



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.



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.

