



# 5 WAYS

to help your child develop

## CHARACTER THROUGH SPORT

**1** Teach your child to be on time for all games and practices.



**2** Be a role model for your child by showing respect towards officials, coaches and opponents.

**3** Assist your child with goal setting both in and out of sport.



**4** Have your child pack and carry their own equipment.

**5** Celebrate effort in every activity and emphasize learning something from every game, practice and event.



# TEAM USA

[TEAMUSA.ORG/ADM](http://TEAMUSA.ORG/ADM)

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

