

PARENTS' CHECKLIST FOR QUALITY YOUTH SPORTS

A positive sports experience can help children learn and grow. Use this checklist to determine if your child's sports program offers a high quality experience based on Team-Up for Youth's™ *Building Blocks for Quality Youth Sports*. If something on this list is missing from your child's sports program, please talk to their coach or league manager.

SAFETY

EMOTIONAL | PHYSICAL

- The coach sets clear behavior expectations for the players
- The coach shares team expectations with parents at the beginning of the season
- Equipment and play areas are safe and age-appropriate
- A proper warm-up, water breaks, and cool-down is provided
- First aid supplies are available

POSITIVE RELATIONSHIPS

CARING ADULTS | SUPPORTIVE PEERS

- The coach is respectful, encouraging and provides positive feedback
- Youth appear comfortable with each other and work well together – they don't bully each other or form cliques
- The coach is a role model of fair play and sportsmanship

PHYSICAL ACTIVITY

FREQUENT | MODERATE-VIGOROUS | VARIED

- Practice usually happens two times a week
- The players don't stand in long lines waiting their turn
- Your child is tired but not exhausted after practice
- Conditioning activities are age and skill appropriate

- The coach prioritizes learning and fun over winning

YOUTH PARTICIPATION

VOICE | CHOICE | LEADERSHIP

- The coach creates time for youth to give feedback on the program
- The youth have opportunities to practice leadership (e.g. captain of the day)
- Youth solve problems and find answers together

SKILL BUILDING

ENGAGING | CHALLENGING | FUN

- The coach understands and teaches the fundamental skills of the sport
- The coach modifies activities to meet youths' age, abilities, and needs
- The coach provides specific improvement feedback
- Your child is having fun and looks forward to attending practice/games!!

