



This workshop empowers parents and caregivers to create a positive, supportive youth and high school sports experience that fosters athletic development, life skills, and strong relationships by working with their athletes, coaches, and peers.

WHY THIS WORKSHOP?

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 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 meaningful conversations** that help athletes define success through effort and growth, manage stress, and learn from both achievements and setbacks throughout the season.
- **Build productive partnerships** with coaches that respect roles and boundaries, and empower athletes to communicate, solve problems, and advocate for themselves.
- **Model positive sideline behavior** that demonstrates sportsmanship, shows integrity, and helps create a welcoming environment for every athlete and family.

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.

