



# 5 WAYS

to tell if your desired program is

## HIGH QUALITY

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



**2** The program consists of members of that sports National Governing Body.

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



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



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



**ADMKIDS.COM**

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

