



# 5 WAYS

to maintain perspective on

# YOUTH SPORTS

**1** Always emphasize process over results.



**3** Remember there are no 12 and under elite athletes - they are all kids.

**2** Know and understand your child's goals.



**4** Monitor your child's hobbies and interests.

**5** Have patience with the changes in size, skills, ranks and progress as they grow.



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

