



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.



USAFOOTBALL.COM/FDM

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

