

# Youth Sports Parent Pledge

The responsibility for encouraging and implementing a healthier and sustainable pathway to athletic success falls on the shoulders of all stakeholders in youth sports – especially PARENTS. Commit to fulfilling these 10 elements of support to help ensure your child has the best youth sports experience possible.

1. I let my child PLAY and have FUN.
2. I let my child choose the sport(s) he or she wants to play.
3. I discourage my child from playing multiple sports in the same season.
4. I let my child have at least one day off each week, and have some weeks off each year.
5. I listen if my child says he or she is hurt.
6. I am a fan of my child — not his or her manager.
7. I encourage fair, honorable, safe and sportsman-like behavior in practice, competition and play.
8. I ensure that the car ride home after a game is a good one for my child.
9. I do not live my athletic dream through my child.
10. I say “I love to watch you play!” to my child and ask “Did you have fun?”

**YES, I commit to making my child’s sports experience Healthy and Enjoyable!**

Name \_\_\_\_\_

Signature \_\_\_\_\_



**National Youth Sports  
Health & Safety Institute**

AMERICAN COLLEGE  
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The **National Youth Sports Health & Safety Institute** will be the recognized leader and advocate for advancing and disseminating the latest research and evidence-based education, recommendations and policy to enhance the experience, development, health and safety of our youth in sports.

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**Making Youth Sports a Public Health SOLUTION<sup>SM</sup>**

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