



5 WAYS

to tell that your child has a

TRAINED COACH

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

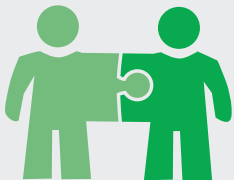


- 2** The coach is knowledgeable about teaching, development and sport specific education.

- 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.



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

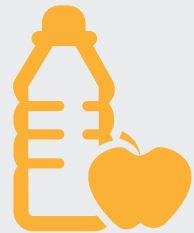
CHARACTER THROUGH SPORT

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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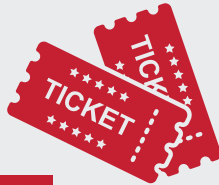


5 WAYS

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.



- 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.





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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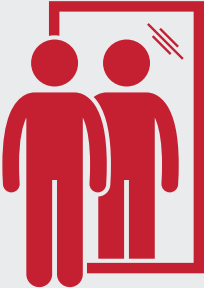


5 WAYS

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.





5 WAYS

to help your athlete cope with

PUBERTY & SPORTS



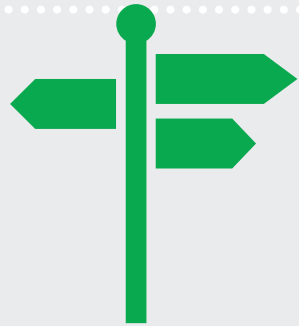
1 Have regular check-ins about workload, priorities, rest and nutrition.

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.



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.





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.



5 WAYS

to know if your child's sport experience is

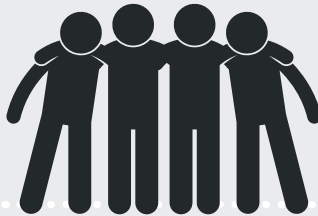
PLAYER/KID-CENTRIC

1 The program administrators ask kids what they want.



2 The program offers an action-oriented environment.

3 It gives kids freedom to experiment.



4 The program offers a social connection with friends.

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





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.

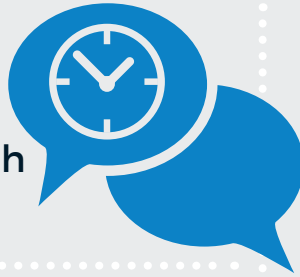


5 THINGS

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?





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).



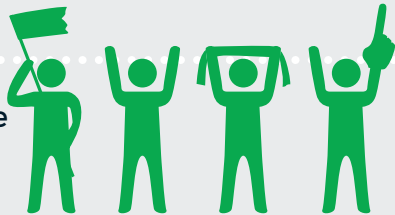
- 2** Emphasize process over results/outcomes.

- 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.





5 SIGNS

that your child is in a quality

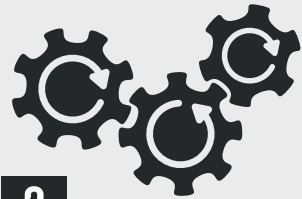
DEVELOPMENTAL PROGRAM



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.



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.





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.



4

Support and nurture the goals of your athlete.



3

Respect your athlete's commitment level.



5

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





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.





5 WAYS

to help your child have

FUN IN SPORTS



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



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

- 2** Help coaches plan fun off-field activities.



- 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.



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.

- 3** Discuss the benefits of being active for life.



- 4** Provide access to equipment, space and programming.



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



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.



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.).



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.



- 5 Allow your child to have time for free play.



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.



4

Recurring injuries in similar parts of the body.

5

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



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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.



5 WAYS

that you can make your child's

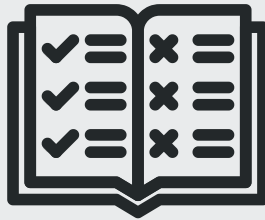
GAME DAY GREAT

- 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.





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.





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.



2

Parents know all the players' names.



3

Everyone is respectful of the other team and their parents.

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.

