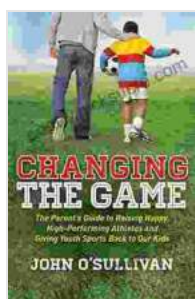


# The Parent Guide To Raising Happy High Performing Athletes And Giving Youth

As a parent, you want what's best for your child. You want them to be happy, healthy, and successful. And if they have a passion for sports, you want to help them reach their full potential. But how do you do that? How do you raise a happy, high-performing athlete?



## Changing the Game: The Parent's Guide to Raising Happy, High-Performing Athletes and Giving Youth Sports Back to Our Kids by John O'Sullivan

★★★★☆ 4.7 out of 5

Language	: English
File size	: 612 KB
Text-to-Speech	: Enabled
Screen Reader	: Supported
Enhanced typesetting	: Enabled
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Print length	: 203 pages
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There is no one-size-fits-all answer to this question. Every child is different, and every sport is different. But there are some general principles that can help you guide your child on the path to success.

### 1. Choose the right sport for your child

The first step is to choose the right sport for your child. This is a decision that should be made together, taking into account your child's interests,

abilities, and personality. Don't force your child to play a sport that they don't enjoy. If they're not having fun, they're not going to be motivated to work hard and improve.

Once you've chosen a sport, it's important to find a qualified coach who can help your child develop their skills and reach their full potential. A good coach will be patient, supportive, and encouraging. They will also be able to provide your child with the technical instruction they need to succeed.

## **2. Set realistic expectations**

It's important to set realistic expectations for your child. Not every child is going to be a professional athlete. And that's okay. The goal is to help your child enjoy the sport and reach their full potential, whatever that may be.

Don't put too much pressure on your child to succeed. If they're not meeting your expectations, don't get discouraged. Just keep encouraging them and helping them to improve.

## **3. Be supportive**

One of the most important things you can do for your child is to be supportive. This means being there for them when they need you, both on and off the field. It also means being positive and encouraging, even when they're not playing their best.

Let your child know that you love them and that you're proud of them, no matter what. This will help them to build confidence and resilience.

## **4. Teach them about sportsmanship**

Sportsmanship is an important part of any sport. It's about playing fair, respecting your opponents, and winning with grace. Teach your child about sportsmanship by setting a good example yourself.

When you're watching your child play, be respectful of the other team and their fans. Don't boo or heckle. And if your child wins, teach them to be humble and gracious in victory.

## **5. Help them to develop a strong work ethic**

A strong work ethic is essential for success in any sport. Help your child to develop a strong work ethic by teaching them the importance of hard work and dedication. Show them that you're willing to work hard for the things you want in life.

Encourage your child to set goals and work towards achieving them. Help them to learn from their mistakes and never give up on their dreams.

## **6. Help them to give back**

One of the best ways to raise a happy, high-performing athlete is to help them to give back to their community. This could involve volunteering their time to coach a youth sports team or helping out at a local charity.

When your child sees how they can make a difference in the world, it will help them to develop a sense of purpose and belonging. It will also teach them the importance of giving back to others.

Raising a happy, high-performing athlete takes time and effort. But it's worth it. When you see your child succeed, both on and off the field, you'll know that you've done something right.

Remember, the most important thing is to love and support your child. Be there for them every step of the way, and help them to reach their full potential.



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