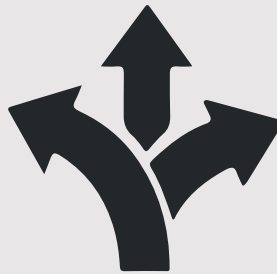
ENTERING PUBERTY

1 Needs significantly more sleep than previously.



2 May become more self-conscious about body image and appearances.

3 Greater desire to make own choices in activities.



5 Peers take on a greater influence in self-concept and choice of activities.



4 May experience a temporary decrease in coordination, speed or sport performance.



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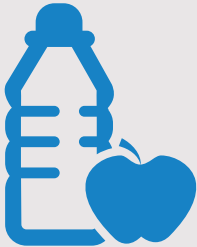
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5 WAYS

to help your athlete cope with

PUBERTY & SPORTS



1 Have regular check-ins about workload, priorities, rest and nutrition.

4 Be patient.



2 Openly communicate about the challenges of puberty.

3 Use effort and commitment as measures of success, not performance.



5 Give your athlete the opportunity to provide input into activity choices and make his or her own choices.

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5 WAYS

that you and your athlete can be

KIND TO OFFICIALS

1 Keep in mind that it's a game we play for fun.



2 Treat officials the way you'd like to be treated.

3 Trust that they are there to ensure fair and safe play.



4 Remember that they are humans too.

5 Remember to say thank you.



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5 REASONS

that it's important to sample a

VARIETY OF SPORTS



1 Kids develop all-round athleticism, body control and ambidexterity.

2 Kids discover sports that they can play their entire lives.



3 The risk of burn out is greatly reduced.

4 The risk of overuse and repetitive injury is greatly reduced.



5 Kids expand their knowledge of other sports and experiences to help them grow in life.

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5 WAYS

to know if your child's sport experience is

PLAYER/KID-CENTRIC

1 The program administrators ask kids what they want.

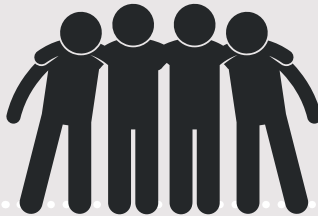


4 The program offers a social connection with friends.



2 The program offers an action-oriented environment.

3 It gives kids freedom to experiment.



5 The child has input into the experience with coaches/teammates throughout the season.



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5 WAYS

to talk to your athlete about their

SPORT EXPERIENCE

1 Allow your child to initiate the conversation with you.



2 Be a parent to your athlete first, NOT a coach/critic.

3 Start every conversation with "I love to watch you play...."



5 Listen and respect your child's opinion and emotions.



4 Focus on discussing the process and development over the outcomes/results.

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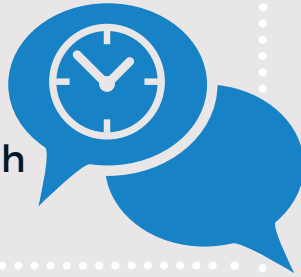


5 THINGS

to ask your athlete about their

SPORT EXPERIENCE

1 Do you want to talk about your practice/game/match now or chat later?



2 What did you enjoy the most? What went well?



3 What did you learn today?



4 What did your coaches say today?

5 How do you feel you played today?



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5 THINGS

to maximize your child's

DEVELOPMENT IN SPORTS

1 Encourage them to play lots of positions or try lots of strokes/methods (roles).

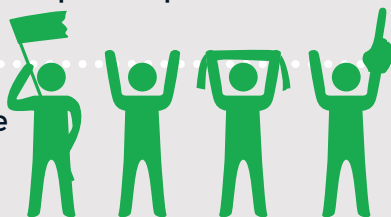


2 Emphasize process over results/outcomes.

3 Seek quality programs that meet your child's needs.



4 Understand your child's goals for sports participation.



5 Be a positive and supportive spectator for your child and their team.

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5 SIGNS

that your child is in a quality

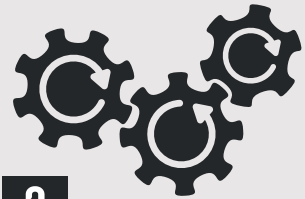
DEVELOPMENTAL PROGRAM



1 There are appropriate opportunities for success and challenges as they grow.



2 There are appropriate chances to try all positions/events.



3 The coaching staff has a progressive plan/system for individual player growth.

4 Effort is more important than results in the program.



5 Coaches are trained/certified in the sport and key areas such as SafeSport/concussion/heat and etc.

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5 WAYS

to maintain perspective on

YOUTH SPORTS

1

Always emphasize process over results.



2

Know and understand your child's goals.

3

Remember there are no 12 and under elite athletes - they are all kids.



4

Monitor your child's hobbies and interests.

5

Have patience with the changes in size, skills, ranks and progress as they grow.



