

How To Be a Good Sports Parent

- **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.
- **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**, year-long play in one sport and the potential of burnout.
- **Reject "winning at all cost"**. 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.