



Is Your Daughter Playing In A Green Environment?

10 questions every sports parent should be able to answer

Skills for sport. Tools for life.

The research is clear: when athletes thrive, it is rarely just about talent or effort. It is about the environment they are playing in — and the people shaping it. This diagnostic helps you see your daughter's sporting environment clearly, through three lenses: her coach, yourself, and her own experience. Answer honestly. The insight is for you.

SECTION 1 — THE COACHING ENVIRONMENT

- 1** Does your daughter feel safe to ask questions, make mistakes, and express her opinion in training — without fear of negative consequences? Yes No Not sure

Think about her body language before and during sessions, not just what she tells you.

- 2** Does the coach give feedback that is specific and forward-looking — focused on what to improve and how — rather than just on what went wrong? Yes No Not sure

Developmental feedback builds. Evaluative feedback judges.

- 3** When your daughter is struggling — with form, confidence, or fit — does the coach address it directly and constructively with her? Yes No Not sure

Silence or exclusion is not a developmental strategy.

- 4** Does the coach know your daughter as a person — her communication style, her motivations, what unsettles her — not just as a player? Yes No Not sure

Great coaches adjust their approach to the individual.

SECTION 2 — YOUR OWN INVOLVEMENT

- 5** After training or games, do you give your daughter space to process her own experience before you share yours? Yes No Not sure

The drive home should be recovery time, not a debrief.

- 6** When the coach gives critical feedback, do you reinforce it — or does your daughter always have a counter-narrative available from you? Yes No Not sure

Undermining feedback, even gently, teaches her that coaching is optional.

- 7** Are your conversations about sport primarily driven by her experience — or by your observations and concerns? Yes No Not sure

Her internal compass needs room to develop.

SECTION 3 — YOUR DAUGHTER'S EXPERIENCE

8 Does your daughter look forward to training most of the time — not just games or the social aspects, but the actual development work? Yes No Not sure

Consistent dread of training is data, not weakness.

9 When things go wrong in competition, does she respond with curiosity — what can I learn — rather than shutdown or self-blame? Yes No Not sure

This reflects both her environment and her internal frameworks.

10 Can your daughter articulate what she is working on in her development — in her own words, independently of what you or the coach think? Yes No Not sure

An athlete who owns her development is significantly harder to destabilise.

WHAT YOUR ANSWERS MEAN

Mostly Yes	You are in a strong developmental environment. Keep investing in it — and in your daughter's self-awareness so she can sustain it independently.
Several Not Sure	These are the questions worth exploring. Not sure often means the information isn't there — which is itself a signal worth paying attention to.
Several No	You are not alone. Most families navigate these gaps without frameworks or language to name them. That is exactly what Cultivate exists to change.

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Evidence-based insights for female athletes, their families, and the environments that develop them.

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