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5 WAYS

to support your 12 and older athlete on the

PERFORMANCE PATHWAY

1 Balance training and recovery throughout the year.



2 Encourage your athlete to match behaviors and actions to their goals.



3 Ask for coach evaluations of your athlete.

4 Monitor your athlete's progress.



5 Match the coach's capabilities to your athlete's goals and abilities.



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5 WAYS

to support your 12 and older athlete on the

PARTICIPATION PATHWAY



1

Encourage a joy-driven process focused on experience.

2 Embrace the social aspects for your child.



3 Respect your athlete's commitment level.

4 Support and nurture the goals of your athlete.



5 Encourage your child's development by saying "I love to watch you play...."

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5 SIGNS

that your child is having

FUN IN SPORTS

1 They choose to practice outside of formal training sessions.



4 They like to hang out with the team after practice/games.



2 They are eager to get to practice/competitions and like to talk about them.



3 They are trying to get friends to join the team.



5 They like to watch high-level competitions.



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5 WAYS

to help your child have

FUN IN SPORTS



1 Ask them what they enjoy most about practice and games.



2 Help coaches plan fun off-field activities.

3 Lead by example and praise their effort over the results.



4 Display team spirit and cheer on your athlete at events.



5 Avoid overloading your child by finding appropriate balance between organized sports, other activities and free time.

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5 WAYS

to help your child develop an

ACTIVE LIFESTYLE

1 Limit your child's screen time each day.



2 Expose them to lifetime sports that can be played now and as an adult.



4 Provide access to equipment, space and programming.



5 Encourage trying lots of sports (sampling) and free play.

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5 WAYS

to help your family develop an

ACTIVE LIFESTYLE

1 Swim, bike, walk or take the stairs as a family.



2 Encourage good nutrition and healthy food options.

3 Have a family activity log to track daily activity.



4 Get outside as a family and play, play, play!



5 Take family vacations that include sport and activities.

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5 WAYS

to tell if your child is

BURNING OUT

1 Your child is experiencing a loss of motivation or interest in activity/going to practice.



2 There is a dip in performance or issues with concentration in practice and games.



3 There is irritability and/or anxiety around sport participation.

4 Your child is expressing desire to do something different or quit.



5 Your child is experiencing physical issues (fatigue, loss of appetite, etc.).

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5 WAYS

to help your child

AVOID BURNOUT

1 Schedule rest periods and vacations to take a break from organized sport.



2 Limits on total weekly/yearly participation based on the child's age.



3 Encourage child to participate in many types of activities.



4 Emphasize the importance of enjoyment over performance.



1, 2, 3, 4...



5 Allow your child to have time for free play.

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5 WAYS

to help your child prevent an

OVERUSE INJURY



1 Balance practicing, competing and recovering.

2 Delay your child from specializing in a single sport as long as possible.



3 Take at least one month off from a sport at least three times per year for physical recovery.

4 Monitor any repetitive injuries that your child may have.



5 Encourage physical activity skills that balance all parts of the body.

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5 WAYS

to identify if your athlete is at risk for an

OVERUSE INJURY



1 Participating in one sport more than eight months per year.



2 Your child's sport activity requires high volume of repetitive motion and time on task.

3 Practicing and competing without adequate rest and recovery time.



5 Child can't remember last time they had a day off training.



4 Recurring injuries in similar parts of the body.



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5 WAYS

to recognize a successful

GAME DAY EXPERIENCE

1 Coaches encourage their players to give their best effort.



2 One-on-one feedback is given to each athlete.

3 All players are given the opportunity to contribute.



4 Players and coaches respect both referees and opponents.



5 Players cheer for each other and fans cheer for all.

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5 WAYS

that you can make your child's

GAME DAY GREAT

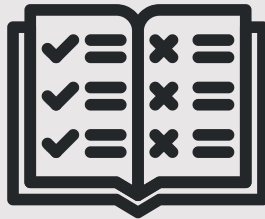
1 Cheer for all the players (on both teams).



2 Let the officials do their job without interfering and thank them afterward.



3 Learn the rules of the game or match.



5 Offer to organize the "nice to haves" like snacks, etc.



4 Enjoy watching your child play - enjoy the moment and recognize their effort.



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5 WAYS

that you can be a

ROCK STAR PARENT



1 Offer to help your child's team or program (even small things matter).



2 Get to know other players on your child's team and their family.

3 Allow your athlete to take ownership (it's their sport, game and experience).



4 Treat the coach as an ally, not an adversary - you have the same goal: a successful, positive sports experience for your child.

5 Be present.



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5 SIGNS

that your program has some

ROCK STAR PARENTS

1 Everyone has a role: coaches are coaching, people are helping and things are taken care of.



3 Everyone is respectful of the other team and their parents.



2 Parents know all the players' names.

4 Parents understand the sport, the rules and the value of the referees.



5 Parking lot and sideline discussions are positive and supporting of the program.



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