"Parenting My Champion: Developing Talent"
Recommended Guidelines for Successful Sport Parenting
(US Tennis Association, used with permission)

INTRODUCTION/ FOUNDATION **Phase One** *Age of Athlete: 4.5-9.6* *Years in Phase: 5.1*	REFINEMENT/ TRANSITIONAL **Phase Two** *Age of Athlete: 10.6-14.6* *Years in Phase: 4.0*	ELITE PERFORMANCE **Phase Three** *Age of Athlete: 15.4+* *Years in Phase: NA*
• Allow your child to dream big • Ensure lessons focus on fun and fundamentals • Recognize child's interest and provide the opportunities and support to help him/her be successful • Help make the youth sport experience fun • Focus little attention on winning/rankings • Expose and encourage participation in multiple sports and activities • Focus on the positive (cheer for your child) • Focus on ways to develop a good person (emphasize positive attitude and life skills) • Stay calm during competitions—try not to show nervousness or negative emotions (remember this is just a sport) • Let the coach do his or her job • Emphasize good behavior and sportsmanship • Don't constantly talk about the sport at home • Emphasize activities outside of the sport • Put limits on amounts of practice and play (avoid burning out child) • Stand by your child, provide unconditional love and support • Believe in your child • Provide transportation • Provide the opportunity to play participate • Avoid pressuring your child • Provide basic instruction (if you have the ability to do so)	• Provide transportation, logistical & financial support • Do things to ensure the sport remains fun as pressure to perform increases • Focus on ways to develop a good person (emphasize positive attitude and life skills) • Stay calm during competitions: try not to show nervousness or negative emotions (develop your coping skills – as a parent take a "cleansing" deep breath when emotions are high) • Identify a knowledgeable coach who understands what it takes to develop an elite player while working with a teen • Let the coach do his or her job • Emphasize good behavior and sportsmanship • Encourage your child to win, but more importantly encourage him or her to give it his/her best effort • Infrequently talk about the sport at home • Do not try to coach—simply provide general encouragement • Ensure the coach is doing a good job of coaching your child & assist in his/her development • As your child experiences more success keep success in perspective by emphasizing normal childhood chores and responsibilities • Do non-sport family activities (especially at travel competitions) • Involve child in decision making • Believe in your child while having appropriate sport expectations • Stress basic values: work hard, if do it, do it well, take responsibility for self and actions, need to make	• Be careful to care about your child as a person and not just as an athlete • Lessen optimal parent push as the athlete learns to push self • Be ready to lessen your involvement as your child becomes more independent (travel without you more often, defer to the coach for sport decisions) • Provide emotional support and encouragement • Facilitate independence in your child by making him or her more responsible for equipment, commitments and scheduling. • Believe in child and his or her ability • Stay out of coaching/technical analysis • Stay calm during competition—try not to show nervousness or negative emotions (continue to develop coping skills) • Let the coach do his or her job • Emphasize good behavior and sportsmanship • Encourage your child to win, but don't push him/her to win • Help athlete recognize sport as a game of highs and lows—work to stay emotionally even • Reassure/relax your child • Provide honest feedback to your child • Don't pressure athlete to win/be careful not to become too outcome focused • Help child do some other non-sport activities to maintain normalcy • Provide unconditional love and support • Do non-sport family activities • Serve as resource in decision process/voice opinions but let your child make the final decision (i.e., college, goals) • Do not constantly talk about the sport

	sacrifices if want to be good	at home
	• Give your child time to recover after a competition before talking to him/her about it	• Stress basic values: work hard, if do it do it well, take responsibility for self and actions, need to make sacrifices if want to be good
	• Avoid extensive post competition critiques	• Don't provide extensive post competition critiques
	• Try to have non-emotional reactions to mistakes/losses	• Try to have non-emotional reactions to mistakes/losses
	• As your child becomes more successful and gains notoriety be careful not to begin to judge your ability as a parent by your child's success	• Remind athlete that while stakes are high, it is still important to have fun
	• Discipline child for poor sportsmanship or disrespectful actions	• Identify a knowledgeable coach who understands what it takes to develop an elite athlete
	• Discuss serious issues with coach in private—not in front of child	• Do not change when the stakes become higher
	• Admit mistakes if you are wrong	• Provide support such as dealing with finances
	• Never interrupt lessons or practice	
	• If you are a parent-coach, be careful not to confuse the dual roles (when you're away from practice or competition you are no longer providing instruction or critiquing your child)	
	• Provide optimal push: make sure your child really wants to play the sport and, if so then hold him or her accountable to living up to practice and training commitments	
	• Focus on long-term development not winning	
	• Don't pressure your child to win	
	• Don't tie your approval as a parent to your child's play	
	• Make your child more responsible for his/her sport preparation (i.e., equipment, completion of other obligations such as homework)	
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