



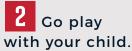
to keep your child physically

ACTIVE FOR LIFE

1 Encourage outdoor activity and free play with friends.







Help your child identify sport role models.



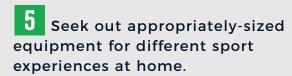








Get them to sample multiple sports to discover what they enjoy.







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to help your child develop

CHARACTER THROUGH SPORT

Teach your child to be on time for all games and practices.





Be a role model for your child by showing respect towards officials, coaches and opponents.

Assist your child with goal setting both in and out of sport.





Have your child pack and carry their own equipment.

Celebrate effort in every activity and emphasize learning something from every game, practice and event.





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to help your child become

PHYSICALLY LITERATE

1 Expose your child to activities in a variety of environments (land, snow, ice, in water, in air).









Expose them to swimming for water safety and ambidextrous movements. Encourage free play outside, tree climbing, jungle gym and backyard games.







Play catch with your child using different balls and objects.

Provide opportunities to develop striking skills with bat and ball, racquets, sticks.





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to tell that your child has a

TRAINED COACH

The coach is registered, background screened and SafeSport compliant.



The coach is knowledgeable about teaching, youth development and sport-specific education.

The coach is familiar with age-appropriate guidelines and equipment and stays current with effective coaching methods.



The coach promotes a safe, fun and growth-focused culture.







The coach models and encourages a positive attitude, open communication, a respect for others and a respect for self.



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to ensure your child is participating in developmentally-appropriate

TRAINING & COMPETITION

Determine if your sport follows the USOC American Development Model at TeamUSA.org/ADM



Check to see if local program follows National Governing Body recommendations.



Be aware if the coach and program communicate with children in an age-appropriate manner.

Check to see if your local program is using modified equipment and venues.





Ask your child how they feel about their sport experience/activities, "Check in!"



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to speak up when you are a

CONCERNED PARENT

Use the 24-hour rule to give yourself time to reflect and to set up a time to meet with the coach.





Remember to always thank the coach.

3 Empower your kid to talk with the coach in a respectful manner.





Always speak up when safety is a concern.

Ask for clarification to understand the coach's viewpoint, philosophy or team rules.





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to tell if your desired program is

HIGH QUALITY

It offers age-appropriate play and the use of age-appropriate equipment in a safe environment.





The program consists of members of that sports National

Governing Body.

Their stated mission and values are based on long-term athletic participation including allowance for playing a variety of sports.







It values developing the whole person and not just the athlete.



It has certified and trained coaches and promotes continuing education for coaches.



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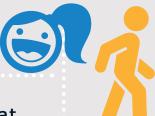




that you and your athlete can be

KIND TO OFFICIALS

1 Keep in mind that it's a game we play for fun.





Treat
officials the
way you'd
like to be
treated.

Trust that they are there to ensure fair and safe play.



Remember to say thank you.







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to introduce your kids to

NEW SPORTS/ACTIVITES

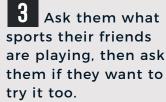
Look for programs that are in the age and ability range of your child's development.







Ask your kids what they want to play and then go watch it being played.





Seek low-cost or entrylevel programs at clubs and multi-sport organizations like the Y or Boys/Girls Clubs.



Try new sports together in the backyard or park by riding bikes, swimming, making up games or activities.



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5 THINGS

to ask your athlete about their

SPORT EXPERIENCE

1 Do you want to talk about your practice/game/match now or chat later?





What did your coaches say today?



2 What

enjoy the

most? What

did you

How do you feel you played today?







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to know if your child's sport experience is

PLAYER/KID-CENTRIC

The program administrators ask kids what they want.







The program offers an action-oriented environment.

It gives kids freedom to experiment.



The program offers a social connection with friends.

The child has input into the experience with coaches/teammates throughout the season.





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to talk to your athlete about their

SPORT EXPERIENCE

Allow your child to initiate the conversation with you.





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

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



Listen and respect your child's opinion and emotions.



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





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to maximize your child's

DEVELOPMENT IN SPORTS





Emphasize process over results/outcomes.

Seek quality programs that meet your child's needs.



Understand your child's goals for sports participation.

Be a positive and supportive spectator for your child and their team.





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to support your 12 and older athlete on the

PARTICIPATION PATHWAY



Encourage a joy-driven process focused on experience. 2 Embrace the social aspects for your child.



Support and nurture the goals of your athlete.



Respect your athlete's commitment level.





Encourage your child's development by saying "I love to watch you play...."



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to support your 12 and older athlete on the

PERFORMANCE PATHWAY

Balance training and recovery throughout the year.

