



5 WAYS

to help your child have

FUN IN SPORTS



1 Ask them what they enjoy most about practice and games.



2 Help coaches plan fun off-field activities.



3 Lead by example and praise their effort over the results.

4 Display team spirit and cheer on your athlete at events.



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



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

