

Parental Pressure

IN YOUTH SPORTS



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Agenda

OVERVIEW

Issue

Summary

Why it Matters

Examples

Recommendation



Issue

PARENT LIVING THROUGH THE
CHILDREN'S GOALS/DREAMS

UNREASONABLE EXPECTATIONS OF
PERFECTION

UNFAIR DEMANDS ON TIME
COMMITMENTS FOR CHILDREN



Why it matters



- Burnout, not enjoyable
- 57.2% parents hoped for their children to play collegiately or professionally
- Increased in children quitting youth sports
- Helps keep focused determined and something to focus

Examples

My personal story:

8-12 youth sports (local)
12-18 national travel team
18+ college

- Injuries
- Free time
- Practice
- School
- Friends
- Investment



Recommendations

01

Setting realistic goals

02

Parents understanding their place in a child's sports journey

03

Sports are fun!





References

[I LOVE TO WATCH YOU PLAY](#)

[QUANTIFYING PARENTAL INFLUENCE ON
YOUTH ATHLETE SPECIALIZATION: A
SURVEY OF ATHLETES' PARENTS](#)

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