

“THE THREE P’S”

There are usually three areas that cause stress among young athletes and are the primary focus of conversations between parents and coaches:

- Performance
- Playing Time
- Pressure

Performance: All athletes want to excel, but there are times where even the best of the best suffers from an occasional slump. It happens to all of us.

Playing Time: Sometimes, consistently poor performances or lack of improvement will force a coach to make changes to the starting lineup and who gets to play during a game. It’s a very difficult decision for a coach and it could be devastating to a young athlete.

Pressure: Whether we like it or not, pressure comes in various forms from different people.

- Parents
- Coaches
- Teammates
- Fans
- Officials
- Ourselves

HOW DO WE COMBAT THE STRESS THAT ACCOMPANIES “THE THREE P’S?” – EFFECTIVE COMMUNICATION

YOUNG ATHLETES COMMUNICATING WITH PARENTS AND COACHES

Sometimes youth sports can bring out the worst in adults. They can be immature, selfish, and occasionally ignore the needs and concerns of children. Often, children become the real voices of reason and set a positive example for everyone through effective communication.



DON'T BE AFRAID TO BE HONEST

Youth sports can be tough at times. Therefore, it is important that parents and coaches clearly understand how you are feeling so they can help you. If you are struggling with your feelings, take a moment and answer these questions:

- What makes me happy about playing sports?
- What makes me sad about playing sports?
- What are my goals and challenges?
- Am I playing sports for the right reasons?
- Am I having fun playing sports?
- What would improve my overall sports experience?
- Do I need to work harder in practice?

MAKE A LIST!

Collect your thoughts and write down everything that comes to mind regarding your sports experiences. Topics of interest can be:

- Favorite sports
- Favorite coaches
- Favorite teammates
- Favorite moments
- Favorite positions to play
- Overcoming adversity
- Moments you succeeded
- Moments you failed
- Issues that are bothering you

Once you have properly addressed your feelings, you need to take the next bold step.....talking to your parents and coach!

DON'T WAIT...DO IT NOW!

Rule Number One: Don't let anyone or anything take away the fun in sports for you!

Once you have spent quality time making your list and answering questions, you need to speak honestly with your parents or coach. Tell them how you truly feel. If your sports experience is being negatively affected, your parents and coach need to hear it and begin to think of ways to help you. Don't be afraid! Your happiness matters!

- Be Direct
- Be Honest
- Be Confident
- Express Your Feelings
- Provide Examples
- Don't Be Afraid
- Challenge Adults to Help You Find Solutions

