

TOP TIP #2

Commitment to access does not guarantee objective performance outcomes.

Parents play an integral part in providing children and youth access to sports. Access to organized sports requires a commitment to investing time and money – paying for participation and equipment; providing transportation to practice and competition; volunteering as an official, sport coach, club administrator, to name a few.

It is important for parents to remember that providing access and making a commitment to sport does not guarantee objective performance outcomes. Instead in sport, much like in any other performance domain, expected outcomes will fluctuate over time. Past performances are not necessarily indicative of future performances.



Critical Questions:

When choosing to provide your child/youth access to a sport, ask yourself:

- Am I willing to commit financially to the season?
- Am I willing to commit my time to ensure my child/youth can attend practices and swim meets as expected by the team?
- Am I comfortable making the above commitment knowing that at the end of the season, they might not want to continue the sport?

If you answered yes to all three, ask your athlete:

Are you willing to commit your time and effort to meet practice and competition expectations for this season?

SCIENCE FACT:

Systematic review results have highlighted that the main barriers for organized sport participation are “time” and “cost.” [Somerset & Hoare \(2018\)](#)

