



# 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.



# TEAM USA

[TEAMUSA.ORG/ADM](https://teamusa.org/adm)

The following organizations contributed to the creation of these resources for use by all sports organizations in the U.S.