Encourage your athlete to match behaviors and actions to their goals.







3 Ask for coach evaluations of your athlete.





Match the coach's capabilities to your athlete's goals and abilities.



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5 SIGNS

that your child is in a quality

DEVELOPMENTAL PROGRAM



There are



they grow.



There are appropriate chances to try all positions/events.





The coaching staff has a progressive plan/ system for individual player growth.

Effort is more important than results in the program.



Coaches are trained/certified in the sport and key areas such as SafeSport/ concussion/heat and etc.



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to help your child develop an

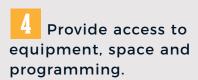
ACTIVE LIFESTYLE

Limit your child's screen time each day.























5 Encourage trying lots of sports (sampling) and free play.



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to help your family develop an

ACTIVE LIFESTYLE

Swim, bike, walk or take the stairs as a family.





Encourage good nutrition and healthy food options. Have a family activity log to track daily activity.



Get outside as a family and play, play!





5 Take family vacations that include sport and activities.



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5 SIGNS

that your child is having

FUN IN SPORTS

They choose to practice outside of formal training sessions.



They like to hang out with the team after practice/games.



They are eager to get to practice/competitions and like to talk about them.



They are trying to get friends to join the team.





They like to watch high-level competitions.



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to help your child have

FUN IN SPORTS

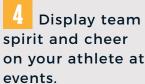


Ask them what they enjoy most about practice and games.





Lead by example and praise their effort over the results.





Avoid overloading your child by finding appropriate balance between organized sports, other activities and free time.



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





















Help coaches









to help your child

AVOID BURNOUT

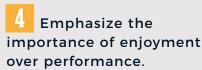
Schedule rest periods and vacations to take a break from organized sport.



Limits on total weekly/yearly participation based on the child's age.



Encourage child to participate in many types of activities.







Allow your child to have time for free play.



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to tell if your child is

BURNING OUT

1 Your child is experiencing a loss of motivation or interest in activity/going to practice.





There is a dip in performance or issues with concentration in practice and games.



There is irritability and/or anxiety around sport participation.

Your child is expressing desire to do something different or quit.



5 Your child is experiencing physical issues (fatigue, loss of appetite, etc.).



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to help your child prevent an

OVERUSE INJURY



Balance practicing, competing and recovering.

Delay your child from specializing in a single sport as long as possible.



Take at least one month off from a sport at least three times per year for physical recovery.

Monitor any repetitive injuries that your child may have.







Encourage physical activity skills that balance all parts of the body.



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to identify if your athlete is at risk for an

OVERUSE INJURY









Participating in one sport more than eight months per year.



Your child's sport activity requires high volume of repetitive motion and time on task.

3 Practicing and competing without adequate rest and recovery time.



Child can't remember last time they had a day off training.



Recurring injuries in similar parts of the body.





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that you can make your child's

GAME DAY GREAT

Cheer for all the players (on both teams).



Let the officials do their job without interfering and thank them afterward.

3 Learn the rules of the game or match.



Offer to organize the "nice to haves" like snacks, etc.



Enjoy
watching your
child play - enjoy
the moment and
recognize their
effort.





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to recognize a successful

GAME DAY EXPERIENCE

Coaches encourage their players to give their best effort.





One-on-one feedback is given to each athlete.



Players cheer for each other and fans cheer for all.









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to tell if your child is

ENTERING PUBERTY

Needs significantly more sleep than previously.





May become more self-conscious about body image and appearances.

Greater desire to make own choices in activities.



Peers take on a greater influence in self-concept and choice of activities.



May experience a temporary decrease in coordination, speed or sport performance.





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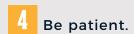


to help your athlete cope with

PUBERTY & SPORTS



Have regular checkins about workload, priorities, rest and nutrition.







Openly communicate about the challenges of puberty.

3 Use effort and commitment as measures of success, not performance.





Give your athlete the opportunity to provide input into activity choices and make his or her own choices.



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5 SIGNS

that your program has some

ROCK STAR PARENTS

1 Everyone has a role: coaches are coaching, people are helping and things are taken care of.



3 Everyone is respectful of the other team and their parents.



Parents understand the sport, the rules and the value of the referees.

Parking lot and sideline discussions are positive and supporting of the program.



Parents know all the players' names.





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that you can be a

ROCK STAR PARENT



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

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





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



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







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to maintain perspective on

YOUTH SPORTS

Always emphasize process over results.





2 Know and understand your child's goals.

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









4 Monitor your child's hobbies and interests.

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



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