



# 5 WAYS

to help your child

## AVOID BURNOUT

**1** Schedule rest periods and vacations to take a break from organized sport.



**2** Limits on total weekly/yearly participation based on the child's age.



**3** Encourage child to participate in many types of activities.



**4** Emphasize the importance of enjoyment over performance.



**5** Allow your child to have time for free play.

# 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.

