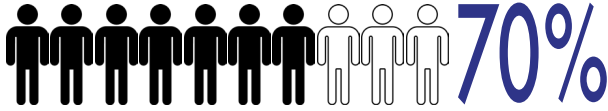


STRESS BY THE

NUMBERS



OF KIDS IN THE UNITED STATES
STOP PLAYING ORGANIZED SPORTS
BY THE AGE OF 13

ANXIETY IS THE

#1

MENTAL DISORDER
IN TEENS



85%

OF COLLEGE
ATHLETIC TRAINERS
SAY PERFORMANCE
ANXIETY NEGATIVELY
AFFECTS THEIR
STUDENT-ATHLETES



SOURCES OF STRESS

- VALIDATION TIED TO PERFORMANCE
- EMPHASIS ON OUTCOMES ONLY
- PARENTS LIVING THROUGH THEIR CHILD
- CHASING THE LIE OF PERFECTION
- LACK OF AUTONOMY & CHOICE



WHEN COLLEGE
ATHLETES WERE
ASKED WHAT
THEIR PARENTS
SAID THAT MADE
THEM FEEL GREAT
AND AMPLIFIED
THEIR JOY DURING
AND AFTER A
GAME, THEIR
OVERWHELMING
RESPONSE WAS:

I **LOVE** TO
WATCH YOU PLAY

FOR MORE INFO: Be sure to check out our 8-part video series **Positive Parenting** with Peak Performance Coach Collin Henderson as it provides parents with the tools to not only help your children grow both athletically and in life, but most importantly, aims to improve one of the most important relationships you can have...the one with your family.

<https://basebypros.podia.com/positive-parenting>



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BE THE
BEST
PARENT
FOR
YOUR
ATHLETE



MASTER YOUR MINDSET

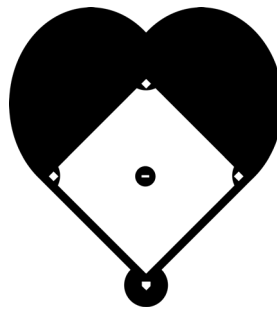
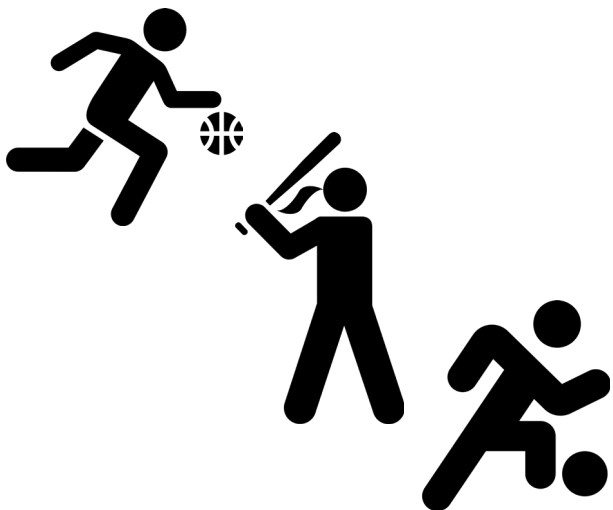
"AFTER AN ATHLETE MAKES A MISTAKE, YOU HAVE 10 SECONDS TO MAKE A CHOICE: MAKE YOURSELF FEEL BETTER OR HELP THEM EVOLVE... AND IT'S ALL DONE BY THE WORDS YOU CHOSE TO USE."
~ YOGI ROTH

How do you think your child would answer this question with you not in the room and knowing their answers were confidential?

WHAT IS THE MAIN SOURCE OR ORIGIN OF YOUR STRESS OR WORRY AS AN ATHLETE?

60% OF STUDENT ATHLETES SAY THAT A PARENT IS THEIR MAIN SOURCE OF STRESS.

You may think this does not relate to your son or daughter and that they are "fine," but most youth and teen athletes are not mentally or socially equipped to either speak up or address how they feel - especially during times of stress.



4 TIPS TO LOWER STRESS, IMPROVE PERFORMANCE, AND INCREASE YOUR CHILD'S LOVE OF THE GAME:

1) LET THEM FAIL: Getting a medal for just showing up teaches nothing. Failing forward is how we grow. Learning how to be resilient and overcome adversity will aid your child as an athlete and in the rigors of life.

2) EFFORT & ATTITUDE: Encourage your athlete to operate with a Growth Mindset, which focuses mainly on improvement (over outcomes) and giving maximum effort. Also, look to reward and praise behavior that demonstrates unselfishness and teamwork.

3) BALANCE: Support your child's interests in activities outside of a single sport. This will foster a more balanced sense of self-worth, and naturally lower stress during competition.

4) PLAY AND HAVE FUN: Children have an amazing imagination. Encourage creativity and playfulness by allowing them to be kids. Fear of failure kills creativity. If their drive only comes from you, it will not last and they will eventually quit. Allow them the gift of taking ownership of their own passion.

Q'S TO ASK

ARE YOU HAVING **FUN**?

WHY DO YOU PLAY?

WHAT DO YOU **LOVE** ABOUT THE GAME?

WHAT MAKES YOU **NERVOUS** WHEN YOU PLAY OR PRACTICE?

HOW WOULD YOU LIKE ME TO **TALK** TO YOU BEFORE AND AFTER GAMES?

ASK YOURSELF THIS:



HOW LONG DOES IT TAKE MY CHILD TO BECOME A KID AGAIN AFTER THE GAME?