



The Power of Positive Sports Parenting: Parent Talk



This 30-minute talk covers the basics of PCA's "The Power of Positive Sports Parenting," clearly defining the parent and caregiver role in sports while providing actionable tools to support their athlete, the coach, and the team community.

WHY THIS TALK?

Youth and high school sports offer incredible opportunities for young people to learn, grow, and thrive, but they also come with challenges. The Power of Positive Sports Parenting Talk addresses these challenges by helping parents and caregivers understand their unique role in sports. It equips them with practical, evidence-based strategies to support their athlete, build strong partnerships with coaches, and contribute to a healthy sports environment where every athlete can succeed.

WHAT PARENTS WILL GAIN

Parents and caregivers will explore practical, actionable strategies to support their athlete and create a positive sports experience. Participants will learn how to:

- **Guide athletes to reframe success** around effort and growth and process challenging moments.
- **Partner effectively** with coaches to support athletes in life skill development.
- **Model positive sideline behavior** and foster a welcoming environment for all families.

HOW IT HELPS

- Growth-focused support = Athletes who define success through improvement, build confidence, and stay engaged in sports.
- Intentional communication strategies = Constructive post-game discussions and support through setbacks.
- Proactive coach partnerships = Shared expectations and a unified support system for athletes.
- Positive sideline modeling = A safer, more enjoyable game environment for everyone.
- Strong community connections = A welcoming team culture where every athlete and family feels supported and connected.

By embracing positive sports parenting strategies, families transform youth and high school sports into an empowering experience that builds life skills on and off the field.

