

Healthy Sports for Kids

Tips for Parents

- Encourage and support your youngster regardless of the degree of success, the level of skill, or playing time.
- Model respect for the coach and highlight the critical nature of contributing to the team and its success.
- Attend and participate in preseason school-sponsored meetings, communicate with coaches and agree to support guidelines for healthy sports.
- Ensure a balance in your student athlete's life, encouraging participation in multiple sports and other activities while placing academics first and foremost.
- Recognize the developmental stages of your youngster, ensuring enjoyment, skill development and team play as cornerstones of sports experiences, with more serious competition left for the varsity level.
- Leave coaching to coaches and avoid placing too much pressure on your youngster about playing time and performance.
- Be realistic about your youngster's future in sports, recognizing that only a select few earn a college scholarship, compete in the Olympics or sign a professional contract.
- Avoid leading your youngster to early specialization, yearlong play in one sport and the potential of burnout.
- Understand that today's youngsters strive for excellence, compete to win, but cherish participation most while rejecting "winning at all cost."
- Be there when your child looks to the sidelines for a positive role model.

Sports Done Right™

