



# 5 WAYS

to support your 12 and older athlete on the

## PARTICIPATION PATHWAY



**1**

Encourage a joy-driven process focused on experience.

**2**

Embrace the social aspects for your child.



**3**

Respect your athlete's commitment level.

**4**

Support and nurture the goals of your athlete.



**5**

Encourage your child's development by saying "I love to watch you play..."



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

