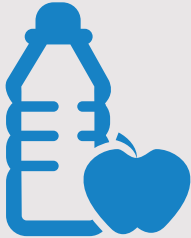




5 WAYS

to help your athlete cope with

PUBERTY & SPORTS



1 Have regular check-ins about workload, priorities, rest and nutrition.



2 Openly communicate about the challenges of puberty.

3 Use effort and commitment as measures of success, not performance.



4 Be patient.



5 Give your athlete the opportunity to provide input into activity choices and make his or her own choices.



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

