



Performance Lifestyle

Top Tips for Parents

How to help young athletes develop and be successful in and out of their sport



1. Be encouraging, supportive and enthusiastic



6. Listen and be patient and impartial when giving advice

2. Be a good role model – to your child, other young athletes and other parents

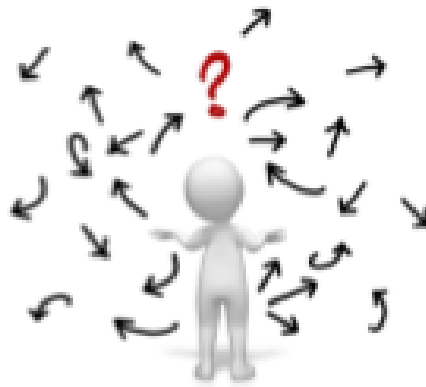


7. Support and respect your child's ambitions in sport (remember that it's their experience – not yours)

3. Allow the coaches to coach – don't try to be too many people

8. Focus on the development of the whole person through a range of experiences, both inside and outside of sport

4. Avoid focusing on winning and let them know how proud you are regardless of outcomes



9. Work together with the coach and support staff to provide a positive environment for your child to thrive

5. Encourage independence and personal responsibility by allowing them to problem solve and make their own decisions



10. Allow your child to be themselves and have fun!

The 'ideal' high performance parent...

1 Stays **relaxed** and **positive** during competition and is equally supportive regardless of the outcome.

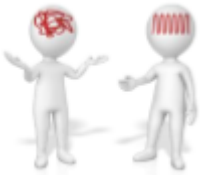


2 **Understands** the demands of their child's sport.



3 Gives their child **space** and **talks about other things** after a bad performance.

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4 **Works closely with the coach** and leaves the analysis of training or competition to them. Any analysis you do have you talk through with the coach

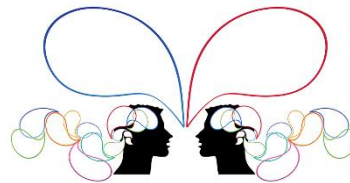
5 Sees beyond winning and losing and **recognises the performance** and the **experience** for their child



6 **Believes** in their child but is also **realistic** about where they are and where they could go.



7 Gives their child **ownership** and **responsibility** by allowing their child's opinion and thoughts to be heard and valued.



8 Is **aware** of the damage of self-fulfilling prophecies such as "You never win when it's close", "You're too slow" "You don't have that winning mentality". These can help to create that situation in the future.

See the Big Picture

9 Keeps in mind the **bigger picture** and understands why they are **investing** in their child's sport and all the benefits their child gets from it.



10 Recognises that they are a **parent first and foremost** and that sometimes, that is all their child wants and needs them to be.

