



5 WAYS

to help your child

AVOID BURNOUT

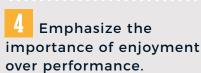
Schedule rest periods and vacations to take a break from organized sport.



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



Encourage child to participate in many types of activities.







Allow your child to have time for free play.

TEAM USA

TEAMUSA.ORG/ADM

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























