



# 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.

# 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.

