



# 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.



# TEAM USA

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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 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

that you can make your child's

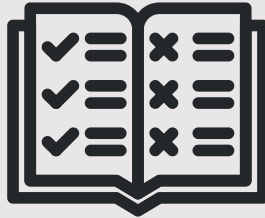
## GAME DAY GREAT

**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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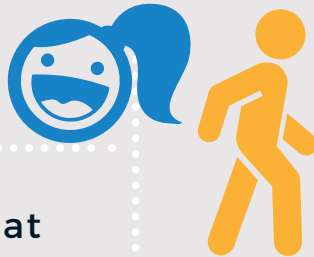


# 5 WAYS

that you 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 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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