



5 WAYS

that you can be a

ROCK STAR PARENT



1 Offer to help your child's team or program (even small things matter).



2 Get to know other players on your child's team and their family.

3 Allow your athlete to take ownership (it's their sport, game and experience).



4 Treat the coach as an ally, not an adversary - you have the same goal: a successful, positive sports experience for your child.

5 Be present.



USAFOOTBALL.COM/FDM

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

