



# 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.



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

