

# LADM for Parents



The parent's role in the sport experience can be one of support and guidance for the athlete's benefit. The following are recommendations for parents to help ensure positive lacrosse experiences for their children:

- 1) Understand the US Lacrosse LADM pathway and recognize where they stand in terms of age and development.
- 2) Encourage sport sampling, in which your child plays several different sports up to age 12, at minimum, to help enhance physical literacy and to be sure they find sports they enjoy.
- 3) Encourage multi-sport/activity and cross-training to keep your child from burning out or developing overuse injuries.
- 4) Reward your child for development and proficiency over performance outcomes and winning.
- 5) Enroll your child in age-appropriate activities to ensure healthy progression and skill development before advancing to a heavy volume of competition.
- 6) Monitor the dose and duration your child is playing each week and encourage rest and recovery.
- 7) Ask for feedback from coaches and administrators on your child's development and maintain interest in your child's experience over performance outcomes.
- 8) Support and encourage your child to have fun. Don't forget it's about them.

