



# 5 WAYS

to talk to your athlete about their

## SPORT EXPERIENCE

**1** Allow your child to initiate the conversation with you.



**2** Be a parent to your athlete first, NOT a coach/critic.

**3** Start every conversation with "I love to watch you play...."



**5** Listen and respect your child's opinion and emotions.



**4** Focus on discussing the process and development over the outcomes/results.



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

