

PARENTS OF ATHLETES

Sport Tip Sheet

Help keep your child athlete healthy this season. Keep the following tips in mind as they begin the new sport season.

QUESTIONS TO ASK

1. Is my child being taught to properly run, jump, land, fall, roll, etc?
2. Is there an injury prevention program being taught?
3. Are coaches educated on dangers of overuse injury and burnout?

WHAT YOU CAN ENCOURAGE IN YOUR CHILD

1. Encourage multi-sport/activity participation
2. If participating in only one sport, ensure adequate rest and off-season

