

# SETTING YOUR ATHLETE UP FOR SUCCESS

## A QUICK-START GUIDE FOR NEW TEAM PARENTS

Welcome to the gymnastics journey! As a parent, you play a powerful role in shaping your child's experience in the sport—mentally, emotionally, and physically. Use this guide to support your athlete in becoming a confident gymnast and a resilient human being.

### 01 UNDERSTAND YOUR ROLE

- **You are the support squad.** Be their safe place, not their second coach.
- Let the coach handle skill development and corrections.
- Your job? **Food, hugs, rides, tuition.** That's it!

### 02 FOCUS ON GROWTH, NOT PERFECTION

- Praise **effort, progress, and perseverance**—not just outcomes.
- Replace: "Did you win?" → with: "Did you have fun?" or "What did you learn?"
- Mistakes = learning opportunities. That's how champions are made.

### 03 MENTAL HEALTH COMES FIRST

- Watch for signs of **burnout** or **anxiety** (trouble sleeping, irritability, avoidance).
- Keep their life **balanced**: rest, play, family time, and school matter too.
- Normalize nervousness. Everyone gets scared—confidence is built, not born.

### 04 COMMUNICATE THE RIGHT WAY

- **With your athlete:** Listen more than you talk. Ask open-ended questions like, "What was the best part of practice today?"
- **With the coach:** Respect boundaries. Avoid side conversations at pick-up. Ask when and how they prefer to communicate.
- **Let your gymnast speak up** for themselves when ready. It builds independence.

### 05 COMPETE WITH CONFIDENCE (NOT PRESSURE)

#### Before the meet:

- ✓ Get good sleep.
- ✓ Keep your routine calm and encouraging.
- ✓ Avoid talk about scores or placements.

#### At the meet:

- ✓ Smile, cheer, and breathe.
- ✗ Don't coach from the sidelines.
- ✗ Don't stress over scores.

#### After the meet:

- ✓ Ask what they're proud of.
- ✓ Celebrate effort and bravery.
- ✓ Keep perspective—it's one moment in a long journey.



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WITH REBECCA SMITH

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